

A systematic review of the school-based use of positive psychology methods to promote student wellbeing

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Teachers and students in German-speaking countries are increasingly suffering from complaints such as chronic stress, sleep disorders and mental illness. However, positive attitudes and emotions can promote students' motivation, mental and physical health and social skills. Positive psychology as a concept, significantly influenced by Martin Seligman, deals with the question of what makes life positive and how people can achieve a 'good life'. Teachers can, among other things, contribute to their students' well-being by using specific methods of positive psychology. These include identifying and utilising personal strengths ("character strengths") or exercises on kindness and gratitude, such as keeping a gratitude diary.

This study deals with intervention methods from positive psychology that have been used in studies in school settings. A systematic review of these studies will examine the various impacts and the most effective ways of using these methods. Firstly, the development of positive psychology is explained, followed by a description of the intervention methods used in the studies. The selection of studies and their criteria will then be explained, followed by a comparison of studies in terms of their settings and objectives and an analysis of their results. Finally, it is summarised which intervention methods are particularly suitable for use by teachers and which specifics should be taken into account in this context.

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