

BÖLÜM 1

Sosyal Duygusal Gelişimin Temel Kavram ve Kuramları

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GİRİŞ

Sosyal duygusal gelişim, bireyin hem kendisiyle hem de çevresiyle kurduğu ilişkilerin merkezde yer aldığı, kritik bir süreçtir. Yaşam boyu gelişimin her evresinde beliren bu gelişim süreci, duyguların farkına varma, duyguları anlama, duyguları düzenleme, sosyal etkileşimleri yapılandırma, sosyal problem çözme ve karmaşık toplumsal rollerin üstesinden gelmeye yönelik becerileri kapsar. Sosyal duygusal gelişimin, kişilik gelişiminin merkezinde olduğu yaygın olarak kabul edilmektedir. Bireylerin fiziksel ve zihinsel gelişim alanlarında gösterdikleri değişimlerle etkileşim halinde bir seyir izleyen sosyal duygusal gelişim; bireyin yalnızca kendi mutluluğunun değil aynı zamanda kişiler arası ilişkilerinin ve toplumsal uyumunun da yordayıcısıdır. Sosyal duygusal gelişim, bireylerin çeşitli kişi içi ve kişiler arası süreçlerini tanımlayan bir şemsiye terim olup, bu bağlam altında ayırt edici özellikler ve kavramlar tanımlanmıştır. Bu özellik ve kavramların her biri sosyal duygusal gelişimi açıklamada rol oynayan; benlikle, duygularla ve diğerleriyle ilgili yönelimlerdir.

Bireylerin yaşam boyu sosyal duygusal gelişimini anlamak, sosyal duygusal gelişimin seyrini ve temel kavramlarını açıklamak için birbiri üzerine temellenen çok sayıda teori (kuram) ve model üretilmiştir. Sosyal duygusal gelişimin çocukluk ve ergenlik dönemindeki akademik başarı ve ruh sağlığı açısından önemli olduğuna dair bulgular ve sosyal duygusal gelişim çıktılarını desteklemeye yönelik kanıta dayalı programlar günümüzde yaygın şekilde kullanılıyor olsa da, bu alandaki araştırma-uygulama bağlantısında hala önemli boşluklar bulunmaktadır. Bu kitap bölümü, bir yandan sosyal duygusal gelişimle ilgili temel alan ve kavramları tanıtırken bir yandan da sosyal duygusal gelişime ilişkin teorileri sistematik bir şekilde özetleyerek bu boşluğa dair kavramsal bir çerçeve sunmak-

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