

SUBJECTIVE WELL-BEING INTERVENTION IN ADOLESCENCE: SELF-CONCEPT AND GRATITUDE

Luana Figueira Silva¹, Leticia Fabrício Ponsi², Dra. Livia Maria Bedin³, Dr. Jorge Castellá Sarriera⁴

Universidade Federal do Rio Grande do Sul

luanafigueirasilva@hotmail.com¹

leticia.ponsi@ufcspa.edu.br²

liviabedin@gmail.com³

jorgesarriera@gmail.com⁴

ABSTRACT

Self-concept encompasses several dimensions of life and is related to self-esteem and self-efficacy, indicators that impact people's well-being. Intervention practices that promote a positive view of young people about themselves can help them to achieve healthier psychological states and increase the level of life satisfaction, characterized as preventive interventions for mental problems and promoters of subjective well-being. This work composes one of the intervention modules of the project "Evaluation of Efficacy and Process in Psychosocial Intervention: Well-being in Childhood", developed and adapted to the pandemic context. The main objective of this work is to present the development and implementation of the self-concept and gratitude module, worked through gratitude, which sought to promote the subjective well-being (SWB) of children and adolescents. It is hypothesized that strengthening positive self-concept together with gratitude will help to promote better life satisfaction. This is a study with a mixed qualitative-quantitative method with application of pre and post-tests. Six adolescents aged between 11 and 14 from a city in southern Brazil participated in this module, students from public schools, selected through an invitation published on social networks. The research group developed the intervention modules from previous studies with children and adolescents on indicators of well-being in childhood and adolescence and literature review. Two virtual meetings took place during a week, lasting an hour and a half each. The instruments used were the translation of the recording of the participants' meeting and a questionnaire for the pre (one week before the intervention) and post-tests (one week after the intervention), composed of one subjective well-being scale (Personal Well-Being Index) and items referring to self-concept indicators. To assess the effect of the intervention, it was carried out comparison analyzes of pre and post-test intragroup means (paired sample) and the triangulation of qualitative and quantitative data to understand the research results. Preliminary quantitative results show that all items of well-being and self-concept presented higher means comparing the pre and post-tests, although not all of them were significant. The participants showed to be participative and preliminary qualitative results indicate that they present a positive general view of themselves regarding self-concept, highlighting their physical characteristics as a

category, as well as the personal characteristics category, such as recognizing themselves as being a friend and enjoying helping others. Regarding gratitude, they perceive themselves as grateful people in different aspects of their lives, especially for family, friends and the environment, and they usually show this emotion through attitudes of affection towards others. The adolescents have also mentioned that their participation in the intervention has helped them to reflect on important things of their lives, which they do not have space to talk about in other contexts. The data point to an intervention with the potential to promote changes in life satisfaction, corroborating the development of practices that involve listening and the opinion of children and adolescents.

Keywords: Self-concept, Gratitude, Subjective Well-being, Intervention.