

Emotional education as a tool to improve the educational process in Colombia

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Emotional education

Emotional education has become a key tool for improving the educational process in Colombia.

Objective

To analyze the impact of emotional education on academic performance, school coexistence, and the emotional well-being of students.



Theoretical findings

Emotional education promotes skills such as self-awareness, self-regulation, empathy, and social skills, which contribute to better personal and academic development of students.

Evidence

Emotional education helps reduce anxiety, stress, and aggressive behaviors in the school environment.



Tools

In the contemporary educational field, the recognition of the importance of emotions in the learning process has gained increasing relevance.

