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Educational Integration in Health: Innovative Strategies to Promote Healthy Habits and Well-Being in Educational Communities

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Summary

A documentary review was carried out on the production and publication of research papers related to the study of the variables Education, Innovation and University Well-being as online resources within the different study methodologies. The purpose of the bibliometric analysis proposed in this document was to know the main characteristics of the volume of publications registered in the Scopus database during the period 2018-2023 with respect to the study of the aforementioned variables, achieving the identification of 40 publications in total. The information provided by this platform was organized through graphs and figures, categorizing the information by Year of Publication, Country of Origin, Area of Knowledge and Type of Publication. Once these characteristics have been described, the position of different authors on the proposed topic is referenced through a qualitative analysis. Among the main findings made through this research, it is found that the United States, with 9 publications, was the country with the highest scientific production registered in the name of authors affiliated with institutions of that nation. The Area of Knowledge that made the greatest contribution to the construction of bibliographic material related to the study of Education, Innovation and University Well-being was Social Sciences with 21 published documents, and the Type of Publication that was most used during the period indicated above was the Journal Article, which represents 65% of the total scientific production.

Keywords: Education, Innovation, University Well-being.

1. Introduction

The general interest in education is to ensure the well-being of its members, to provide a healthy environment and well-being in educational communities. Beyond academic excellence, these integral factors between teachers, institutions and students revolve around quality education and well-being. As we navigate an era marked by technological advances, social changes and transformative movements for education, it is important to recognize the correlation between mental and physical health well-being, which hand in hand with educational outcomes has led to the design of innovative strategies that help promote social well-being in the education sector. Whole and healthy.

The interest of public health in education is based on the premise that in the past conventional paradigms were only concerned with the academic performance of students, however, the

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education sector today presents several transformations, driven by a deeper understanding between physical health, mental resilience and academic success of students. "Healthy habits through research as a pedagogical strategy in basic education" When it comes to prioritizing these health characteristics, it not only contributes to people's personal growth and well-being, but they also provide vitality over time in institutions. This is based on the idea of generating educational strategies that require a holistic approach which requires interdisciplinary change, this requires the support of educators and the hand of the student community. The research factor executes the ability to innovate in pedagogical practices and improve the levels of educational health mentioned above in order to have a healthier social and educational lifestyle. (Cantillo–Molina, y otros, 2018)

The epicenter of these new educational health strategies is focused on leaving behind the educational interest implemented in the past and improving educational and health strategies. However, it is necessary to keep in mind the arrival of new technologies as this provides new educational practices such as online platforms, virtual classrooms and academic forums. These platforms, which in turn can be beneficial for students, also generate well-being challenges among students, the recognition of emotional intelligence, the stress factor, and the dependence on technological resources could trigger health and well-being problems in students.

According to "" refers to the autonomous participation of the students, whose judgment is based on their knowledge and interrelation with the environment, which are emotional, cognitive and disciplinary. In other words, it encompasses the need for students to understand and analyze their problems based on their knowledge and learning. In fact, this type of behavior encourages the student body to behave and interact with students and in turn incorporates levels of satisfaction when it comes to learning. It is important for educators to exploit these skills and be able to seed a more adaptive learning environment and generate class motivation. (Richard M. Ryan, 2000, págs. 54-67)

By covering these needs by projecting proposals focused on educational health, we analyze how the innovation factor provides solutions to students so that they in turn can respond in a proactive way to the contemporary challenges of education. In the search for answers and to promote healthy habits in well-being in educational communities, it is essential to carry out pedagogical strategies that nourish the physical, emotional and social dimensions within the educational ecosystem. For this reason, this article seeks to describe the main characteristics of the compendium of publications indexed in the Scopus database related to the variables Education, Innovation and University Well-being, as well. Such as the description of the position of certain authors affiliated with institutions, during the period between 2018 and 2023.

2. General Objective

To analyze, from a bibliometric and bibliographic perspective, the production of research papers on the variables Education, Innovation and University Well-being registered in Scopus during the period 2018-2023.

