

The Effects of Affections and of Personality on Metacognition

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Abstract : The present research aims to evaluate, in the context of formal learning, the influence of affections, through subjective well-being, as well as the influence of personality, in the metacognition levels. There are few studies that analyze the influence of affection and personality on metacognition. The sample of this study consists of 300 Portuguese adolescents, male and female, aged between 15 and 17 years. The main variables of this study are affections, personality, ascertained through neuroticism and extraversion, and metacognition, namely the knowledge of cognition and the regulation of cognition. Initially, the sociodemographic questionnaire was constructed and administered to characterize the sample in its variables. To evaluate the affective experience in adolescents was administered PANAS-N, that is a measure of self-assessment of positive and negative affectivity in children and adolescents. To evaluate the personality, in its variables extroversion and neuroticism, the NEO-FFI was applied. The Metacognitive Awareness Inventory, MAI, was used to assess knowledge of cognition and regulation of cognition. The data analysis was performed using the statistical software IBM SPSS 22.0. After analyzing and discussing the results, a set of theoretical interdisciplinary reflection, between the sciences of education and psychology, is concretized, contributing to the reflection on psychoeducational intervention, opening the way for future studies.

Keywords : affections, personality, metacognition, psychoeducational intervention

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