



Stress as a way of life for adolescents? Pre-testing the Lipman-Rogers method's impact on the HPA axis on a social brain hypothesis assumption

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Abstract:

Stress can be a real problem for adolescence, even a way of life, especially related to academic standards that influence the self-concept under construction in this stage of personality development. When becomes chronic, stress can determine a vulnerability for mood disorders that have a rising incidence among teenagers. And unfortunately the teacher can be a stressor or a stress catalyst that induces pressure directly or by enhancing excessive competition in the group or in the classroom. I hypothesize that the Lipman-Rogers method of teaching, as an innovative pedagogical facilitating interaction, reduces stress by the empathy of the teacher and the construction of a democratic cooperative group. I analyse the neurobiological basis and implications of this method measuring psychological variables and salivary cortisol concentration of a mixed group of adolescents under the experimental condition of this special interaction. As a preliminary study the aim is to describe my teaching method and to sketch an analysis of the neurobiological mechanism that makes this interaction possible and for this reason I use the HPA axis as a particular element of a bigger picture: a socio-neuroendocrinology of the pedagogical interaction under the social brain hypothesis assumption.



Biography:

Valentin Ionescu has completed his PhD in philosophy at the age of 33 years from Bucharest University and attends a neurobiology master program at Faculty of Biology. He is a school teacher at Cantemir-vodii National College and has a collaboration with the Pedagogy Center of the Faculty of Philosophy. He has published four papers in reputed Spanish journals on philosophy, psychology and neuroscience topics and gave four presentations at three conferences only this year. One journal will dedicate an entire edition at his suggestion to the topic of neuroeducation and philosophy for children and will publish two of his papers. He is also a writer and published two letters of his alter-ego: Don Quixote the second.

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