

Habilidades sociales y salud mental en adolescentes: Artículo de revisión.

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RESUMEN

Este artículo explora la relación entre las habilidades sociales, la ansiedad y la depresión en adolescentes. Se encontró que los jóvenes evaluados presentan niveles altos de habilidades sociales, lo que sugiere una capacidad adecuada para interactuar con su entorno y un factor protector contra trastornos emocionales. Los niveles de ansiedad y depresión fueron bajos, indicando que las habilidades sociales contribuyen a un bienestar emocional favorable. La investigación utilizó una muestra de 10 adolescentes de entre 15 y 17 años, a quienes se les aplicaron los Test de Goldstein para habilidades sociales, y los Test de Ansiedad y Depresión de Beck. Los resultados sugieren que los adolescentes con buenas habilidades sociales presentan menores niveles de ansiedad y depresión. Sin embargo, la muestra reducida limita la generalización de los resultados. Se destaca la importancia de fomentar programas educativos que refuercen estas habilidades para prevenir problemas emocionales y promover un desarrollo saludable en la adolescencia.

Palabras clave: adolescencia, habilidad social, salud mental

ABSTRACT

This article explores the relationship between social skills, anxiety and depression in adolescents. It was found that the young people evaluated present high levels of social skills, which suggests an adequate capacity to interact with their environment and a protective factor against emotional disorders. Levels of anxiety and depression were low, indicating that social skills contribute to favorable emotional

well-being. The research used a sample of 10 adolescents between 15 and 17 years old, to whom the Goldstein Test for social skills and the Beck Anxiety and Depression Test were applied. The results suggest that adolescents with good social skills have lower levels of anxiety and depression. However, the small sample limits the generalization of the results. The importance of promoting educational programs that reinforce these skills to prevent emotional problems and promote healthy development in adolescence is highlighted.

Keywords: adolescence, social ability, mental health

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