

EMOTIONAL WELL-BEING IN THE CLASSROOM FOR SUPPORTIVE LEARNING ENVIRONMENT

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Abstract :

The article on emotional well-being in the classroom highlights the essence of students' participation positively. The author voices out the varied factors to be considered to bring out the salient features of emotional well-being in the classroom. Moreover, the article pinpoints the duties of educators, management, parents, and the environment in which they live. The author reviews it on emotional concepts like thoughts, feelings, empathy, gratitude, understanding, sharing, etc., to emphasize that students' life is indeed a blessing. Emotional well-being does not stop with mental wellness but also with physical entities. The article focuses on nutrition and dietetics, yoga and meditation, a fresh atmosphere and a serene environment for wonderful physical growth. If both physical and mental wellness work together, the student's level of intelligence reaches the pinnacle of success. Finally, the author has also pinpointed the challenges if the students fail to promote, concluding the positivity behind the emotional well-being in the classroom. Thus, the student's role is to develop into a pedestal of glory on the altar of emotional well-being through the connoisseurship of educators, parents and society.

Introduction

The term emotional well-being in the classroom refers to the important role it plays in students' scholastic and non-scholastic development. Emotional well-being extends a supportive hand to the student community in every walk of life. Due to this, the students shape their values in life. Their attitude will change positively. The students' level of communication will be elevated. Students can also focus well on academics

Special strategies need to be followed to make emotional well-being in the classroom effective. Management, teachers, and parents play a pivotal role in shaping the students' emotional well-being. They must create a clean environment, beautiful ambience, supportive infrastructure, and conducive learning atmosphere. It is in the hands of the educators to change the students' lifestyles. It is possible when emotional well-being in the classroom is created holistically.

Background :

Reading, travelling, and engaging in activities make individuals feel happy and motivate them to do things in the best way. Aspirations and dreams for the future are nurtured by good feelings (Oxford, 2016). Emotional well-being can also improve job performance, promote physical wellness, and enhance interpersonal quality (Wang and Guan, 2020; Wang et al., 2021). It enables and accelerates positive associations with peers and is associated with higher educational performance. (Olivier and Archambault, 2017. According to Brackett and Rivers (2019), teachers with high emotional intelligence are better equipped to manage their emotions and develop positive relationships with students. Providing teachers with opportunities to develop emotional intelligence competencies can enhance their self-awareness, empathy, and relationship-building skills, enabling them to create positive and inclusive learning environments. (Augustin & Barchard 2023). Many terms describe aspects of classroom well-being, such as physical, psychological, cognitive, social and economic (Powel, Graham, Fitzgerald, Thomas and White, 2018). According to WHO (2004), well-being is described as a state of mind in which individuals can realize their abilities, cope with the normal stresses of life, work productively and fruitfully, and contribute to their communities. Bucholz and Sheffler (2009) suggested that well-being in the classroom encourages emotional security, creating a conducive atmosphere for learning and emotional development. Further, Gilbert (2007) termed well-being a psychological immune system or cognitive ability to respond well to change, challenge and adversity. Emotions are critical for students' learning, the quality of teaching and learning, and the well-being of lecturers and students (Lincoln and Kearney, 2019). When teachers fail to manage the social and emotional demands of teaching, damage could happen to students' self-image, academic achievement and behaviour. (Schonert – Reichl, 2017). However, classrooms with mutual respect that allowed students to express themselves supported deep learning and positive social and emotional development, which were crucial for their well-being and learning. (Potter 2017, Stronge, 2018). Putwain (2019) asserted that the physical conditions of a classroom exerted an influence on student well-being. The research stressed that for academic achievement, there is a direct link between teachers' approaches and student well-being. (Van Petegem, Aelteman, Rosseel and Creemers, 2007).

Operational Definition of the Concept of Emotional Well-being:

What is emotional well-being? Emotional well-being is comprised of the awareness, understanding, and effective management of one's emotions.

It involves recognizing and accepting both pleasant and unpleasant emotions and developing the skills to manage them effectively in response to various life events. Hence, emotional well-being is an important tool in human life. Moreover, it is highly significant in the classroom as the younger generation paves the way for the future.

The operational definition of emotional well-being in the classroom is creating a supportive and understanding environment where students feel valued and their emotions are acknowledged. Sound well-being is essential for students. It helps them cope with challenges in life, learn effectively, and elevate themselves into successful human beings.