3. Methodology

A quantitative analysis of the information provided by Scopus is carried out under a bibliometric approach on the scientific production related to the study of the variables Education, Innovation and University Well-being. Likewise, from a qualitative perspective, examples of some research

works published in the area of study mentioned above are analyzed, from a bibliographic approach to describe the position of different authors regarding the proposed topic.

The search is carried out through the tool provided by Scopus and parameters referenced in Figure 1 are established.

3.1 Methodological Design

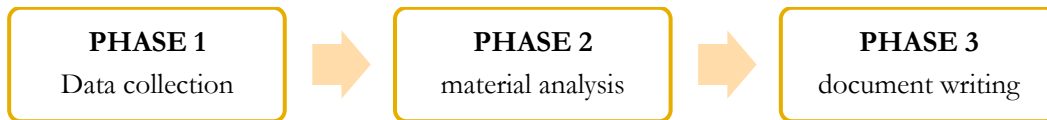


Figure 1: Methodological Design.

Source: Authors.

3.1.1 Phase 1: Data Collection

Data collection was carried out through the Search tool on the Scopus website, through which a total of 21 publications were identified. To this end, search filters were established consisting of: TITLE-ABS-KEY (education, AND innovation, AND university AND welfare) AND PUBYEAR > 2017 AND PUBYEAR < 2024

- ✓ Published documents whose study variables are related to the study of the variables Education, Innovation and University Well-being
- ✓ Without distinction of country of origin.
- ✓ Without distinction of area of knowledge.
- ✓ No distinction of type of publication.

3.1.2 Phase 2: Construction of Analytical Material

The information identified in the previous phase is organized. The classification will be made by means of graphs, figures and tables based on data provided by Scopus.

- ✓ Co-occurrence of Words.
- ✓ Year of publication
- ✓ Country of origin of the publication.
- ✓ Area of knowledge.
- ✓ Publication Type

3.1.3 Phase 3: Drafting of Conclusions and Outcome Document

After the analysis carried out in the previous phase, we proceed to the drafting of the conclusions and preparation of the final document.

4. Results

4.1 Co-Occurrence of Words

Figure 2 shows the co-occurrence of keywords within the publications identified in the Scopus database.

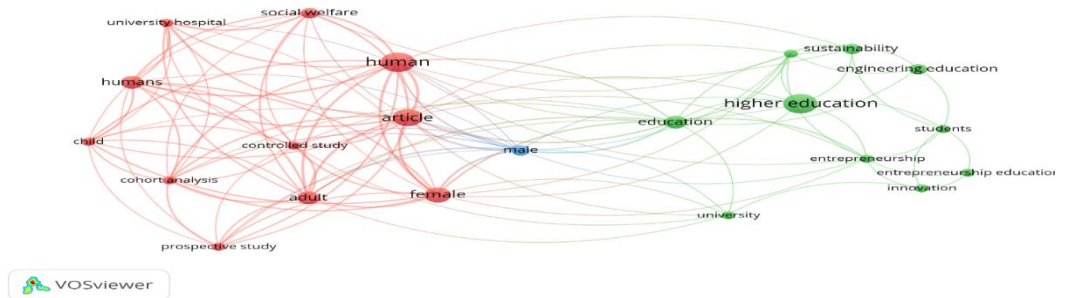


Figure 2: Co-Occurrence of Words.

Source: Authors' Own Elaboration (2023); Based on Data Provided by Scopus.

Higher Education was the most frequently used keyword within the studies identified through the execution of Phase 1 of the Methodological Design proposed for the development of this article. Education is among the most frequently used variables, associated with variables such as Universities, Students, Digital Education, Learning System, Innovative Technology, Educational Engineering, Sustainability. From the above, it is striking, in the context of the topic when addressed, the need to give a holistic and integral approach to the promotion of university health and well-being is reflected. Starting from this context, it is important to execute several health practices that help the student, implement physical and recreational activities such as nutritional education since this type of continuous interactions improve the quality of life of students and this in turn provides communities with a field of well-being. That is why it is important that teachers, hand in hand with the innovation factor, expand the possibilities of carrying out new educational practices that focus on improving academic performance and also prioritize the mental health of students. Not only do these strategies address immediate health issues, but they also equip people with the tools to navigate the complexities of modern life, promoting resilience and adaptability.

