



Funciones ejecutivas y bienestar psicológico en estudiantes de educación secundaria [

2023

text (article)

Analítica

he general objective of the research was to determine the relationship between executive functions and psychological well-being of first-year high school students from an educational institution in Callao. The study was carried out through an empirical, correlational-simple methodological design. The participants were 216 high school students from an educational institution in the Constitutional Province of Callao. The technique was the survey and the instruments were the EFECO questionnaire and psychological well-being scale (BIPSI). The results have shown that there is a significant relationship between executive functions and psychological well-being, concluding that executive functions are the cognitive capacities of the prefrontal cortex that allow self-regulatory behaviors, self-determine actions, socialize, develop a life purpose and have autonomy. In conclusion: there was a significant and direct relationship between executive functions and psychological well-being of first-year high school students from an educational institution in Callao

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Editorial: 2023

Tipo Audiovisual: funciones ejecutivas bienestar psicológico sistema supervisor de la emoción neuropsicología neuroeducación executive functions psychological well-being emotion monitoring system neuropsychology neuroeducation funções executivas bienestar psicológico sistema supervisor da emoção neuropsicologia neuroeducação

Documento fuente: Revista Innova Educación, ISSN 2664-1496, Vol. 5, N°. 1, 2023, pags. 77-87

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Revista Innova Educación, ISSN 2664-1496, Vol. 5, N°. 1, 2023, pags. 77-87

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