


Chapter 6


The Impact of SEL on Academic and Personal Development

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ABSTRACT

Abstract: Social and Emotional Learning (SEL) is vital for K-12 students, promoting self-awareness, self-management, social skills, responsible decision-making, and relationship building. It enhances creativity, critical thinking, and problem-solving abilities. However, the integration of SEL varies across countries, with developing nations encountering challenges. This study investigates SEL's impact on academic performance and personal growth, identifying barriers such as digital distractions and inconsistent implementation. A scoping review methodology was used to assess literature, with searches conducted in PubMed, Scopus, Google Scholar, and Web of Science following PRISMA 2000 guidelines. Results indicate that SEL improves academic achievements, emotional regulation, and social skills, but challenges like inconsistent implementation and limited support hinder its effectiveness. Future research should focus on the long-term impacts of SEL, digital adaptation, and policy-driven strategies for broader implementation.

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BACKGROUND OF SOCIAL AND EMOTIONAL LEARNING (SEL)

Social and Emotional Learning (SEL) states to the process through which persons, mainly young schoolchildren, grow essential skills for handling their emotions, building positive relationships, and making responsible decisions. The implication of SEL encompasses beyond academic success, influencing personal Well-Being (WB), life fulfilment, and future achievement. In the context of education, SEL is critical for nurturing a well-rounded expansion in youth, allowing them to navigate the encounters of adolescence and adulthood. This article explores the meaning, status, challenges, and references for promoting SEL, with a focus on its role in academic success and personal growth.

Essential SEL

SEL is extensively recognized as a framework that includes a set of competencies aimed at attractive self-awareness, self-regulation, empathy, relationship-building, and responsible decision-making. According to Dermody et al. (2022), Social and Emotional Learning (SEL) is thoroughly combined into career and workforce change to improve students' future readiness, encourage civic engagement, and ensure post-secondary accomplishment through evidence-based practices and strategies. CASEL (2022) describes SEL as an outline that enables persons to acquire and apply information, emotions, and actions in alignment with their strengths and limits, nurturing self-awareness, emotion regulation, and positive relationships. Durlak et al. (2011) propose that SEL nurtures enhanced social skills, attitudes, behavior, and academic success, with an 11-percentile-point accomplishment gain. Evidence-based SEL curricula supported by educators and policymakers meaningfully enhance children's holistic growth when implemented effectively in schools. According to Weissberg et al. (2015), the past two periods have seen an explosion of interest in SEL curricula, with schools, families, and communities associating to promote positive growth and academic success for children and youth across the world.

The essential role of SEL in academic and personal development cannot be overelaborate. Youth is a period of fast growth, both physically and emotionally. Throughout this time, youth face several challenges, including emotional management, peer relationships, and academic burdens. Lacking from proper social and emotional assistances, schoolchildren may fight with anxiety, stress, and disengagement from academic, which can delay their academic success and overall Well-Being (WB). One of the key strengths of SEL is its skill to support schoolchildren manage negative feelings, such as frustration, sadness, or anger, in positive ways. SEL imparts schoolchildren how to identify and regulate these emotions, reducing the probability of maladaptive behaviors like bullying, aggression, or social withdrawal. By emerging

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