

EFFECTS OF SOCIAL-EMOTIONAL LEARNING (SEL) ON STUDENTS' WELL-BEING

by:

Diana Rose M. Gimpaya

Teacher I, Jose C. Payumo Jr. Memorial High School

In recent years, social-emotional learning, or SEL, has drawn a lot of attention as a crucial aspect of education. The process by which kids learn to comprehend and control their emotions, create constructive goals, demonstrate empathy for others, uphold wholesome relationships, and make responsible decisions is known as self-education and learning (SEL). It is an essential component of comprehensive student development that affects both academic achievement and individual wellbeing. Through addressing the social and emotional facets of students' lives, SEL fosters the development of interpersonal skills, emotional intelligence, and resilience – all of which are essential for success in school and beyond.

The beneficial effects of SEL on students' wellbeing are among its main advantages. Students that participate in SEL programs typically exhibit gains in stress reduction, emotional control, and general mental health. Students are better prepared to cope with the pressures and difficulties of school life when they are taught to recognize and control their emotions. Students see a decrease in anxiety, depression, and behavioral problems as they gain coping mechanisms and emotional awareness, which creates a more encouraging and peaceful learning environment. SEL has been demonstrated to enhance students' social relationships, mental health, and academic performance (Jones et al., 2021).

SEL's contribution to the development of healthy student interactions is another important facet. Students are encouraged to comprehend and value the thoughts, feelings, and viewpoints of others by SEL, which teaches empathy and communication

skills. Healthy connections at school and later in life are built on this understanding. Pupils who acquire emotional intelligence in social situations are more likely to work well with others, settle disputes amicably, and feel deeply a part of the community. Additionally, by encouraging compassion, respect, and inclusivity, SEL contributes to the development of a strong school culture.

Additionally, SEL helps people become more self-aware, which is essential for wellbeing and personal development. Students get an understanding of their areas of strength and growth through exercises including goal-setting, self-reflection, and mindfulness. Students who possess this self-awareness are better equipped to make deliberate decisions, establish reasonable objectives, and maintain the motivation to reach them. Students are more likely to make choices that are consistent with their values and long-term goals when they are able to identify their emotions and how they affect their behavior. This feeling of mastery over their emotional lives adds to their confidence and general well-being.

SEL directly affects academic performance in addition to promoting personal development. Students who take part in SEL programs typically do better academically, according to research. Stronger interpersonal skills, more self-regulation, and enhanced attention are some of the reasons behind this. SEL fosters a learning environment where students can focus on their academics and interact with peers and teachers more successfully by teaching them how to control their emotions and handle stress. Thus, SEL promotes students' academic and emotional well-being, which improves their overall results.

Additionally, SEL is essential for advancing educational equity. SEL helps level the playing field for all kids, regardless of their background or personal struggles, by giving them the skills to recognize and control their emotions. SEL programs that provide emotional support and coping mechanisms, for instance, may be beneficial for students who have suffered trauma. SEL supports all kids, irrespective of their socioeconomic

background, cultural background, or life experiences, in developing resilience and succeeding in the classroom. This emphasis on emotional development promotes a more equal learning environment and helps remove obstacles to learning.

Although SEL has numerous advantages, there are a number of obstacles to overcome when incorporating it into the curriculum. To properly implement SEL programs, teachers must receive the necessary training, and schools must set aside time and funds to support these efforts. Furthermore, some teachers can encounter opposition to the notion of teaching emotional intelligence in addition to academic subjects. Nonetheless, the increasing amount of evidence demonstrating the beneficial effects of SEL on students' academic performance and well-being indicates that the work is worthwhile. Long-term gains in academic achievement, school culture, and student well-being are all anticipated for schools that make SEL investments.

One effective strategy for improving students' wellbeing is social-emotional learning. SEL supports students' academic and personal development while assisting them in navigating the difficulties of school life by encouraging emotional control, self-awareness, empathy, and healthy relationships. Students will be more equipped to manage life's challenges as schools continue to include SEL into their curricula, creating healthier, more resilient people and a more encouraging learning environment. Jones et al. (2021) assert that SEL is an essential part of contemporary education because of its beneficial effects on academic achievement and mental health.

References:

Jones, S. M., Bailey, R. E., & Brush, K. L. (2021). Social-emotional learning: A framework for promoting well-being and academic success. *Educational Psychology Review*, 33(4), 1031-1052.