

## MENTAL HEALTH AND EMOTIONAL INTELLIGENCE: A PEDAGOGICAL WINDOW FOR STRENGTHENING LEARNING.

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### ABSTRACT

This premise had as its axis to propose pedagogical strategies on mental health and its implication in emotional intelligence for the strengthening of learning. The same research topic is supported by Daniel Goleman's Theory of Emotional Intelligence (1995), Paul Ekman's Theory of Emotions (1992), Albert Bandura's Theory of Social Learning (1997) and Howard Gardner's Theory of Multiple Intelligences (1983). Within the methodological focus, the positivist paradigm was applied, which in this form is presented as descriptive, with a field design under the feasible project modality. There was a population of (10) teachers. Among the data collection techniques and instruments, a survey was applied to the population guided by a questionnaire of polychotomous questions. Validity is evaluated through content, criterion and concept validity, which examine whether the research elements are representative and with the existence of possible relationships. The results showed that most teachers perceive that attention errors depend on their teaching and negatively affect learning, show a high awareness of their own role in the educational process, and recognize that their teaching methods can influence students' ability to concentrate and perform. Finally, the importance of expanding and fostering the ability to concentrate in the educational process, supporting the need to implement pedagogical strategies that help students to improve their concentration, which could have a positive impact on their academic success.

**Descriptors:** Mental Health, Emotional Intelligence, Pedagogical Showcase, Learning, Socio-affective Orientation.

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Salud Mental e Inteligencia Emocional: un Vitral Pedagógico para el Fortalecimiento de los Aprendizajes.

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