

# Psychological well-being from neuropsychological perspective: *Contributions of personal well- being program in the university classroom.*

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María Jesús Luque Rojas PhD.

University of Málaga. Spain.



Fuente: Microsoft

**At the Crossroads of Paradigms**  
Considering Heterodoxy in the Social Sciences



SEVENTEENTH INTERNATIONAL CONFERENCE ON  
INTERDISCIPLINARY SOCIAL SCIENCES

NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS  
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# Self-development



WHY IS IT A NEED TO WORK ON THE PERSON?



IS IT NECESSARY TO WORK ON PERSONAL DEVELOPMENT FOR ITS RELATIONSHIP WITH SOCIETY?



WHAT WOULD BE THE CONNECTION BETWEEN DEVELOPMENT AND OUR FUNCTIONING AS A PERSON?

# Self- development

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- Why is it a need to work on the person?

People need time, comprehension, reflection and analyses of themselves. Self-comprehension helps to self-knowledge, an element that is linked with other essential factors such as self-concept and self-esteem.

- Is it necessary to work on personal development for its relationship with society?

The idea of ourselves is a faithful reflection and answer to relationships and social abilities that we keep with our environment

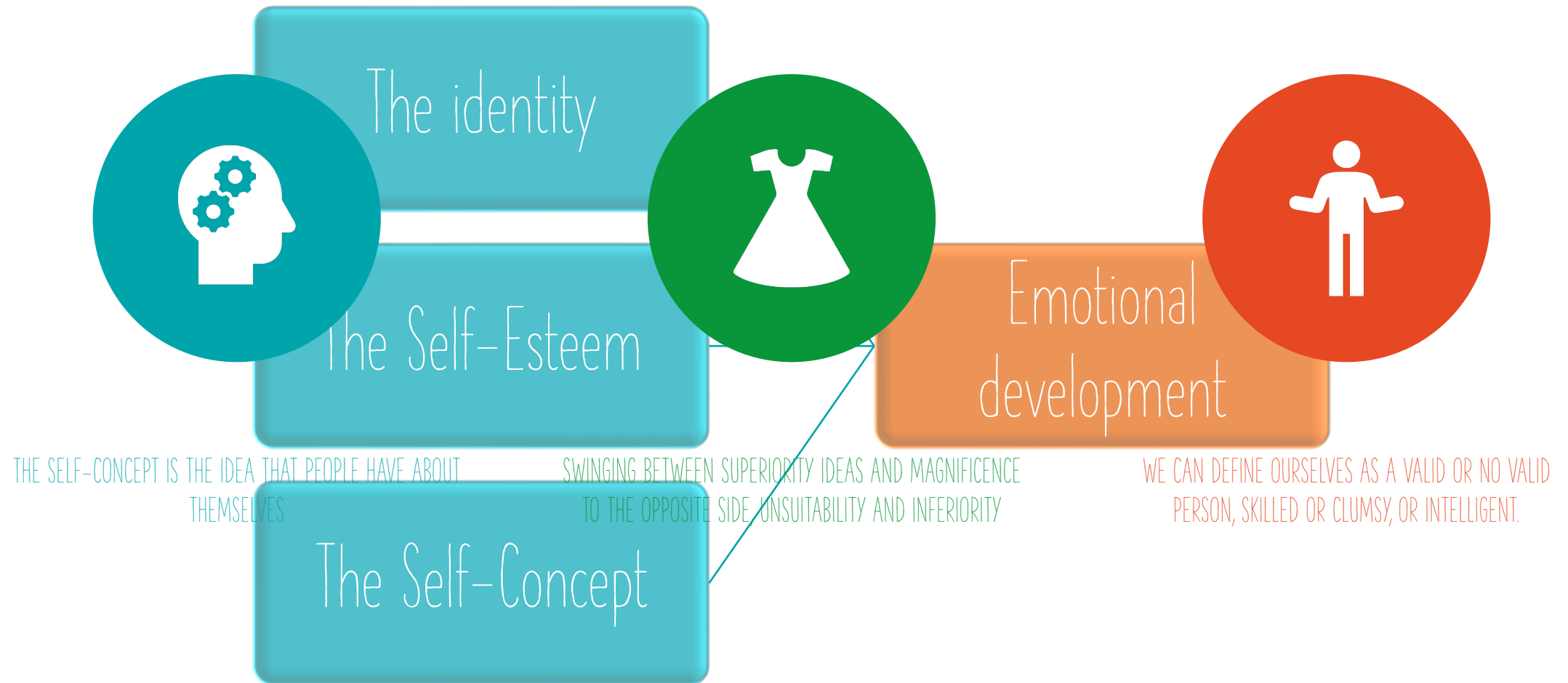
- What would be the connection between development and our functioning as a person?



