

Original Papers

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Man in challenging circumstances

Editor's note

Psychology is a science the conclusions of which are awaited by an exceptionally large mass of recipients. People desire to know how to manage their lives, how to avoid mistakes, make the right decisions, find ways out of crisis situations, how to act more efficiently. They also want to understand others and themselves better, are eager to know how to deal with difficulties, and how to cope with diseases they suffer from. Likewise, they are interested in the mechanisms underlying the worrying phenomena they encounter in social life, such as exclusion, domestic violence, or difficulties that young people have with finding their place in the labour market. Contemporary psychology has been trying to meet such expectations, focusing its attention on the problems of daily life of individuals or communities, having in mind how the results of research can be used in social practice, for the benefit of better functioning of individuals and groups. This issue is tackled by the studies dealing with such an area, which may be labelled as "psychology closer to life". The authors focused their attention on the difficult experiences, ways of going through them, as well as factors which may help in coping better with the problems encountered. The results of studies presented here indicate that penetration of such areas not only enhances psychological knowledge, but also unveils fields that may influence each of us; which poses a challenge of introducing desired changes in our everyday reality.