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Biography

Miguel Ángel Mañas Rodríguez, is a Full Professor at the University of Almería, where he carries out teaching and research activities in the field of Social and Work Psychology. His research focuses on positive psychology, psychological well-being, and behavior in educational and organizational contexts. He has participated in several research projects and has published scientific articles in specialized journals, contributing to the advancement of applied knowledge aimed at improving human well-being and performance.

Strengthening Psychological Capital In University Students: Effects Of A Longitudinal Interventions

Abstract:

This study explores the benefits of a psychological intervention aimed at strengthening Psychological Capital (PsyCap) in university students. It examines whether the development of its four dimensions (self-efficacy, hope, optimism, and resilience) positively influences the completion of their final degree projects in key academic variables such as engagement, student-teacher relationships, and perceived stress. A quasi-experimental longitudinal interrupted time-series design was used, with an equivalent quasi-control group and three assessment points (baseline, one and a half months, and three months). The sample consisted of 52 students, divided into an experimental group (n=23), which participated in weekly sessions over three months, and a control group (n=29). The results showed significant improvements in the experimental group's PsyCap, particularly in resilience and optimism, as well as higher engagement compared to the control group, indicating that they enjoyed their academic work more. This supports the effectiveness of a PsyCap intervention in enhancing useful resources in university educational contexts.