

# Psychological Issues in Education and Health

Proceedings of the 1<sup>st</sup> Scientific Meeting in  
Psychology of the University of Evora and the  
University of Leipzig,

Evora, 13<sup>th</sup> May, 2016.

Editors

Adelinda Candeias,  
Edgar Galindo,  
Heldemerina Pires,  
Konrad Reschke &  
Evelin Witruk

Universität Leipzig & Evora

Berichte aus der Psychologie

**Adelinda Candeias • Edgar Galindo • Heldemerina Pires •  
Konrad Reschke • Evelin Witruk (Eds.)**

## **Psychological Issues in Education and Health**

Proceedings of the 1<sup>st</sup> Scientific Meeting in Psychology  
of the University of Evora and the University of Leipzig

Evora, 13<sup>th</sup> May, 2016

Shaker Verlag  
Aachen 2017

**Bibliographic information published by the Deutsche Nationalbibliothek**

The Deutsche Nationalbibliothek lists this publication in the Deutsche Nationalbibliografie; detailed bibliographic data are available in the Internet at <http://dnb.d-nb.de>.

Copyright Shaker Verlag 2017

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publishers.

Printed in Germany.

ISBN 978-3-8440-5517-7

ISSN 0945-0971

Shaker Verlag GmbH • P.O. BOX 101818 • D-52018 Aachen

Phone: 0049/2407/9596-0 • Telefax: 0049/2407/9596-9

Internet: [www.shaker.de](http://www.shaker.de) • e-mail: [info@shaker.de](mailto:info@shaker.de)

## Content

Preface .....	4
<b>Mental Health &amp; Stress</b> .....	5
<b>Sleep quality and mental health in young adults</b> Perla Vargas .....	5
<b>Dynamic evaluation of risk taking in the balloon analogue task</b> Elias Robles .....	17
<b>On self-knowledge conflicts as promoters of stressful experiences and the prevention of depression in adolescence.</b> Maria João Carapeto .....	28
<b>Stress, burnout, well-being in teaching profession: Portuguese studies</b> Adelinda Candeias, Ines Calisto, Liberata Borralho, Paulo Vilia .....	35
<b>Optimistic management of stress in retirement age: An example of long life learning</b> Konrad Reschke.....	41
<b>Mental health in teachers – Development and evaluation of a stress management program for teachers</b> Marcus Stueck.....	62
<b>Mental Health &amp; Learning</b> .....	78
<b>School failure from a psychological point of view</b> Edgar Galindo.....	78
<b>Variations on learning orchestration at higher education: conceptions, approaches and academic context</b> Luisa Gracio .....	87
<b>From the gaps/needs to the e+ qolmi course</b> Heldemerina Pires, Adelinda Candeias, H. Rebelo, Vítor Franco, Madalena Melo, Luisa Gracio & Maria Jose Saragoça.....	96
<b>Learning for Knowledge, Citizenship and Creativity - A Key challenge for schools in 21st century. A Reflection based on our experience with PMA-CEAGXXI</b> Adelinda Candeias .....	105
<b>Media Psychology</b> Evelin Witruk.....	113
<b>Emotional Intelligence &amp; Resilience</b> .....	122
<b>Emotional Intelligence and Coping Strategies of students faced with traumatic events.</b> Asanka Bulathwatta .....	122
<b>Cognitive abilities and personal resilience among children of incarcerated parents in Indonesia</b> Dian Veronika Sakti Kaloeti.....	129

# Mental Health & Learning

## School failure from a psychological point of view

Edgar Galindo<sup>1</sup>

University of Evora

### Abstract

School failure is an educational problem with multiple causes at different levels. In spite of a set of measures applied by educational agencies during many years, it remains a major problem in Portugal and in other countries, due to a variety of factors. The problem has social and political dimensions and consequently several solutions have been proposed. Nevertheless, solutions must take into account the individual level. This paper analyzes the contribution of Psychology to understand and propose solutions for individual children. A project is presented in which Applied Behavior Analysis techniques are applied to train 6-12 years old children with academic difficulties of very different origins. Training programs for Basic Behavior (precurrents), Social Behavior and Academic Behavior are explained. Results are evaluated in terms of % of attained objectives, time, and (subjective) teachers' satisfaction.

Keywords: Applied Behavior Analysis, disadvantaged children, school failure, academic problems.

School failure is a major problem in Portugal and in many countries, including some of the most developed nations in Europe. For instance, in a study about the topic in Spain, Fernandez, Mena & Riviere (2010) note that in the Spanish school the proportion of children who repeated during primary education is 15 % of the total (18% boys and 12% girls) with rates of repetition of 2.3 percent in the first cycle (which in Spain includes the first two years of primary school), which means for many children the beginning of a long way of failures in their life. There are several definitions of school failure (see for instance Fernandez, Mena & Riviere, 2010, p. 18 and Faubert, 2012, p.4). Some of these definitions stress the role of the educational system, others the achievement of the child.

---

<sup>1</sup> This work has been completed during a sabbatical semester at the University of Leipzig with support of the FCT (Portugal).