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**Being stable or getting deeper – Couple relationship desires of expecting couples**

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Transition to parenthood can be a challenging period for a couple relationship but also accompanied by stability and positive changes in the relationship. The aim of this study was to explore the relationship desires of 30 couples expecting their first child and identify types of couples based on these desires. Data was collected by individual thematic interviews as part of the CopaGloba project. The results of a thematic analysis demonstrated that expectant parents desired for stability and changes in their relationship, and also meaningfulness and maintenance of the relationship. Based on the typification of the couple data, two types of couples were identified: 1) those desiring for a stable relationship and 2) those desiring for a deepening relationship. Both types of couples desired for stability in their relationship, but only the couples desiring for a deepening relationship desired for their relationship to improve. The study indicated that expectant couples shared similar

desires for the maintenance of elements of their relationship, but differed in whether the couple relationship appears to them as a stable or as a constantly changing relationship. The results support the family systems theory view that the transition to parenthood can appear in different ways for different couples. The results of the study can be utilized in developing services that correspond to the desires of expectant parents.

**Keywords:**

couple relationship, transition to parenthood, expecting parent, desire

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**Self-efficacy in the  
research field of school  
non-attendance – An  
integrative review**

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School non-attendance (SNA) is an increasing, complex phenomenon. Self-efficacy refers to the individual's belief in his/her capacity to act or succeed with the task at hand. Self-efficacy has been widely studied, but less so in relation to SNA. Nevertheless, there are indications of non-attending youth reporting lower self-efficacy than school attending youth, as well as treatment of school refusal also increasing self-efficacy. The aim of the present study was to synthesize peer-reviewed research conducted between 2000 and 2022 on self-efficacy in relation to SNA. A literature search was conducted in APA PsycINFO, ERIC, Teacher Reference Center, Academic Search Premiere, Education Research Complete and Medline. Ten studies, four cross-sectional and six intervention studies, on school non-attendance were included in this integrative review. Non-attending students had lower self-efficacy compared to school attending students in a cross-sectional study. In all studies on intervention effects, self-efficacy and school

attendance increased. Parents of non-attending students also had a lower level of self-efficacy compared to parents of attending students. The results indicate that self-efficacy is an important concept in the complex phenomenon of SNA and that more studies on self-efficacy are warranted.

**Keywords:**

self-efficacy, school non-attendance, school attendance problems, children (6–12 years), adolescents (13–17 years)

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**Questionnaire for  
evaluation of self-  
efficacy regarding school  
for adolescents**

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There are no adequate self-efficacy assessment methods tailored to upper secondary school students considering the school context in Finnish. The purpose of this study was to translate the Self-Efficacy Questionnaire for Children (SEQ-C) into Finnish and examine the psychometric properties of the questionnaire. Respondents ( $N = 337$ ) were recruited through a consumer panel. The average age was 15 years, and 56 percent of them were male. One-third resided in the Uusimaa capital region. Of the respondents, 144 completed the questionnaire using a five-point response scale and 193 using a ten-point response scale. Psychometric properties of the questionnaire were examined using confirmatory factor analysis and item response analysis. The hypothesized three-factor structure fit the collected data for both the five-point and ten-point response scales. The three self-efficacy dimensions of the questionnaire (academic, emotional, and social) performed appropriately when analyzed with item response analysis on

the five-point response scale. One item was removed due to poor fit indices. The key conclusion is that the translated Finnish version of the SEQ-C functions appropriately in terms of psychometric properties using a five-point response scale.

**Keywords:**

academic self-efficacy, attitude towards school, emotional self-efficacy, social self-efficacy, self-report measure, questionnaire, psychometrics

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**HUUSKO, J., JUNTUNEN, P., MAUNO, S., KIURU, N., & TUNKKARI, M.**

## **Associations between the profiles of mothers' occupational well-being and the quality of mother-adolescent relationship**

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This study examined the profiles of mothers' occupational well-being based on work engagement, work stress, and recovery from work, and the extent to which these profiles are associated with mothers' age and education. Moreover, the extent to which these profiles are related to the quality of mother-adolescent relationship perceived by mothers and adolescents were examined. The sample consisted of 540 Finnish mother-adolescent dyads. The cross-sectional data were based on questionnaires addressed to mothers ( $n = 540$ ) and their adolescents in Grade 7 ( $n = 540$ ). Four profiles were identified: high well-being (37.1%), achievers (32.1%), average (24.3%), and stressed mothers (6.5%). Mothers with university degree were overrepresented in the achiever profile, whereas mothers with vocational education were underrepresented in this profile. Stressed mothers experienced more conflict with their adolescents than mothers

whose well-being was high. These results suggest that highly educated mothers should be given more tools to manage their work stress and improve possibilities to recover from work. Furthermore, our results suggest that mothers' poorer occupational well-being may be transmitted to the mother-adolescent relationship through increased conflict, especially in situations where poor work engagement and recovery from work are combined with high work stress.

### **Keywords:**

occupational well-being, work engagement, work stress, recovery, mother-adolescent relationship

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