



Estrategias de Prevención de Riesgos Psicosociales en Docentes Universitarios y Personal Administrativo: Metodología Participativa [

2021

text (article)

Analítica

The objective of this study was to define strategies for the prevention, promotion, and intervention of psychosocial risks applicable to university teachers and administrative staff, through a participatory methodology. The study followed a qualitative design by applying an instrument for the participatory formulation of an intervention plan for psychosocial risk factors. The participants were 171 people, distributed in 115 teachers of higher education level and 56 administrative workers. The technique used was a questionnaire constructed by the author from the "General Technical Guide for the Promotion, Prevention and Intervention of Psychosocial Factors and their Effects on the Working Population" of the Ministry of Labor of Colombia, developed by experts from the Javeriana University of Bogotá. The questionnaire has 13 questions that identify the health intervention actions and the psychosocial risk factor intervention actions proposed by the participants. The results indicate that health promotion activities focus on the promotion of healthy lifestyles (23.5%), the suggested actions on health effects are oriented towards primary prevention, mainly the first aid techniques in view of situations of anxiety (59%) and regarding the actions on health effects at the level of secondary prevention focused on knowing crisis care techniques and psychological first aid (37.4%). It is concluded that the strategies established in the promotion of health are necessary to implement and promote healthy lifestyles within the working day, to improve the productivity and health of the working population.

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Título: Estrategias de Prevención de Riesgos Psicosociales en Docentes Universitarios y Personal Administrativo: Metodología Participativa electronic resource]

Editorial: 2021

Tipo Audiovisual: estrategias prevención riesgos psicosociales personal docente personal administrativo strategies prevention psychosocial risks staff administrative staff

Documento fuente: Revista Científica Hallazgos21, ISSN 2528-7915, Vol. 6, N°. 3, 2021 (Ejemplar dedicado a: REVISTA CIENTÍFICA HALLAZGOS21), pags. 311-322

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Lengua: Spanish

Enlace a fuente de información: Revista Científica Hallazgos21, ISSN 2528-7915, Vol. 6, N°. 3, 2021 (Ejemplar dedicado a: REVISTA CIENTÍFICA HALLAZGOS21), pags. 311-322

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