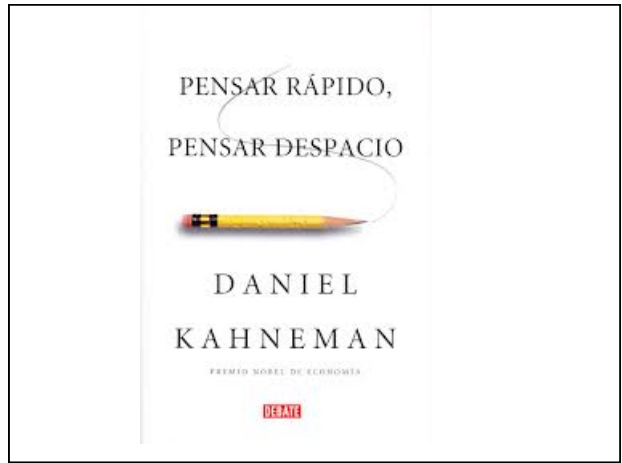


La educación de la **inteligencia emocional**

Una herramienta eficaz para la prevención de la violencia y el consumo de drogas

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Dos opciones

1

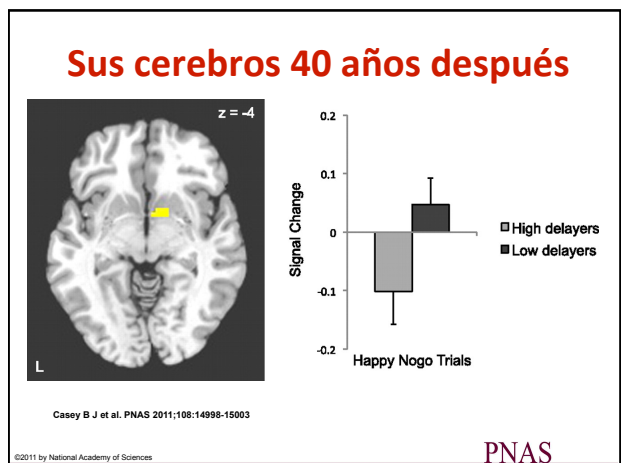
Ahora

1000 €

2

La semana que viene

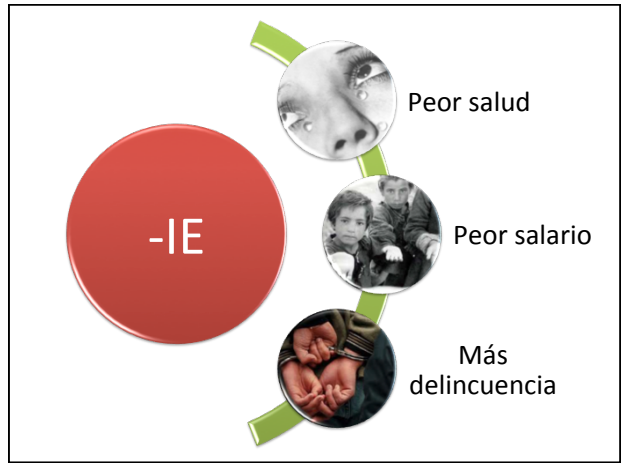
1100 €



Dunedin Multidisciplinary Health & Development Research Unit
DMHDRU




Terrie Moffitt

Definición de IE:

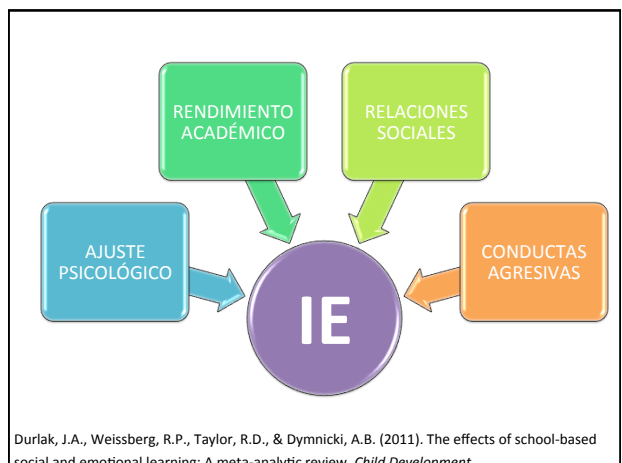


Inteligencia sobre emociones

Emociones mejoran el pensamiento

“La capacidad para reconocer, comprender y regular nuestras emociones y las de los demás”.

Mayer, J. D., Roberts, R. D., & Barsade, S. G. (2008).



Contents lists available at ScienceDirect
Journal of Adolescence
 journal homepage: www.elsevier.com/locate/jado

Effects of an emotional intelligence intervention on aggression and empathy among adolescents

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ABSTRACT


The aim of this study was to explore the effects of a two-year intervention grounded in the multiple aspects of emotional intelligence (EI) on aggression and empathy among adolescents.

Keywords: Aggression; Empathy; Emotional intelligence; Social and emotional learning; Adolescents; Gender.

Highlights: Eight Spanish public schools volunteered to participate in the research. A total of 500 adolescents (260 boys) were randomly assigned to either the intervention group or control group. Students in the EI training group showed lower levels of physical and verbal aggression, anger, hostility, jealousy, contempt, and anxiety compared to students in the control group. Additionally, the EI program was particularly effective in girls' aggression. These findings confirm the effectiveness of social and emotional learning interventions in Spanish schools. Teachers will benefit the reduction of gender-related differences during adolescence. Study limitations and future research directions are also considered.

• **Los alumnos son menos agresivos y más empáticos**

IE y drogas



Adolescentes con baja IE > tienen 2.25 más probabilidad de consumir tabaco o alcohol

N = 207 adolescentes California.
 Trinidad & Johnson, 2002; Brackett et al., 2004.