

Capítulo 5

Autoestima, bienestar psicológico y rendimiento académico. Reflexiones teóricas en la praxis universitaria

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Resumen

El propósito del presente ensayo se enfocó en realizar una comparativa reflexiva teórica entre la autoestima, el bienestar psicológico y el rendimiento académico, desde una perspectiva universitaria. Los factores como la autoestima y el bienestar psicológico tienen relevancia en la educación debido a su impacto en el proceso educativo. El rendimiento académico es condicionado cuando no se trabajan determinados factores cognitivos y psicológicos. Las falencias en el manejo de diversos factores a nivel mental o emocional no permiten el desarrollo óptimo de los estudiantes. La autoestima juega un papel fundamental en la construcción del aprendizaje, busca que el sujeto logre el desarrollo integral y facilita los procesos significativos que se gestionan en el ámbito académico. Las capacidades mentales contribuyen al mejoramiento del bienestar psicológico, esto es fundamental al momento de trabajar los problemas interpersonales, y todos aquellos factores que estén de alguna manera relacionados al rendimiento académico.

Palabras clave: Autoestima; bienestar psicológico; rendimiento académico; praxis universitaria.

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