



Psycho-Pedagogical Counselling in the Age of Digitalization and the Ecosystem of Well-Being

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Abstract: General well-being and active involvement of school counsellors online can be achieved through psycho-pedagogical assistance, using modern technologies. The Collins Dictionary defines “digitalization as” “a period in which large quantities of information are available on a large scale for a wide variety of people, mostly through computer technology”. Artificial Intelligence, augmented reality, Blockchain technology, drones, internet of things, robotics, virtual reality, and 3D printing are the 8 principal areas in which digitalization is applied. Psycho-pedagogical counselling can work well with artificial intelligence and virtual reality to provide the students general well-being. Promoting a safe space is imperative through transparent working models, without specific selection while encouraging communication and teamwork.

Keywords: Digitalization; Ecosystem; active involvement of school counsellors

Developing the education system to align with the European standards, such as using Google Classroom, Google Meet, Zoom and EdMondo studying platforms is a must in the digital era. Good leadership skills are needed to promote team effort in the education system to ensure academic success.

A well-being “ecosystem” can be promoted by using the New Education Model presented at the Global Teacher Education Forum, as it is based on personal development, creativity, and active involvement. We are made up of our physical body, our emotional body, and our mental body, and they all need to function together to provide the general well-being of our human ecosystem. Martin Seligman’s PERMA model promotes the idea that a happy life can be achieved

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combining using all 5 elements. The mental state of mind manifests through positive thoughts of peace and quiet, communication, harmony and love and it can be seen physically.

Effective leadership and governance is needed to promote teamwork and collaborative practices within the school community and to bring together education system actors and other stakeholders in the effort to ensure school success. There is a need to promote the New Education Model presented at the Global Teacher Education Forum, which has as its principles:

- “Know yourself and those of your generation!”
- “Understand the perspective of tomorrow’s world!”
- “Bring more creativity to the world you live in!”
- “Everyone wins to the extent that they get involved!”

“If we speak the child’s language we reach his brain, if we speak the child’s language we reach his heart.”

These principles ensure an “eco-feeling” of well-being, as it involves self-knowledge and personal development, perspective for the world of the future, creativity and active involvement.

Ecosystem is a notion introduced in 1935 by the botanist Arthur Tansley in the field of ecology, to designate a unit of functioning and organization. The human ecosystem - the planetary ensemble in interaction of human populations, together with environmental factors.

The integrity of the ecosystem represents the integrity of the biological, psychological, socio-cultural processes that take place in an ecosystem, or the physical integrity of the organisms that are part of an ecosystem.

We are physical body, emotional body and mental body, all three integrating into the human ecosystem. The three components must be in balance for the well-being of the human ecosystem. The state of harmony represents the mental and physical health of the individual and is defined by the following characteristics:

- self-direction – assuming responsibility for one’s own path;
- tolerance gives us the right to make mistakes, without condemning us as a person (Ellis / Harper 1961);
- intellectual flexibility-openness to change, without being stuck in dogmatic and narrow ideas;

- scientific guesswork - building hypotheses about how we would like ourselves and others to be and verifying these hypotheses by applying logic and scientific methods;
- employment - having a major creative interest and being involved in what you do determines a better direction of your own life (Ellis/Becker-1982);
- assuming the risk-/defeat-;
- self-acceptance-being happy that you exist, that there are present possibilities, which generate future ones, assuming the courage to be (Ellis);
- non-perfectionism/non-utopia-it is preferable to do things perfectly, but it is human to make mistakes!
- taking responsibility for one's own emotional states-not blaming them on others enerate wellness in your ecosystem!

There are 8 categories of strengths in positive psychology, which honed daily, through personal development, impact well-being and imprint it in the human being:

- knowledge;
- feeling/intuition;
- Courage;
- justice;
- moderation;
- wisdom;
- transcendence.

The PERMA model of well-being, school", is a theory created by psychologist Martin Speligman, who believes that there are 5 essential elements for well-being:

- P - positive emotions - positive emotions;
- E – engagement;
- R - positive relationships - positive relationships;
- M - meaning - the meaning;
- A - accomplishment – successes;
- If we focus on these 5 elements, we have a chance to flourish and lead a happy life (Speligman, 2012).

Cultivating well-being means physical and mental health, experiencing and exercising functional emotions of joy, acceptance, enthusiasm, trust, surprise, anticipation, but also relaxation, gratitude, serenity, inspiration, moments of grace, amusement, interest, hope and love (Fredrickson 2010).

The state at the mental level is manifested by positive thoughts, of peace and inner balance, at the emotional level it is characterized by states of fulfillment, peace, tranquility, communication, dedication, harmony and love, and at the physical level it is observable when the person in question is healthy and feels that he has enough vital energy to do whatever he wants.

The state of well-being is a state of flow, it means paying attention in a special, deliberate manner, to the present moment and without value judgments (Zinn, 1990) - induces a state of relaxation, helps us to be aware of physiological and emotional states and current cognitive helps us get out of the state of promoting autopilot acceptance.

The state of flow means intense focus on the present moment, fusion between actions and consciousness, self-efficacy, distortions of time, appreciation of beauty and excellence, self-control, gratitude, creativity - which are true gifts from life.

Csikszent Mihalyi and his team of researchers developed the theory of flow by talking to different people from all walks of life about the moments in their lives when they felt most

• Activities for well-being - Be creative #staredebine cutwinkl:

- Write a poem.
- Draw still life.
- Create a decoration
- Draw what makes you happy.
- Collect some seasonal items (e.g. seashells on the beach)
- Try watercolour painting.
- Collect and dry herbs for tea.
- Learn to play an instrument.
- Decorate a room in the house
- Paint a stone.
- Start a photo album
- -Write a story for children.
- Write a journal.
- Turn an old object into something new.

- Use virtual space to write your own ideas about how to “be creative”:
- Activities for well-being Keep yourself in shape #staredebinecutwinkl
 - Create a routine of a few exercises that work for you. .
 - Stretch your muscles for 20 minutes.
 - Create your own 20-minute sports program with the help of technology
 - Climb the highest hill around.
 - Go on a hike in the forest. Walk 5 km. Walk 10 km
 - Go swimming (if you can) or walk on a beach at sunrise and sunset
 - Walk to work (if possible).

Exercise plays an important role in both our mental and physical health, as it provides a sense of well-being by releasing endorphins. It is very important to keep exercising, for endorphins, serotonin and dopamine – the feel-good neurotransmitters.

- Activities for well-being Think positively Mind #staredebinecutwinkl
 - Start a wellness journal.
 - Try a body scan exercise.
 - Enjoy a snack by really paying attention to the taste of each sip
 - Try a short-guided meditation. With the help of technology
 - Go for a walk with the intention of consciously contributing to your well-being.
 - Color a mindfulness drawing.
 - Write three things you are grateful for.
 - Pay attention to your thoughts for a few moments.
 - Concentrate for a few minutes only on your breathing.
 - Wake up in the morning and watch the sunrise.
 - Try some technology-assisted wellness exercises
 - Vacation the most important tabiet, document your vacation

All this is possible at a click away using technology and new technologies, intuition, creativity and human feeling are what enliven and beautify the digital age.

“The beauty of well-being is that once we become aware, we transform ourselves from consumers of negative information, which give us negative thoughts and

moods, into generators of positive moods”, says psychologist Stelian Chivu, and technology has its beauty when it is used world- wide.

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