4.2 Distribution of Scientific Production by Year of Publication

Figure 3 shows how scientific production is distributed according to the year of publication, taking into account that the period between 2018 and 2023 is taken.

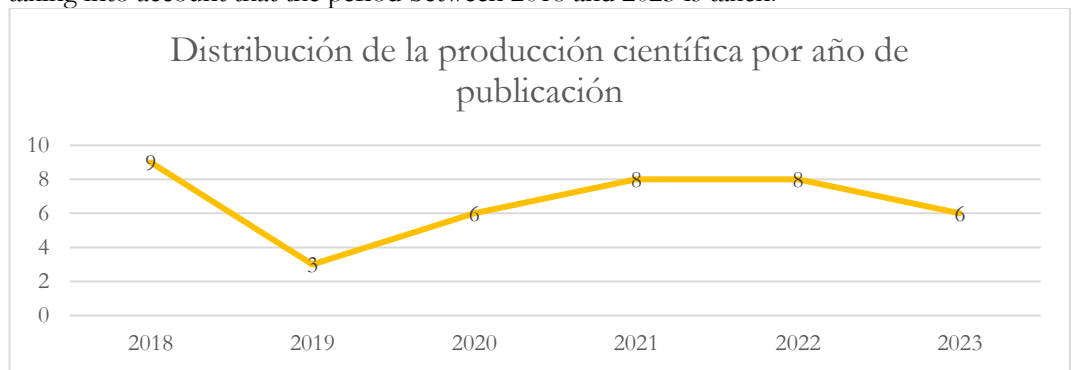


Figure 3: Distribution of Scientific Production by Year of Publication.

Source: Authors' own elaboration (2024); based on data provided by Scopus.

Among the main characteristics evidenced by the distribution of scientific production by year of publication, there was an increase in the number of publications registered in Scopus during 2018, reaching a total of 9 documents published in journals indexed on this platform. This research aims to explore the potential of women's human capital, competitive advantages, and entrepreneurial innovation in Indonesia and Kuala Lumpur, as well as provide academic policies to the government by establishing a pool of expertise in human resources (HR) and the enhancement of female entrepreneurship development, resulting in regulations to improve human capital and female entrepreneurship. The problem of the research is how women entrepreneurs can transform HR expertise in their businesses. The survey sample of women entrepreneurs active in various cities was selected using a multi-stage random sampling method, with a total of 47 women entrepreneurs, composed of 39 respondents from Medan and Deli Serdang, 5 from West Sumatra and 3 from Kelantan, Malaysia. Qualitative descriptive research and comparative analysis were applied to this research. This research demonstrates that women entrepreneurs who act as homemakers must continue to develop their human resource potential, competitive advantages, and innovative skills in entrepreneurship to produce superior products, be competitive, increase economic income, and improve the well-being of their families. (Dalimunthe, 2023)

4.3 Distribution of Scientific Production by Country of Origin

Figure 4 shows how the scientific production is distributed according to the nationality of the authors.

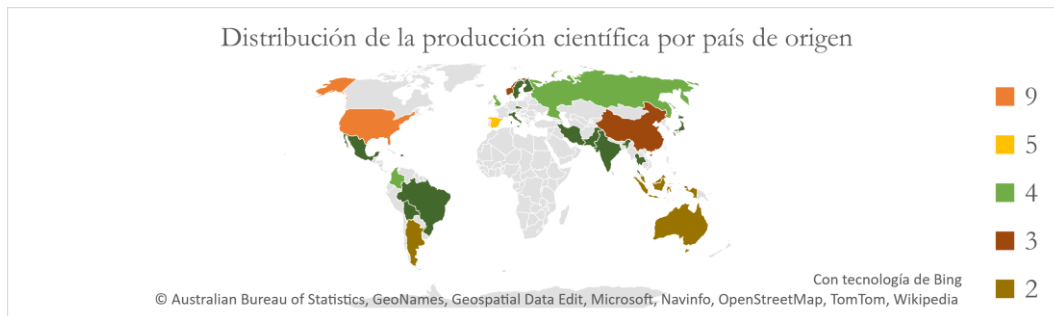


Figure 4: Distribution of Scientific Production by Country of Origin.

