



Análisis de las propiedades psicométricas del Cuestionario de Competencias Socioemocionales SEC-Q en estudiantes universitarios chilenos [

2023

text (article)

Analítica

Abstract Introduction/objective: Socio-emotional competencies are skills that mediate between emotional management and social adjustment. These skills are relevant for: learning, professional performance, mental health, and well-being. The objective is to analyze the psychometric properties of the Social and emotional Competencies Questionnaire SEC-Q in Chilean university students. **Method:** The sample included 699 university students, 493 women and 206 men. The internal structure was analyzed through cross validation, an exploratory and confirmatory factorial analysis. Convergent and discriminant validity were determined using the Pearson correlation coefficient between the subscales of the SEC-Q with the Scale of Perceived Self-Efficacy Specific to Academic Situations, Life Satisfaction and Maslach Burnout Inventory. **Results:** adequate psychometric properties in the questionnaire, observing the four components proposed by the structure of the original instrument - self-awareness, self-management, social awareness and decision-making. These competencies showed, as expected, a positive relationship with self-efficacy and life satisfaction, and an inverse relationship with stress. Also, social awareness presented differences according to gender, being higher in women than in men. **Conclusion:** The SEC-Q is a reliable and valid instrument for the evaluation of Chilean university students

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Título: Análisis de las propiedades psicométricas del Cuestionario de Competencias Socioemocionales SEC-Q en estudiantes universitarios chilenos [electronic resource].]

Editorial: 2023

Tipo Audiovisual: Competencias emocionales competencias sociales estudio instrumental análisis factorial confirmatorio validación Emotional competencies social competencies instrumental study confirmatory factor analysis validation

Documento fuente: Revista Latinoamericana de Psicología, ISSN 0120-0534, Vol. 55, 2023, pags. 10-17

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Revista Latinoamericana de Psicología, ISSN 0120-0534, Vol. 55, 2023, pags. 10-17

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