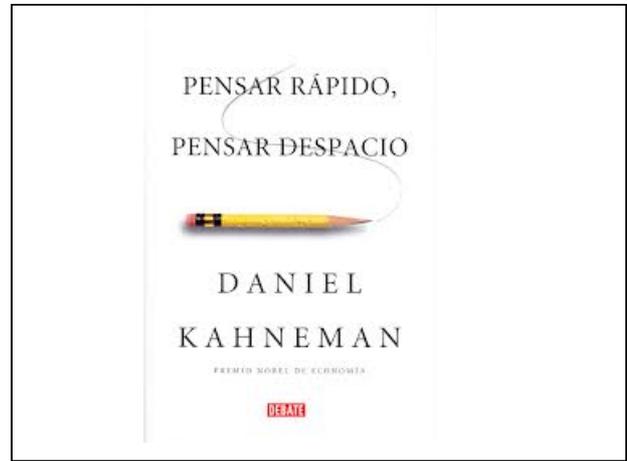


# La educación de la **inteligencia emocional**

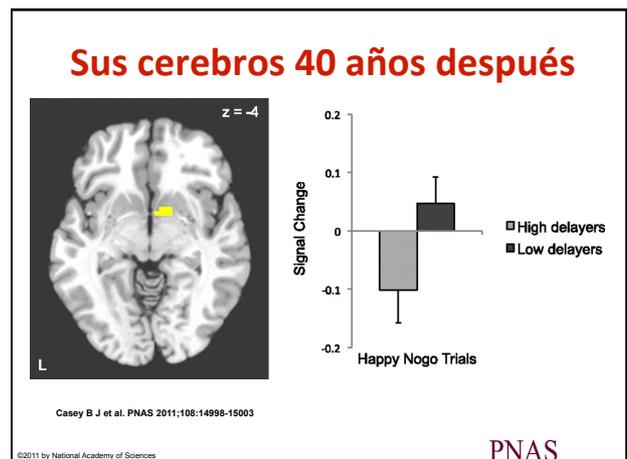
Una herramienta eficaz para la prevención de la violencia y el consumo de drogas

**Dr. Pablo Fernández Berrocal**  
Catedrático de Psicología  
Laboratorio de Emociones  
Universidad de Málaga  
@pabloberrocal



## Dos opciones

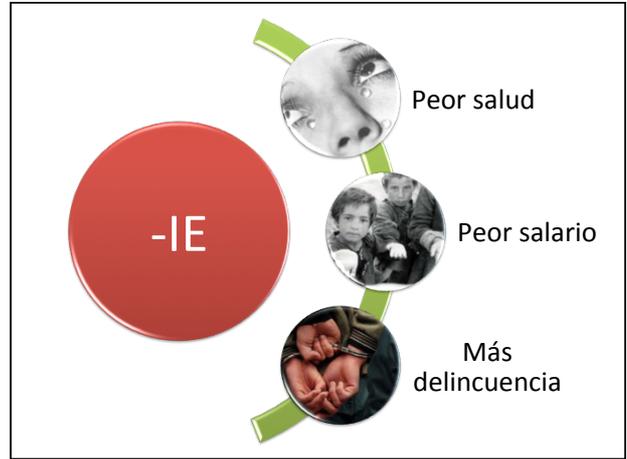
1	Ahora	1000 €
2	La semana que viene	1100 €



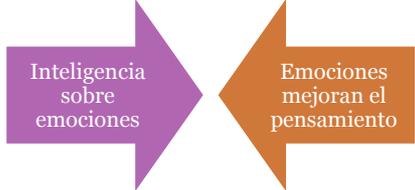
Dunedin Multidisciplinary Health & Development Research Unit  
**DMHDRU**




Terrie Moffitt

**Definición de IE:**

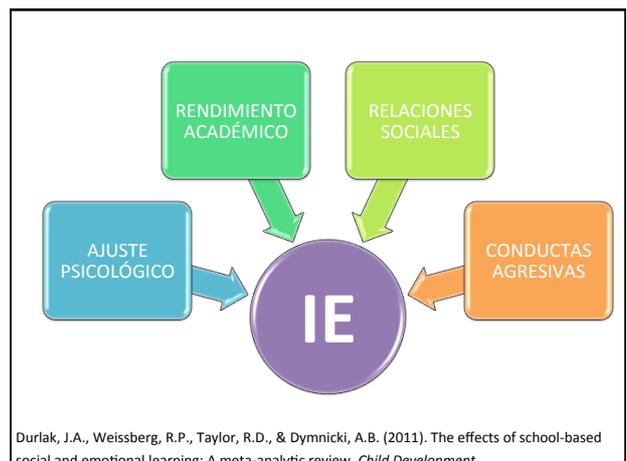


Inteligencia sobre emociones

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**

Ruth Castillo<sup>a,\*</sup>, José M. Salguero<sup>a</sup>, Pablo Fernández-Berrocal<sup>a</sup>, Nekane Ballester<sup>b</sup>

<sup>a</sup>Faculty of Psychology, University of Málaga, Campus de Bellas Artes, 29011 Málaga, Spain  
<sup>b</sup>Faculty of Education, University of the Balearic Islands, 06100, Spain

**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 EI training group or control group. The EI training group showed lower levels of physical and verbal aggression, anger, hostility, jealousy, contempt, and envy compared to students in the control group. Additionally, the EI program was particularly effective for those with low EI. These findings confirm the effectiveness of social and emotional learning interventions in Spanish schools. Teachers will benefit the students if 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.