Source: Authors' own elaboration (2024); based on data provided by Scopus.

Within the distribution of scientific production by country of origin, the records from institutions were taken into account, establishing the United States as the country of this community, with the highest number of publications indexed in Scopus during the period 2018-2023, with a total of 9 publications in total. In second place, Spain with 5 scientific documents, and Colombia occupying the third place presenting to the scientific community, with a total of 4 documents, among which is the article entitled "Construction and validation of an instrument to evaluate the quality of university service-learning projects using the Delphi method." Service-learning has spread significantly in higher education in recent decades. Its effects in the academic environment (students and teachers) and in the community (disadvantaged groups at risk of social exclusion and socio-educational interlocutors) are supported by research. However, few studies have considered the evaluation of these projects and there are few instruments available to guide their development and assess their quality. The aim of this study is to develop criteria for evaluating university service-learning projects. To do this, we use the Delphi method with three rounds of expert consultation. The result is a matrix of university service-learning indicators with 9 dimensions and 43 indicators. We conclude that,

in addition to evaluating the quality of service-learning projects, this instrument could also be valid to validate social innovation from the educational field. The main limitations to be overcome are the still existing welfare perspective and the difficulties in involving the recipients of the service. (López-De-Arana Prado, 2023)

4.4 Distribution of Scientific Production by Area of Knowledge

Figure 5 shows how the production of scientific publications is distributed according to the area of knowledge through which the different research methodologies are executed.

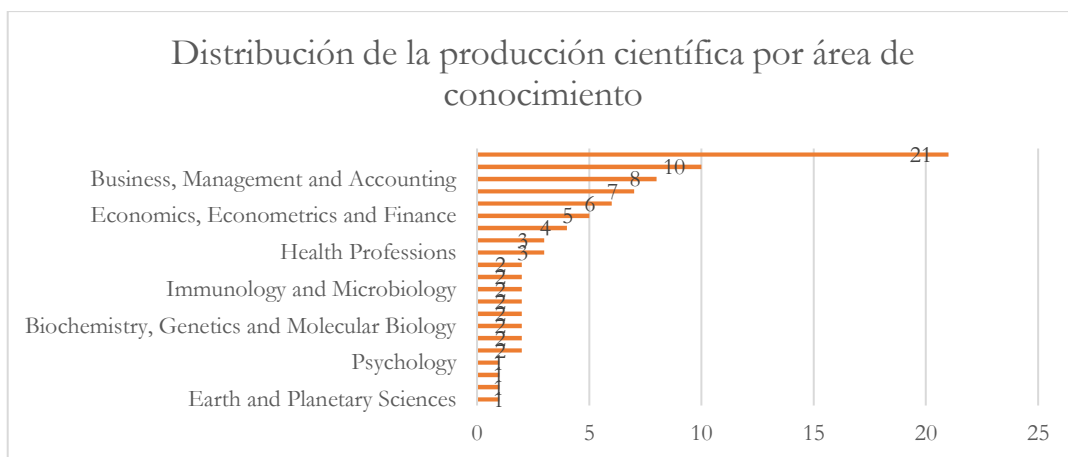


Figure 5: Distribution of Scientific Production by Area of Knowledge.

Source: Authors' own elaboration (2024); based on data provided by Scopus.

