

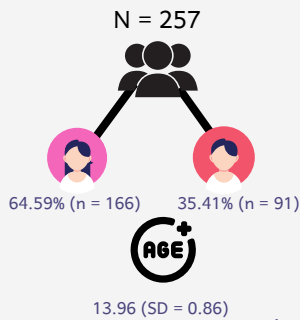
EMOTIONS TO THE RHYTHM OF TIK TOK: OVERCOMING CHALLENGES THROUGH PERSONAL COMPETENCES

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Emotions are an essential part of the individual and social development of the person. During the adolescent stage, the management, expression and recognition of emotions are complex aspects, due to the fact that this is a stage of multiple changes and personal challenges, in which possessing emotional competences is a fundamental need to be well with oneself and with others.

To achieve these objectives, the researchers of this project hold four training meetings with the teachers and students who are part of the project, with the purpose of providing them with precise guidelines and instructions, as well as following up on the work they are developing.



In discussion groups, students design digital content to work on the recognition and expression of emotions through Spotify and TikTok. Finally, the students who are part of the project organize everything necessary for the Researchers' Night (Almeria).

The objectives of this work are to determine the importance of emotions for personal and social development, to analyze the importance of emotional recognition, expression and management, and to favor the active participation and motivation of adolescents in each phase of the project.

The researchers are responsible for explaining to the students each of the phases of the project (planning phase, content design, development of data collection materials, data collection and analysis).

- Student involvement
- Project motivation
- Awareness of the complexity of emotions
- Contact with the world of research

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