



Nurse as a key figure in developing the emotional intelligence of young students: a pilot study

Rodica Maria Coatu¹, Bruna Crepaldi², Alessandro Cataldo³, Maura De Ferrari⁴, Carolina Damasio⁵

1. Rodica Maria Coatu, Nurse Asl 3, cell. +39 3460925543, mail: pui032003@yahoo.com
2. Bruna Crepaldi Nurse Asl3, cell. +39 3316405037, mail: crepaldib@hotmail.com
3. Alessandro Cataldo Nurse Asl3, cell. +39 3384749044, mail: cataldo@libero.it
4. Maura De Ferrari Nurse freelance, cell. +39 3476231649, mail: maura.def@virgilio.it
5. Carolina Damasio, Nurse EO Evangelico, cell. +393355299232, mail: visit66@libero.it

Background: School represents the environment where students learn to discover and change their communication style. Nurses can support students in this task in order to prevent the dysfunctional behaviors that could generate bullying and cyber bullying.

Aim: The weekly presentation of a protocol lasting 4 months, allowed the construction of a setting created to guarantee a gradual acquisition of psychosomatic awareness. The exercises introduced and managed by nurses have increased the level of sensitivity and body awareness, aiming to reach a comprehensive approach and an effective cooperation with peers. This study involved 54 students aged between 12 and 13 years.

Methods: Every presentation included: introducing the theme, preparation and activation, awareness of self, recognition-comprehension, sharing and realization

Results: Students participating at the protocol showed greater comfort, ability to concentrate, reduction of stress during class performances and better listening ability. The development of specific knowledge, in order to respond to the specific needs of the adolescent population is an important step in affirming the nurse as a key figure within the health system.

Conclusions: This approach has allowed an improvement in the psychophysical health of the students, by developing the emotional intelligence. Encouraging such intelligence is a social need, that students implicitly require through manifestations of suffering and inappropriate behavior. The nurse's function is to guarantee a regular development of the emotional dimension, favoring self-confidence and improving social behavior.

Nursing Implications: nurses play a fundamental role in school context

Keywords: health, school, nurse, lifestyles, affectivity, information, social



Some Psychosomatic drawings by the students participating at the study