On the other hand, if poor wellness of emotional syndrome prevails in the classroom, there will be a deterioration in the academic performance and behaviour of the students. Hence, emotional well-being has experiential and reflective qualities among students, such as life satisfaction, sense of meaning and purpose, ability to pursue goals, and overall development.

Factors affecting the emotional well-being:

There are major factors that affect the emotional well-being in the classroom.

A sound curriculum is vital, including caring, sharing, and excellent relationships. A conducive learning environment must be provided for the students. The teachers' role is crucial, as students' education depends on them. Next, students' achievement not only in school but also at home. A positive family background must be created at home. The parents also should involve themselves in school activities. These are the factors that make the emotional well-being in the classroom acceptable and reliable.

Internal factors contributing to the emotional well-being in the classroom are:

Internal factors refer to the mental development of the student's achievement in the learning process. They include health, intelligence, passion for learning, goals, ambitions, dreams and the way to reach the target.

External factors :

The external factors that contribute to emotional well-being in the classroom are family background, friends, social environment, and other relationships. These factors collaborate with the students' internal factors to elevate their academic achievements.

Internal and external factors are two sides of the same coin. Both have the potential to strengthen the students' abilities.

Emotional well-being creates a sense of belonging for students when their goals are achieved with the help of teachers, parents, friends, environment, etc.

Challenges to emotional well-being in the classroom :

However, while emotional well-being in the classroom helps students excel in Academics, some situations create challenges in the student community. Students with learning deformities, who come from poor family backgrounds, who have behavioural disorders, or who are

hyperactive may face challenges coping with emotional well-being in the classroom. Here are some challenging facts in the classroom.

Students may feel inferior due to a lack of communicative skills, and due to this, they may sometimes speak impulsively. Naturally, this will lead to attention deficit syndrome when their attention span is disturbed. The students who lag in their studies may feel they are secluded. Thereby, they are disturbed socially and emotionally. Due to the mental disturbance, such students become anti-social in their behaviour, like physical fighting. Finally, they lose their self-identity. Their carrier will be affected, too.

The following external factors result in challenges to emotional well-being in the classroom.

There are many reasons. Low-income families, quarrels between the father and mother, uneducated parents, unavailable parents and different lifestyles are some of the external factors.

Suggestions For Improvement

Positive Approach:

It is in the hands of the educators to promote a positive approach to emotional well-being in the classroom.

Self-Esteem:

The educators or teachers need to appreciate the students' efforts. Teamwork must be emphasized in classroom activities to give the students a sense of belonging. The teachers should also inculcate the habit of eating nutritious food. Health and nutrition are very important. This will elevate the students' self-esteem.

Relationship :

Next, the teachers should have amicable support with students. The students should be encouraged to talk freely with their teachers about health issues. Teachers should educate students on developing their physical and mental health without stress. A strong relationship between the teacher and the student is essential.

Exposure to Outdoor Classes :

Students must be allowed to have outdoor classes, inhale fresh air, and be exposed to Vitamin D.

Accomplishing Literacy Drive :

Students must be taught to read and write effectively. They should be informative, with sufficient knowledge of the global environment and its importance. They should be made to express their thoughts clearly. They should be indulged in classroom debates and discussions, elevating their communication standard. Therefore, the students will be prepared to face any situation that affects their emotional well-being in the classroom.

Parental Involvement :

Parents should also be involved by creating a schedule at home. They can monitor the students' health and mental issues. They can also attend motivational sessions in the school. They must be aware of this by constantly meeting with the teachers. The parents need to revise their breakfast/lunch or dinner menu for their children. Family get-togethers are very important to move away from stress, and thus, parental involvement is very important.

Conclusion :

To conclude, a classroom's emotional well-being is vital in a student's life. It has long-term benefits for academics, non-scholastics, and mental and physical wellness. As the coin has two sides, parents, educators, and management should support progress. By doing so, the students can build a sound relationship with everyone, create a serene atmosphere amidst their environment, and result in individual development in every student. Emotional well-being makes Students learn together, progress unitedly and achieve success in collaboration. Due to this, many psychologists think that students will have less negative impact and be able to cope positively.

It is indeed in the hands of elders to strengthen the students' self-worth by developing and nurturing a positive self-concept among them. This is the only solution to avoid stress, dropouts from school, and sometimes ending up in life. One can even maintain emotional well-being in the classroom and at home by following relaxation techniques. Every student should be aware of empathizing with others, having positive thoughts, listening to feedback, and relinquishing a strong passion for whatever they do.

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