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***“Transforming Psychological Science: the 2030 agenda”***

**Abstracts**

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19th European Congress of Psychology



## Paper number 983 | Electronic Poster

### Links between effort-reward imbalance and retirement intentions among older Europeans

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The constantly evolving demographic landscape in Europe has prompted governments and businesses to discuss extending the retirement age and encouraging employees to remain in the workforce longer. However, it is simultaneously observed that not all workers wish to stay employed. These conflicting trends necessitate exploring strategies to incentivize older employees to remain in the labor market. Accordingly, the objective of this study is to analyze the relationship between effort–reward imbalance and retirement intentions among Europeans aged 50 and older, as well as to identify potential moderators of this relationship. The analysis utilized data from 9th wave of the Survey of Health, Ageing and Retirement in Europe (SHARE), encompassing responses from 8,725 employed individuals across 28 countries (age 50-87 years,  $M=60.2$ ,  $SD=4.9$ ; 54.7% of them were women). Retirement intentions were measured using a single dichotomous question, while effort–reward imbalance was assessed through seven items from the Effort–Reward Imbalance Questionnaire (Siegrist et al., 2004). The analysis also incorporated potential control variables and moderators, such as age, education level, and health status. The findings reveal that 42.9% of respondents expressed a desire to retire as soon as possible, with notable variations across countries. A multilevel logistic regression analysis with random slopes and intercepts by country demonstrated a noticeable country effect. Predictors of the desire to retire earlier included effort–reward imbalance, age, education level, health limitations, and income. No moderation effect was identified. A significant study limitation is the uneven respondent distribution across countries despite the large international sample. The study's results provide valuable insights into the factors possibly affecting retirement intentions and decisions to remain in the workforce, contributing to the development of targeted intervention strategies. The research was conducted as a part of the project "Sustainable working-life for ageing populations in the Nordic-Baltic region" (No.139986 financed by NordForsk).

## Paper number 228 | Electronic Poster

### The association between Judo practice as physical education and psychology: an ongoing online cross-sectional multi-language exploratory study

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**Background:** Judo is a popular martial art that is practiced worldwide. Although Judo was initially developed as a method for physical and mental training, a paucity of research has investigated its effects on psychology.

**Aims:** Our ongoing study explores the effects of Judo on the psychological functions of emotion, emotion-regulation, and attention/awareness, with the aim of informing future epistemologically sound theory-generation endeavours.