Fuente: Microsoft

# The personal autonomy development, self-concept and self-esteem

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# The personal autonomy development, self-concept and self-esteem

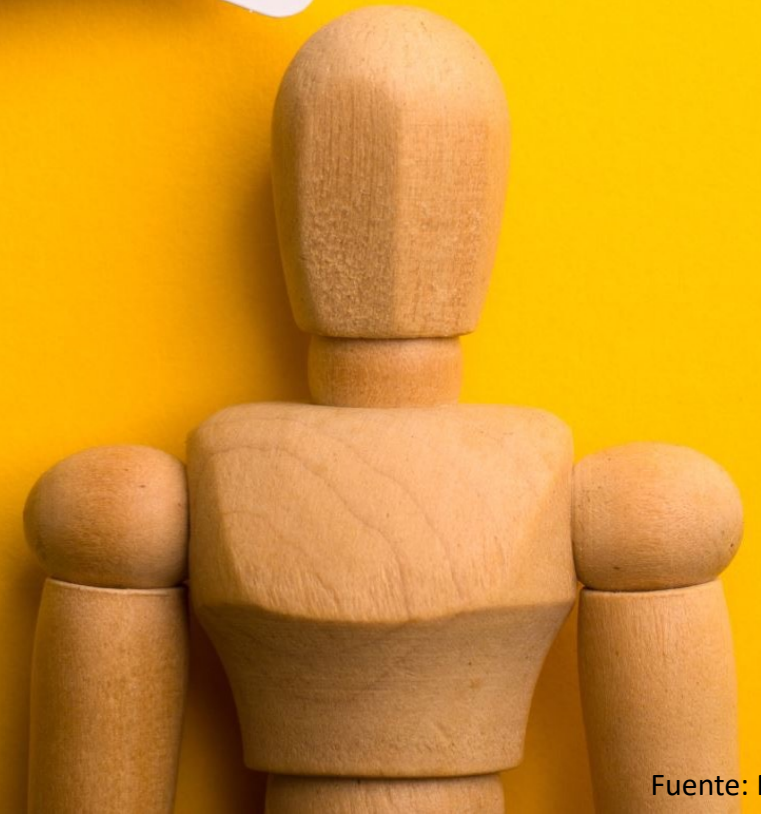
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- As professionals, we should be looking to strengthen the identity or appearance that person usually has as **one-of-a-kind and always valid**, that they could need in different levels of their life.
- This helps them **differentiate their context** with strength and begin to do behaviour of themselves, from their individuality and independence.
- The way to know who **we are ourselves** is defined as **autonomy**.

# Well-Being and psychological well-being

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- The need to know, understand and help ourselves from reflections and well-being in the development of ourselves in our everyday life. Their consequences, our improvement, and well-being in every situation we are in.



# Why do we study psychological well-being?

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Psychological well-being:  
Eudaimonia. *Human  
potential development.*



To analyze the relationship between noticing psychological well-being by students *from the carry out of a program based on activities defined under a neuropsychological perspective.*



# Objective:

María Jesús Luque Rojas



# Methodology

Sample of 12 students ( $M=26,20$ ;  $SD=0.70$ ) from master's degree in Education from the University of Malaga.

Students coming from different degrees: Psychology, Pedagogy, Social Education, Child Education and Primary Education.

87,5% women, and 12,5% men.

Program of eight sessions.

