

Results of an emotional education program in primary school [Resultados de la aplicación de un programa de educación emocional en Educación Primaria]

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This article presents the results of the evaluation of the effectiveness of an emotional education program for elementary school children. It aims to determine the program's impact on the development of the five dimensions of emotional competence: Emotional awareness, emotional regulation, emotional autonomy, social competence and life skills and wellbeing (Bisquerra & Pérez, 2007). A quasi-experimental design with two groups pretest-posttest control group was used. The results obtained on a sample of 423 children aged between 6 and 12 old years showed a significant increase in punctuations of emotional competences after the intervention.

Elementary school

Emotional competences

Emotions

Program evaluation