

Educando para a paz

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Título	Character strengths and subjective well-being in adolescence
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Resumo	The relations between character strengths and subjective well-being (SWB) were assessed in 826 high school students, attending public schools in Sao Paulo, Brazil (aged 14 to 18, 60.3% female). This study explored gender and age differences as well. Results revealed significant correlations between gratitude, hope and zest, and SWB, with coefficients between .52 and .56. Girls presented higher averages on integrity, kindness, and beauty. Adolescents with 17 years old showed higher means on love and curiosity, whereas social intelligence and humility indicated higher levels for adolescents with 18 years old. The research data allowed us to verify that character strengths are directly related to aspects of SWB and can be considered important resources for people's happiness.
Fomento	



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