

BÖLÜM 2

Sosyal Duygusal Gelişim ve Beyin

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GİRİŞ

Yeni bir arkadaşlık kurduğumuzda beynimizde ne tür değişiklikler olmaktadır? Ya da duygularımızı yönetmeyi öğrendiğimizde bunu beynimizde görebilir miyiz? Beyin oldukça az bilgi sahibi olduğumuz bir alan. Ancak beynin yapısı ve işlevi hakkında bilgi sahibi oldukça, bilimsel gelişmeleri izledikçe aslında beynin gelişim için ne kadar önemli olduğunu kavramaya başlıyoruz.

Sosyal-duygusal gelişim, bireylerin ilişkileri nasıl yönlendirdiğini, duyguları nasıl düzenlediğini ve çevrelerindeki dünyayla nasıl ilişki kurduğunu yönetir ve beynin hem yapısı hem de işleviyle karmaşık bir şekilde bağlantılıdır. Beyinde prefrontal korteks, amigdala ve limbik sistem duygusal deneyimleri işlemek ve tepkileri yönlendirmek için birlikte çalışır. Anne-baba-çocuk etkileşimleri gibi erken yaşam deneyimleri, bu beyindeki bu bölgelerin gelişimini önemli ölçüde şekillendirerek duygusal düzenleme ve sosyal yeterlilik için temel oluşturur. Örneğin, destekleyici ortamlar güvenli bağları teşvik ederek sağlıklı beyin gelişimini desteklerken, kronik stres hem duygusal dayanıklılığı hem de beyin gelişimini olumsuz etkileyebilir (Roberts ve Karatsoreos, 2021).

Sosyal duygusal gelişimden beynin birçok bölümü sorumlu görünmektedir. Amigdala, duygusal ipuçlarını tanıma ve bunlara tepki vermede kilit bir rol oynarken, prefrontal korteks kendini kontrol etme, empati ve karar vermeyi destekler. Bu bölgeler arasındaki nöral bağlantılar, tekrarlanan sosyal etkileşimlerle güçlenir ve destekleyici bir sosyal çevrenin önemini vurgular. Dahası, nöroplastisite (beynin uyum sağlama yeteneği), sosyal-duygusal becerilerin yaşam boyu geliştirilebileceği anlamına gelir (Demarin ve Morović, 2014).

Bu nörobiyolojik temellerin yanı sıra, sosyal-duygusal gelişim üzerinde kültürel ve çevresel etkenlerin de belirleyici bir rol oynadığı görülmektedir. Kültürel ve çevresel faktörler de beynin duyguları ve kişilerarası ilişkileri nasıl işlediğini vurgular. Biyoloji ve bağlam arasındaki bu ilişkiyi anlamak eğitimcilere, bakım verenlere ve ruh sağlığı uzmanlarına

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