

WELLBEING, PERSONAL CONDUCT, EMOTIONAL DYNAMIC

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INTRODUCTION

Wellness psychology is a science that draws on knowledge from many related fields including Wellness, knowledge based economy or Recreational programs (Petrova, 2013; Gallwey, 2015; Chipeva, 2019; Dimitrova, 2019; Donev, 2019; Ignatova et al., 2020). Psychological indicator of the personal conduct and the achievement on emotional balance is considered as central part of the personal Wellness culture (Afremow, 2015; Dimitrova, 2018; Dimitrova et al., 2021;). Wellness programs and recreational activities psychology deals with the relationship between psychological variables and Wellness culture or sports healthy lifestyle (Epstein, 2014; Mumford, 2016;). At the elite level there is often little difference among training methods - what often separates a gold medal from a silver medal is the athlete's mind-set on that day (Perry, 201; Yosifov, 2019). Wellness programs and recreational activities psychological interventions can help the practitioners to achieve the optimum state of mental and physical status (Trendafilov et al., 2013; Yosifov, 2018). Wellness programs and recreational activities psychology techniques and concepts can be equally effective for the week-end warrior or fitness enthusiast trying to keep on track and get the most out of his/her exercise experience (Trendafilov, 2020; Vulev et al., 2019). Wellness psychologists are highly trained professionals that apply theoretical knowledge and testing in order to better understand and improve healthy lifestyle biomechanics, kinesiology and psychology (Dimitrova, 2017; Ignatova, 2020). It involves the study of how psychological indicators affect healthy lifestyle or personal conducts (Dimitrova, 2019a). As well, how participation in wellness programs and recreational activities, foods and exercise affect psychological and functional factors (Ivanova, 2019; Polimenov, 2019). Wellness programs and recreational activities, psychologists teach, cognitive and behavioural strategies in order to improve Healthy life style and Wellness culture in every day schedule are important in particular in the global pandemic situation (Dimitrova, 2020). In addition to instruction and training of psychological skills for applied wellness programs and recreational activities psychology may include work with athletes, coaches and parents regarding injury, rehabilitation, communication, team building and career transitions. Wellness psychology also deals with basic personality traits, including mental endurance, confidence, motivation and character. On a team level the wellness psychologist should help create the right motivational climate – be it task-oriented (emphasising building skill) or ego-oriented (emphasizing superior ability). They also have to keep the professional teams or the citizen's spirit high. The spirit is like the electricity that provides energy to the lightbulb that is the soul and both define the personal conduct and the level of the emotional dynamic. The spirit is the only source that feeds the soul. The spirit is a projection of our wellbeing, just like our physical body. Strictly speaking, Wellness psychology and exercise psychology are two separate areas but they are often referred to jointly (Dimitrova, 2018a). Wellness psychologist primarily work with amateurs, citizens and silver age people from bigining to elite level. We have to keep in mind the COVID pandemic situation – people are

more likely to go into depressive states, to be less motivated and therefore it is very important to keep physically active. The pandemic also changes the way for Wellness psychologist interacts with practitioners. Many authors claim that the pandemic will lead to a wave of psychological and neurological problems.

METHODS

The actual work is focused on how psychology influences wellness programs and recreational activities and how it can improve healthy lifestyle. The aim is to prepare Wellness and Recreational professionals for the demands of the new needs in their job, such as coaching the Wellness culture for everyone. For example, a Wellness programs and recreational activities psychologist could help a citizens' cope with the stressful aspects of their everyday role or counsel young people to successfully deal with the consequences of sustaining an injury. Wellness psychologists use many methods to achieve these goals including, but not limited to: experimental, psychometric, multivariate correlational, meta-analytic, idiosyncratic and qualitative approaches. They also work with emotional dynamics – a framework for measuring how an individual's emotions change over time. The observation units were 96 women and men between the ages of 20 and 68 who wished to participate in the study. Signs of observation are psychosocial, demographic and epidemiological indicators related to the spread of wellness culture. The observation time for the experiment is the period from February 2020 to May 2021.

RESULTS

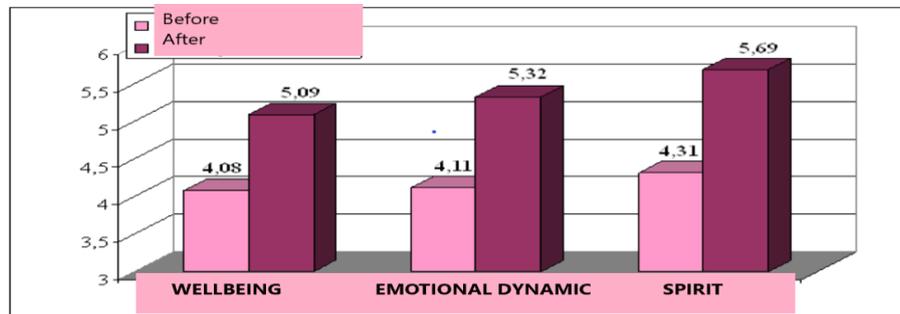
Exercise psychologist on their hand typically work with the general public to increase motivation and participation in exercise. The driving force behind their work is health and wellbeing, not sports performance. Research methods in Wellness programs and recreational activities and exercise psychology are embedded in the domain's network of methodological assumptions, historical traditions, and research themes. Wellness programs and recreational activities and exercise psychology is a unique domain that derives and integrates concepts and terminologies from both psychology and kinesiology domains. Scheme 1 presents indicators of the severity and duration of stress and how to act to maintain proper personal management of the stressful situation.