# Methodology

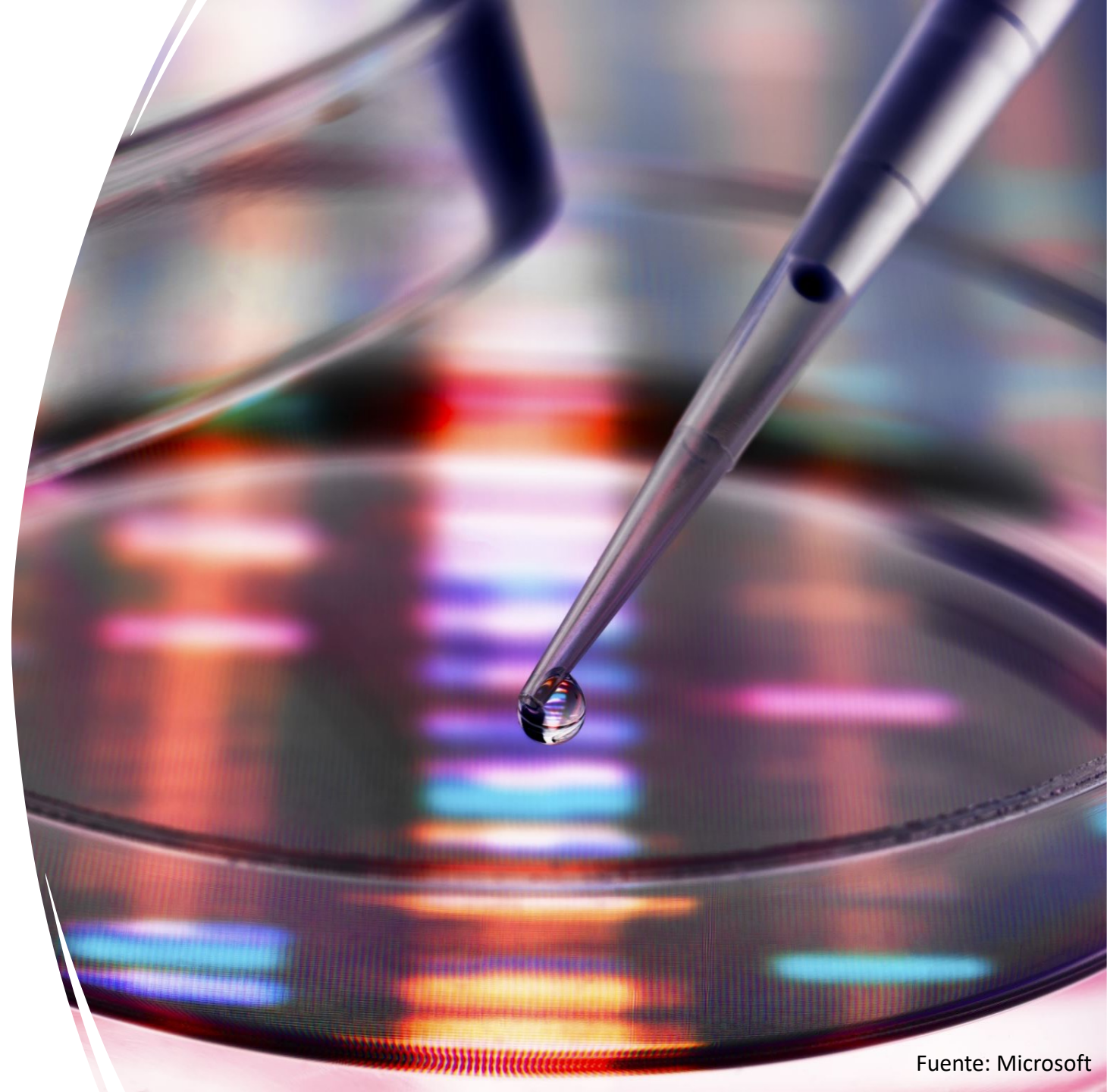
## Distribution sessions

Session 1	Details and presentation of the subject	Models and programs of counselling for comprehensive development. Personal, social and professional counselling.
Session 2		Psychological well-being of students of educational science.
Session 3		<i>Personal and social and professional counselling: information pills.</i>
Session 4	Introduction to Educational neuropsychology	Workshop 1. <i>Neuroscience of child abuse.</i>
Session 5	<i>Role of neuroscience in decision making, problem-solving, self-concept and self-regulation</i>	Workshop 2. <i>Creativity (art therapy), self-control and decision making.</i>
Session 6	Relationship between Brain-Education-Socio-labour development	Workshop 3. <i>Sensory Integration: the role of the senses in learning.</i>
Session 7	Research processes applied to the field of Educational Guidance.	Workshop 4. <i>Storytelling (taught in English).</i>
Session 8	Research and innovation lines	Workshop 5. <i>Music therapy as a tool for personal self-care.</i>

All the workshops were focused from different areas or contexts, in order to have some versatility in the development of educational guidance programs in different social and personal contexts.

