Editorial

"In the Scandinavian countries, detachment and shutdown from work are very much respected. The detached employee has time to regenerate and re-charge their energy. Denisa Fedáková, a scientist of the Slovak Academy of Sciences and the director of Centre of Social and Psychological Sciences, compares it to athletes." (Denník N, April 24, 2019)

The summer is usually characterized in the scientific world by a fewer number of conferences and other scientific events, and is associated with a general slowdown in the pace of work for scientists, and a time to set aside periods for rest and psychohygiene.

With this seasonal work-life balance demands in mind, we, firstly, present a 2015 survey by Deloitte focussing on burnout analysis which found that one-third of employees did not feel comfortable during their holidays. At the same time, their research showed that 77% of respondents have already experienced burnout, and more than half of them not just the once. In addition to the above-mentioned research findings, they state that, 91% of respondents face such unmanageable stress and frustration that it negatively affects the quality of their work; 83% say that burnout also negatively affects their personal relationships; and 70% of employees feel that their employers do not take sufficient measures to prevent or mitigate burnout within their organization. Despite all this, up to 87% of respondents in the mentioned research have a high degree of passion and enthusiasm for their jobs.

The average age of individuals who have experienced burnout is going down. Already, 30-year-old employees show signs of extreme stress because they constantly feel work pressure. Workaholism is becoming an increasingly common part of the world of work, making the societal demand for re-assessing value systems increasingly urgent. It remains up to each individual to choose which value they will give priority to in their lives. Time is the only currency we all pay for, so let's use it wisely and fully.

Relaxed scientists with enthusiasm have written articles that we bring to you in a new issue of our journal. The first article, authored by Jan Koumar, Jiří Schimmer and David Zažímal, deals with the process of improving computer literacy in Hospital Jihlava in the central Czech Republic which serves 150,000 inhabitants. In 2020 there were over 1,500 employees, including around 200 doctors and 600 nurses. Since not all health-care professionals are capable of working with information technology, due to the fast development in the area, they must be continually educated in it. The main aim of this research is to find out how the improvement in information technology skills can be dependent on the given training and the offered help with these basic skills. The training programs were offered between May 2020 and April 2021, though the participation was not obligatory, with the number of trained people rising to 872.

The training method was a monological lecture for a group of 1-12 people, combined with the practical demonstration of the program functions, which the participants were able to test with the help of a lecturer. The training courses were supplemented by video courses aimed at helping to retain the gained skills which could be immediately applied to everyday work.
Although the IT training does not improve the primary qualification of the medical staff, the employees are eager to train their skills and learn to operate the apps. to develop skills considered essential in current society.

The aim of the contribution of Marianna Berinšterová, Monika Magdová, Katarína Fuchsová and Jana Kapová was to verify the linear model of procrastination for two groups of university students – the more conscientious and less conscientious. Independent variables in the model were self-control, variables of academic motivation: external motivation, introjected motivation, identified motivation and internal motivation (knowledge, accomplishment, stimulation). Controlled variables were gender, perceived stress, and housing during semester. The sample consisted of 333 university students. Among the more conscientious students, self-control, stimulation, and introjected regulation significantly contributed to the model. Being a male was also associated with a higher level of procrastination. Among the less conscientious students, only self-control significantly contributed to the model. The results point to the importance of self-concept in relation to procrastination, as well as academic motivation.

The contribution of Árpád Oliver Homicskó outlines the organisation and the education system of the Reformed Law Academy of Kecskemét that functioned until 1949. This summary was prepared by using the archive sources, unrevealed until now. This contribution offers an overview of the structural order of the period between 1875 and 1948, the regulation of the institution by church and state, and the norms of financial funds. It will be established that the structural conditions of the legal education by the church were provided for, however, the educational institution was only capable of self-preservation by the serious financial funding of the town and the church.

Jana Šutajová’s contribution is her study on the Government Council of the Slovak Socialist Republic (SSR) for Nationalities. It was one of the institutions formed in Slovakia after the establishment of the Czechoslovak Federation that addressed the issues of nationality. The Council also elaborated the standards for the Constitutional Act on the Status of Nationalities. At the beginning of its existence, the Council had the ambition to participate in the preparation of legislative standards to develop the Act on Nationalities, or to influence the solution of minority issues. After the changes in the composition of the Government Council of the SSR for Nationalities following previous normalisation resolutions of the Communist Party bodies, the Council completely renounced the preparation of legislative standards to develop the Act on Nationalities.

In this issue you can find a review of the publication Hate Speech and Human Rights in Eastern Europe: Legislating for Divergent Values and reports from conferences „Non scholae, sed vitae discimus... (book culture – personalities – school life)“ a „Work and Organizational Psychology“ which were organized in virtual space due to the exceptional epidemiological situation.

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