Scheme 1. Personal management of the stress situation (Available at: tigerdoor.ru)

Thus, research methods used to study the main concerns and interests of wellness programs and recreational activities psychology represent the domains of our scientific interests. The main methods used in the wellness programs and recreational activities psychology domain are: experimental, psychometric, multivariate correlational, meta-analytic, idiosyncratic and qualitative approach. Each of these research methods tends to fulfil a distinguishable research purpose in the Wellbeing psychology domain and thus enables the generation of evidence that is not readily gleaned through other methods. Although the six research methods represent a sufficient diversity of available methods in wellness programs and recreational activities psychology, they must be viewed as a starting point for researchers

interested in the Wellbeing domain. Other research methods (e.g., case study, Bayesian inferences, and psychophysiological approach) exist and bear potential to advance the domain of wellness programs and recreational activities and exercise psychology. Graphic 1. presents indicators inside of the extreme situations (Wellbeing, Emotional dynamic and spirit) and how to act to maintain the management of our personal conduct.



Graphic 1. Management of the personal conduct in extreme situations

A Wellness psychologist must be with expertise in the following areas:

1. Wellness culture enhancement through the use of psychological skills training, and healthy lifestyle improvement, imagery and practitioners self-talk;
2. Issues that are specific to the psychological well-being of concrete citizens;
3. Working with the organisations and systems that are present in wellness programs and recreational activities settings;
4. Social development factors that influence wellness programs and recreational activities participation.

Part of the responsibilities of the Wellness psychologist is to help building the professional team mind-sets. The term "Motivational climate" refers to the situational and environmental factors that influence individuals' goals. The two major types of motivational climates that Wellness coaches can create are task-oriented and ego-oriented. While winning is the overall goal of Wellness programs for team building sessions regardless of the motivational climate, a task-orientation emphasizes building skill, improvement, giving complete effort. The mastering of task at hand, while an ego-orientation emphasises demonstrating superior ability, personal conduct for professional progress, and does not promote effort or individual improvement. A task-oriented climate has been found to develop a greater intrinsic, self-determined motivation in individuals compared to an ego-oriented climate. Perhaps one of the most difficult things to get in the field of Wellness psychology is the direct contact with clients. You should work with a supervisor with an expertise in Wellness psychology and find a population to work with. There are different ways of getting experience. One way is to meet with the athletic director or their assistant to find specialists who are willing to support you. Some internship sites offer Wellness psychology training as part of their formal curriculum. Many professional and teams have realized the value of Wellness psychology and regularly make use of the services. However, they tend to use the well-established individual. When you start out, working with amateur and collegiate individuals is a good experience. In addition, writing is a great way to develop additional experience and to tell others about your accomplishments and areas of expertise.

DISCUSSION

Wellness psychologist need to be able to speak ethically and practically and should have expertise in the above-mentioned areas. Individuals offering wellness programs and recreational activities psychology services would have to adhere to the standards set forth in this profession. Otherwise, they could risk being in violation of ethical guidelines which could result in the suspension and/or termination of one's

license to practice. Educational wellness psychologists, emotional dynamic or spirit programs emphasise the use of psychological skills training (e.g., goal setting, imagery, energy management, self-talk) when working with clients by educating and instructing them on how to use these skills effectively during healthy everyday lifestyle. The common goal of an educational wellness psychologist program and recreational activities is healthy lifestyle enhancement by teaching skills to professional or individuals on how to manage the mental indicators of Wellness to maximise the Wellbeing potential in their life. While wellness programs and recreational activities psychologists primarily work with professional or individuals and focus their research on improving Wellness, culture and Wellbeing are another field where intervention can take place. Researchers in this area focus on the kinds of things coaches can say the team leaders or do to improve their Wellbeing technique and their team made to achieve high performance.

CONCLUSIONS

Wellness psychology is considered subdivision of medical Wellness. Wellness psychologist aim to better understand and improve healthy lifestyle as psychologist that are focused on health and wellbeing. The Wellness psychologists uses a diversity of methods to do their jobs and to systematize their results and findings. They must have a good level of understanding and expertise in a multitude of related wellness programs and recreational activities settings. Their responsibility is to help build the motivational climate of the professional team or the individual expert. A barrier in the way of the Wellness psychologist is how to get experience and they might need to start at the fitness centres level. A professional must always keep in mind the existing ethical guidelines, norms and standards.

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