# Results

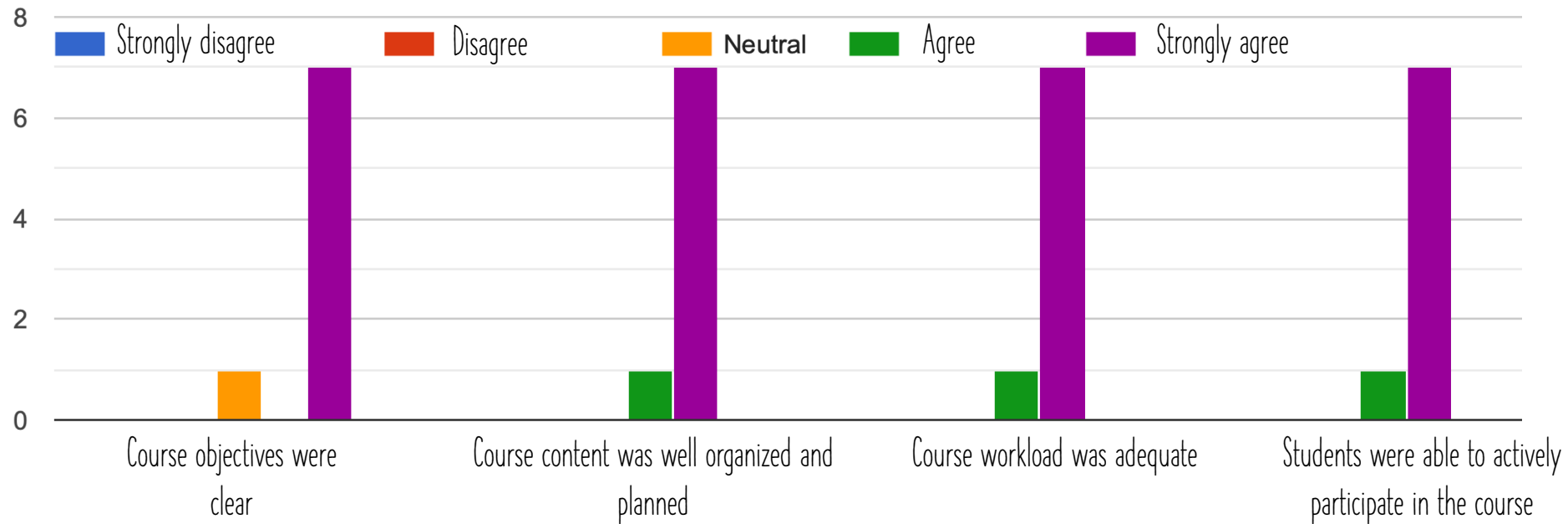
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# Results

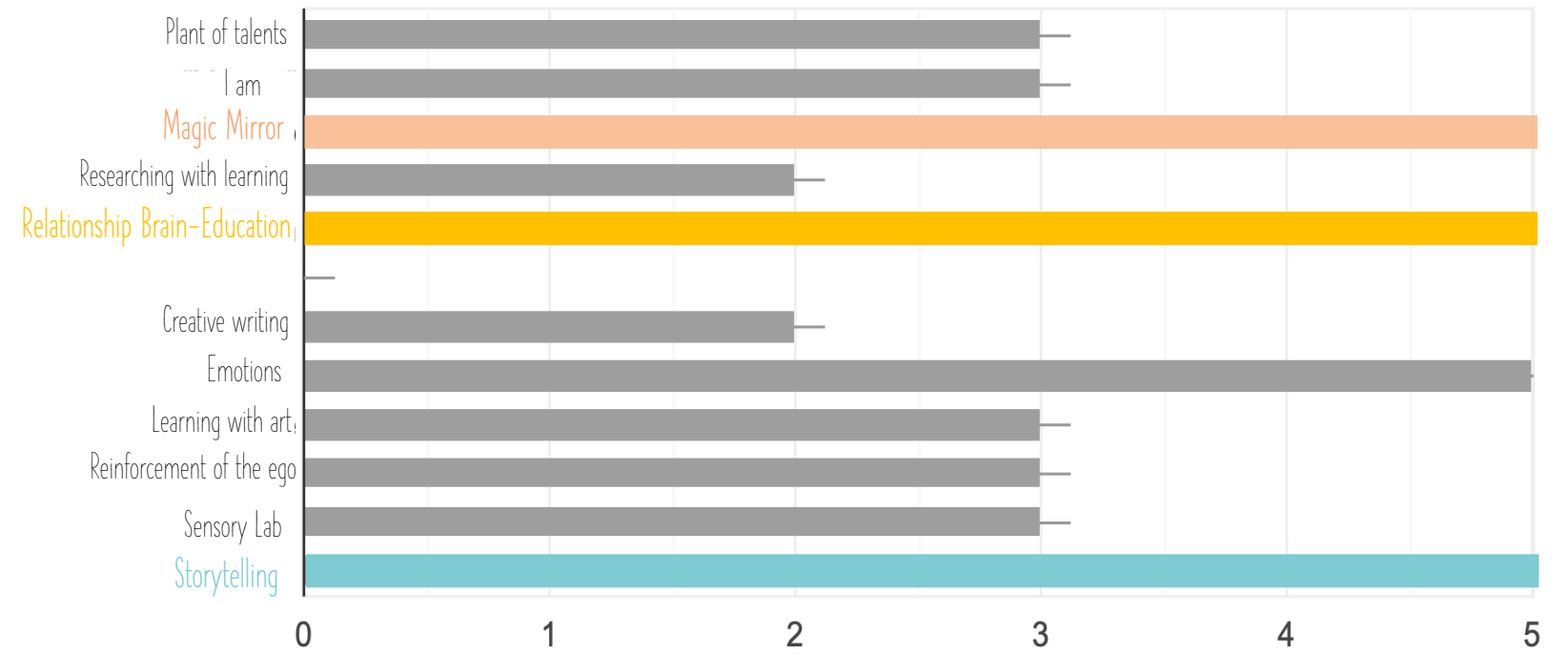
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## Course content



