EĞİTİMDE KAPSAYICI PSİKOLOJİK SAĞLIK HİZMETLERİ VE İLETİŞİM

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Eğitimde Psikolojik Sağlık ve İletişimin Önemi

Öğrencilerin psikolojik sağlığı, hem öğrenme hem de genel yaşam kaliteleri açısından kritik bir faktördür. Bu nedenle, eğitim ve okul sistemlerinde etkili psikolojik sağlık hizmetleri sunulması gerekmektedir. Ancak, bu hizmetlerin başarılı bir şekilde uygulanabilmesi için bu hizmetlerin tasarım, sunum ve değerlendirme süreçlerinde iletişimin etkili bir şekilde gerçekleştirilmesi oldukça önemlidir. Bu hususlar dikkate alındığında eğitimde psikolojik sağlık ve iletişim konusunun daha fazla ele alınması gereken bir konu olduğu ifade edilebilir.

Eğitimde psikolojik sağlık hizmetleri, başta öğrenciler olmak üzere okul sistemindeki bireylerin psikolojik sağlığını korumayı ve geliştirmeyi amaçlamaktadır (1). Bu hizmetler, bireylerin duygusal, sosyal ve bilişsel sağlıklarını desteklemeyi hedefler. Psikolojik sağlık hizmetleri, bireylerin sadece psikolojik sorunlarının çözümünde değil, bu sorunların önlenmesinde ve yaşam becerilerini geliştirme ile kendilerini tanıma süreçlerinde de olumlu bir etkiye sahiptir. Eğitimde psikolojik sağlık hizmetleri sunulması, öğrencilerin akademik başarılarına olumlu bir şekilde katkıda bulunmakta iken yapılan araştırmalar, öğrencilerin psikolojik sağlık düzeylerinin etkili bir şekilde desteklenmesinin,

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etmesi gerekmektedir.

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