

# SKKU-LU Joint Seminar

## Improving Performance and Well-Being in Various Contexts



**Speaker:** Prof. Hyung In Park  
Associate Professor,  
Department of Psychology  
Sungkyunkwan University

**Biography:** Having double-majored in psychology and sociology for her undergraduate education at Yonsei University, Seoul, Dr. Park pursued a master's degree in Clinical Psychology at the same institution. After spending a transitional period in one research center and two human resources consulting firms, she obtained her PhD in Industrial and Organizational Psychology from Central Michigan University. Her current research focuses on illuminating the mechanisms of stressor-strain relationships at work and recovery from job burnout.

**Schedule:** 6 May 2022 (Friday),  
HKT 10:30AM - 12:00PM / KST 11:30AM - 1:00PM

**Venue:** Zoom

[https://lingnan.zoom.us/j/93232905568?](https://lingnan.zoom.us/j/93232905568?pwd=eEhWL20vdWZiNFJodEtHMtEVON29RQT09)  
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Meeting ID:  
932 3290 5568  
Passcode:  
psy06may

**Outline:** In this seminar, I will introduce three of my recent studies examining factors that affect performance and well-being across different situations to find intervention implications. The first study investigated 662 parent-adolescent pairs to see whether congruence or incongruence between adolescents' vocational aspirations and their parents' aspirations for them would be associated with adolescents' academic performance and test anxiety. We applied polynomial regression analyses combined with response surface graphs to test three-dimensional relationships among these variables. The purpose of the second study was to advance our knowledge on the relationship between trait conscientiousness and job performance at work. We hypothesized that the variability of state conscientiousness indicated by the standard deviation of three measurement points would moderate the relationship between trait conscientiousness and performance. Task performance, organizational citizenship behaviors, and counterproductive work behaviors were examined as the performance outcomes. Finally, we made efforts to illuminate the process in which the harmful effect of work-family conflict on work engagement could be reduced. Using 373 employees in South Korea who responded to online questionnaires twice, we examined moderated mediation models where after-work activities and experiences were suggested as intervening factors in the path.

All are welcome

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