# Results

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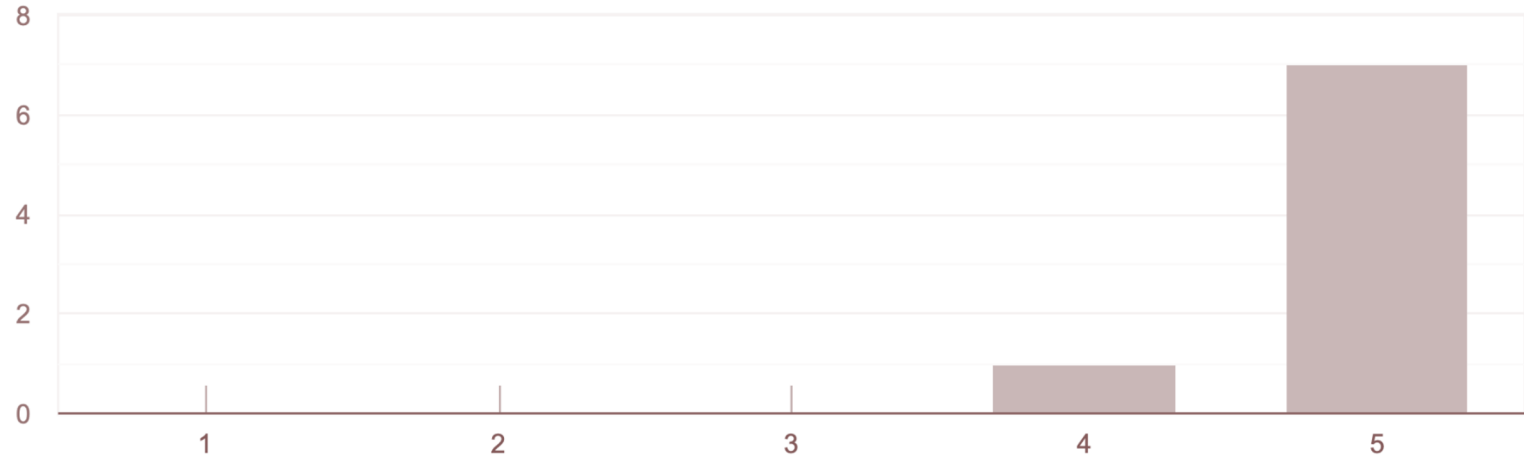
How do you rate the Storytelling workshop?



**Results**

# Results

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How do you rate the Music therapy as a tool for personal self-care workshop?

# Conclusions

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# Conclusions

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- The tasks that are better than valued are related to brain structures like the [hippocampus](#), related to *identity sense, our memories and this self-narrative*, in conjunction with brain connections of [prefrontal cortex](#) and *motor and sensory areas during information processing*.
- As a final assessment, the students show the need to increase the number of sessions delving into the subject, its contents, and many workshops and activities.
- It is essential to consider the importance of continuing carrying out this kind of program and performance, enriching the theory given in the subject with the practice and applied ingredients. It could be considered that this program had a pilot meaning, requiring a better analysis and implementation in another group of students.

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