

PUBLIC LECTURE EVALUATION

Masaryk University

Faculty	Faculty of Social Studies
Procedure field	Psychology
Applicant	Mgr. Klára Maliňáková, Ph.D.
Lecture date	19 th November 2024, at 12:00
Lecture topic	The association of religiosity/spirituality and health
Persons present (number)	18
Designated evaluators (board members)	prof. PhDr. Petr Macek, CSc. prof. PhDr. David Šmahel, Ph.D. doc. PhDr. Martina Hřebíčková, Dr., DSc.

In the introduction of her lecture, Dr. Klára Maliňáková outlined the structure of her lecture. Her speech was sophisticated, the form of the message was very well adapted to the audience.

In the first part she characterized the basic concepts on which her lecture was based. If religiosity is conceived as an institutional or personal relationship to the sacred or to God, spirituality is conceived as a personal experience that is connected to transcendence, life well-being and personal authenticity. It can be religious or non-religious in nature.

She further focused on the impact of religiosity and spirituality (hereafter S/R) on health. She described the positive impact of religiosity and spirituality on overall health through several mechanisms: behaviour regulation, social support, and psychological factors. She presented research results showing that adolescent religiosity is associated with less frequent manifestations of health risks such as smoking, drinking alcohol, and cannabis use. Among adults, it correlates positively with lower incidence of stressful events such as divorce, conflict with the law, and addiction.

In a social psychological context, it has shown the importance of religious communities in providing emotional and social support in difficult life situations.

Although S/R are often associated with positive health effects, they can also have negative effects, especially if they are highly prescriptive or overly focused on norms and personal perfectionism. She also shed light on the phenomenon of "spiritual bypass," in which an individual uses S/R to avoid personal problems and uncomfortable emotions. Instead of actually dealing with difficulties, the individual "escapes" into spirituality, which can cause suppression of emotions and an illusory sense of mental well-being, with no real steps taken to solve problems.

At the end of her presentation, Klára Maliňáková highlighted some practical recommendations that emerge from research on the relationship between spirituality/religiosity and mental health. The lecture received a positive response from the audience. Questions were raised about the developmental perspective on spirituality, specifically how this relationship changes over the life course. Other questions were directed at longitudinal research on spirituality, the

importance of personal autonomy in relation to spirituality. Dr. Maliňáková answered factually, with insight and the necessary scientific expertise.

Conclusion

The lecture delivered by Mgr. Klára Maliňáková, Ph.D., entitled *The association of religiosity/spirituality and health* and delivered as part of the habilitation procedure, **demonstrated** sufficient scholarly qualifications and pedagogical capabilities expected of applicants participating in a habilitation procedure procedure in the field of Psychology.

Date: 19th November 2024

prof. PhDr. Petr Macek, CSc.

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