

WORLD NEUROSCIENCE SUMMIT

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Study of the relationship of bullying with the levels of eudaemonic psychological well-being in participants in bullying**Raúl Carretero Bermejo***University of Castilla la Mancha, Spain*

Bullying, one of the main problems in adolescence in which he participates, in one position or another, up to 95%, has a negative impact on adolescents' emotional and social development, especially in the case of victims, but also in aggressors and bystanders. This study aims to explore the association of engagement in bullying behaviors both as victim and aggressor with psychological well-being. A non-experimental, cross-sectional and correlational quantitative study was designed, with the participation of 570 students between 14 and 15 years old (SD .99), of which 50.5% are girls and 49.5% are boys, enrolled in secondary education, selected through stratified random sampling. Mean differences, bivariate correlations and multiple linear regressions were calculated to study the relationship between bullying and psychological well-being. Victims score lower subjective well-being, finding a moderate and statistically significant correlation, with the educational and social implications that this means. As for the aggressors, who score higher on well-being than non-aggressors, finding a statistically significant, moderate, negative and small correlation, is raised the question of whether well-being increases when aggression or aggression is the result of lower levels of well-being. Female bullying victims belonging to the older age group are the participant profile with the lowest well-being scores. this gender perspective can be considered not only in the coexistence and bullying prevention plans but also shows the need to promote psychological well-being to educate towards equality.

Biography

Raúl Carretero Bermejo investigates the relationship of bullying with those variables that can help to understand and explain the participation in situations of bullying, as an aggressor and victim, for the purpose of eradicate this type of violence from the educational system. He also addresses in his works the study of variables such as subjective well-being, resilience and emotional intelligence from a gender perspective. He holds a PhD in Education and expert in positive psychology. Raúl Carretero currently works as Associate Professor at the University of Castilla la Mancha and as a social educator in social services