

SUMMARY
DEGREE THESIS

SUSTAINABLE SOCIAL WELLBEING

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In a context marked by deep transformations and complex challenges, the concept of sustainable social well-being is becoming more and more relevant and essential in promoting a society characterized by equity and sustainability. This holistic approach to human well-being is not just about meeting basic needs, but goes beyond this limitation, aiming to achieve long-term prosperity.

Sustainable social wellbeing manifests itself as a paradigmatic direction in social assistance, redefining the content and purpose of its mission. This is not limited to the correction of individual deficiencies and vulnerabilities, but aspires to the regeneration of social structures, thus facilitating the creation of a favorable environment that promotes autonomous and collective development.

In the light of current psychological theories, sustainable social wellbeing is redefined as a multidimensional construct in which individual subjective satisfaction and collective wellbeing intersect and complement each other in a continuous dialogue. This paradigm emphasizes the importance of positive social interactions and deep bonds between individuals, contributing to the creation of a social environment conducive to the optimal development of each member of society. The concept of sustainable social welfare becomes a conceptual and action catalyst in the face of the challenges of contemporary society.

The theme "Sustainable social wellbeing" is of significant importance in the context of social work, extending and developing the research initiated by the PhD thesis and having the potential to bring significant benefits to the field of social work by optimizing work engagement and performance, as well as reducing absenteeism. This theme provides a holistic perspective on individual and community wellbeing within a framework that considers the social and psychological factors that influence wellbeing. The collaboration between social work and psychology within this theme represents a valuable source of learning and innovation in the field of social interventions and personal development. By integrating technical, practical and theoretical approaches, research in this direction can significantly contribute to finding effective solutions to promote an environment in which individuals thrive personally, professionally and societally.

In this context, my experience and career, including research activity and involvement in social projects, have contributed to my development as a psychologist and to the consolidation of my expertise in applied psychology and social work. These included collaboration with various

organizations and funders to implement social and community projects, as well as research into decision-making processes in the selection of managers in public administration. Through these efforts, I demonstrated my commitment to improving the quality of individual and collective life and contributed to the development of a conceptual and action framework for promoting sustainable social wellbeing.

Within this thesis, data on the evolution of the university and professional career, the research activity, the didactic activity, the administrative activity, the main results of the scientific research on research directions and future perspectives and the university career development plan will be briefly listed.

In the first chapter of this thesis I presented aspects regarding the university and professional career, namely the evolution of the university and professional career, the research activity, the didactic activity and the administrative activity.

In the second chapter of this thesis I made a presentation of the main scientific results published in journals indexed in Web of Science (WOS) and BDI, books and book chapters. In my research work, I have tackled a number of complex and current topics, contributing to the development of knowledge in the field of social work, psychology and behavioral sciences. My research work reflects my commitment to exploring and understanding various aspects of human behavior with applicability in real-life professional and social contexts. Since 2003, the year in which my university career began, I have carried out a sustained research activity, embodied in 51 articles indexed in WOS, over 100 articles published in other international databases and over 10 books published in prestigious publishing houses . The impact of these studies is quantified in 244 Web of Science citations (H index 7 in WOS), 249 citations in Scopus (H index 7 Scopus) and 1301 citations in international databases (H index 22 in Google Scholar).

Four main research directions have been identified that I intend to develop in the future: The first direction aims at digital wellbeing, the second direction aims at social and educational integration and inclusion from the perspective of the Sustainable Development Goals, the third research direction aims at the concept of social disengagement, and the fourth research direction aims to analyze sustainable behavioral change from the perspective of theories of change.

The third part of this thesis refers to the professional, scientific and academic career development plan, presenting the research, didactic and administrative objectives. As my research has diversified and evolved over time, the third chapter represents an essential stage in which I

detail the research areas and propose specific directions that reflect my research interests in social work. This chapter aims to provide a broad perspective on future research potential and to identify key directions that will guide my work going forward.

The first major direction for future research is focused on "digital wellbeing". In the era of rapidly expanding digital technology, it is crucial to explore how these technologies can contribute to improving the psychological and emotional wellbeing of individuals, as well as impacting society. This may include investigating the impact of mobile mental health apps, online therapy platforms, and health monitoring technologies on psychological wellbeing. By researching this area, we can identify innovative ways to use technology to support mental health and develop digital social care services tailored to this.

The second proposed research direction focuses on "social and educational integration and inclusion from the perspective of the Sustainable Development Goals". In an increasingly interconnected and diverse world, it is essential to explore ways in which we can promote the social and educational integration of marginalized or vulnerable groups and beyond. This may involve the analysis of inclusive education programmes, strategies to combat discrimination and promote diversity, as well as their impact on individual and social development.

The third proposed research direction focuses on "social disengagement". This complex phenomenon can affect the individual in multiple ways and can have significant consequences for mental and social health. By researching the causes and effects of social disengagement, we can develop interventions and services to prevent and manage this phenomenon, thereby supporting individuals to actively engage in the community and improve their well-being.

The fourth proposed research direction focuses on "the analysis of sustainable behavioral change from the perspective of theories of change". In developing innovative services, it is crucial to understand the underlying processes of behavioral change and how we can support the adoption and maintenance of healthy and positive behaviours. This may include applying behavioral change theories to the design and implementation of social work interventions, as well as evaluating their impact on individuals and communities.

By addressing these research directions, I aim to develop innovative and relevant services that make significant contributions to the field of social work, with a particular focus on psycho-behavioural engagement. This research can provide the framework needed to create effective

interventions and development strategies that address individual and collective needs in a sustainable and impactful way.

The habilitation thesis, through the subject addressed, aims at topics related to social wellbeing, sustainability and human development, embodied in effective interventions and development strategies that respond to individual and collective needs in a sustainable way and falls within the SOCIAL WORK Domain.