

Persönlichkeitsmerkmale Und Gesundheit - Britta Wehen

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Die Gesundheitspsychologie beschäftigt sich mit unterschiedlichen individuellen, sozialen und strukturellen Einflussfaktoren, die Auswirkungen auf die körperliche und seelische Gesundheit von Menschen haben (können). Hierzu zählen beispielsweise Einflüsse der Umwelt, soziale Unterstützung oder bestimmte Eigenschaften von Personen: Wenn ein Mensch besonders zuversichtlich ist (und das in allen Lebenslagen), wird er in vielen Situationen auch davon überzeugt sein, dass ein bestimmtes Verhalten (z.B. Sport) zu einem gewünschten Ergebnis (z.B. körperliche Fitness) führt. Die Gesundheitspsychologie beschreibt und erklärt solche gesundheitsrelevanten Einstellungen und Verhaltensweisen und leitet aus empirisch bestätigten Zusammenhängen Interventions- und Präventionsmaßnahmen ab, wie zum Beispiel Programme zur Stressbewältigung. In dieser Ausarbeitung sollen verstanden werden die Persönlichkeitsmerkmale betrachtet werden. Was ist hierunter überhaupt zu verstehen? Welche Zusammenhänge zur Gesundheit können hergestellt werden? Und welche Bedeutung hat dieses Thema schließlich für unseren zukünftigen Berufsalltag als Lehrkräfte? Anlehnend an das Referat vom 07. Mai 2009 wird zunächst eine kurze theoretische Einführung in die Thematik gegeben und anschließend der Komplex der emotions- bzw. kontrollorientierten Persönlichkeitsmerkmale näher beleuchtet. Abschließend wird die Relevanz für den schulischen Alltag anhand verschiedener Beispiele erläutert. Author: Wehen, Britta Publisher: GRIN Verlag Illustration: N Language: GER Title: Persönlichkeitsmerkmale und Gesundheit Pages: 00025 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640588480 Category: Education : General Category: Psychology : General

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