

The Development of a School-Based Wellbeing Programme to Enhance the Social Functioning of Learners in Middle Childhood

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Abstract : Children in middle childhood are exposed to various risks, for example, risks associated with poverty and/or dysfunctional families, that may threaten their social functioning. The aim of this study was to develop and design a programme that can be presented to children in middle childhood in order to enhance their social functioning towards better wellbeing. The skills and competencies needed to be included in the programme were identified by means of a literature review and 4 focus groups with educators from 4 sub-areas in a certain district in the North-West Province of South Africa. The programme consists of 8 sessions, presented in a certain order. The sessions cover the following aspects: self-esteem and gratitude, self-regulation and goal-setting, values and relationships, communication and listening, conflict management, emotional competence, and resilient coping. These aspects may benefit children in the middle child's wellbeing and live on the short-term and may also hold long-term benefits.

Keywords : middle childhood, programme development, social functioning, wellbeing

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