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UNIVERSITY OF JYVÄSKYLÄ

The University of Jyväskylä one of the largest and most popular multidisciplinary universities in Finland. Seven faculties are hosting some 15 000 students from all over Finland and from nearly 90 countries around the world. The core fields of research and education are basic natural phenomena and the structure of matter; education, learning, and teaching in the future; languages, culture, and social change processes; physical activity and wellbeing; and human technology. Eight research units have been awarded the status of a Centre of Excellence through the international evaluation carried out by the Academy of Finland. The Faculty of Sport Sciences and Health is the only one in the country. There are three departments (Department of Biology of Physical Activity, Department of Health Sciences, and Department of Sport Sciences) and four research centres at the Faculty of Sport and Health. In the department of Sport Sciences, the subjects of Sport Pedagogy, Sport and Exercise Psychology, Adapted Physical Activity, Dance Pedagogy, and Social Sciences of Sport can be studied.

Marja Kokkonen (PhD. in psychology, MA in sport sciences) works as a researcher in the department of sport sciences at the University of Jyväskylä. In the domains of personality and developmental psychology, sport psychology, and physical education, Kokkonen has been interested in the personality, moods, emotions, emotion regulation, and emotional intelligence. Her research has mainly focused on the precursors and consequences of both cognitive and behavioral emotion regulation strategies, and the role of emotional intelligence in both psychological and physical health, and health-related behaviour. In 1997 – 2004 she conducted psychological research on these topics in the Human Development and Its Risk Factors programme in the psychology department of the University of Jyväskylä, which was appointed as a Centre of Excellence by the Ministry of Education for 1997-1999, and again for 2000-2005. She has worked as an external consultant of socioemotional skills for the Ministry of Education, and as the Finnish representative and a Fellow in the Social and Emotional Education Group, part of the work of the Fundación Botín Platform for Innovation in Education (in Spain). In 2004 – 2007, Kokkonen was a Treasurer and a Managing Council member of European Federation of Sport Psychology (FEPSAC). Currently, she is looking at the relationships of professional coaches' emotional skills, professional well-being, and their relationship with the athletes as well as rally drivers' emotional skills in relation to their well-being. In her research, she is also looking at the frequency and experiences of discrimination based on sexual orientation and identity in sport and exercise. She has also worked as a sport and music journalist in the radio and as a sport presenter on the national TV channel (TV2).

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