

## PROSOCIALITY, PHYSICAL EDUCATION AND EMOTIONAL INTELLIGENCE IN SCHOOL

### ABSTRACT

The study of the use of social skills in adolescence provides an opportunity for learning teaching strategies to incorporate in the school context, which allow the prosocial factor become a core component in the development of adolescent personality within and outside of school. This study aims to find causal relationships between actions of social interaction (physical activity, theatre and dance) and the development of aspects of personality as prosociality reasoning, using emotional intelligence skills in 14- to 17-year-old adolescents, through an intervention program. An experimental methodology with a control group, have assessed a sample of 34 ESO students of public schools in Region of Murcia, Spain, using emotional intelligence, sense of humor and prosocial reasoning instruments. Experimental process has shown a development of prosocial behaviour and changes in the emotional intelligence's components of the study subjects. Also, offers an effective way of training aspects of prosocial personality, through activities that can be approached through teaching in Physical Education.

### KEY WORDS

prosocial reasoning, sense of humour, emotional intelligence, physical activity, adolescence.