Social Sciences was the area of knowledge with the highest number of publications registered in Scopus with a total of 21 documents that have been based on its Education, Innovation and University Wellbeing methodologies. In second place, Medicine with 10 articles and Business, Commerce and Administration in third place with 8. The above can be explained thanks to the contribution and study of different branches, the article with the greatest impact was registered by Social Sciences entitled "Evaluation of Components of Effective Organizational Culture of the Internationalization of the Universities of the Country" the present study aimed to evaluate the effective design of components of organizational culture to internationalize universities. Materials and Methods: This was a qualitative study, and its data were selected using a grounded theory approach and interviews with experts. In general, semi-structured interviews were conducted with 23 experts selected through purposive sampling and data collection continued until saturation was reached. In addition, the analysis of the data was carried out using the fixed comparative analysis method, as well as open, axial and selective coding stages. Results: From the perspective of experts, there are 10 components and 54 subcomponents in the organizational culture of internationalization of universities. In this sense, the main components included management and leadership, human, physical and financial resources, teachers, language, culture and values, communication and organizational interaction, educational, research and welfare services, organizational growth and excellence, creativity and innovation, organizational structure and students. (Heidari, 2021)

4.5: Type of Publication

Figure 6 shows how the bibliography is distributed according to the type of publication chosen by the authors

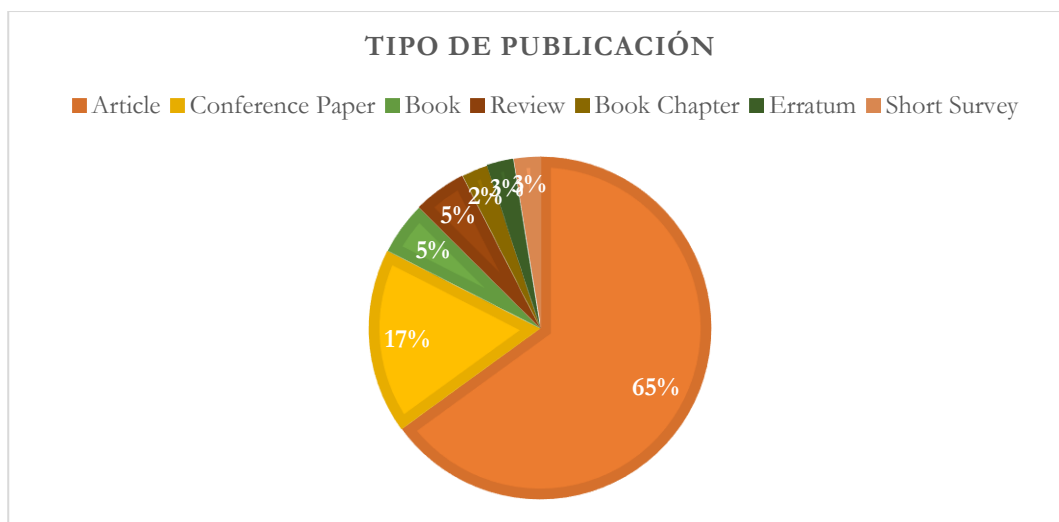


Figure 6: Publication Type.

Source: Authors' own elaboration (2023); based on data provided by Scopus.

The type of publication most frequently used by the researchers referenced in the body of this document was the one entitled Journal Articles with 65% of the total production identified for analysis, followed by Session Paper with 17%. Books are part of this classification, representing 5% of the research papers published during the period 2018-2023, in journals indexed in Scopus. In this last category, the one entitled "Social participation and student solidarity in the University: the point of view of the teachers" stands out. The purpose of this study is to analyze the opinion of teachers about the participation of students in the social sphere through practices that give meaning to integration, cooperation and its impact on the environment, as well as in the field of solidarity that a care practice entails. in the face of adverse situations. It also explores the professional projection of students towards social innovation. To this end, a qualitative study was carried out in which twenty-five interviews were conducted with professors from the Faculties of Health Sciences and Education Sciences of the University of Seville. The results point to a clear tendency among students of Health Sciences to collaborate in activities related to solidarity, while those belonging to Education Sciences are more likely to participate in social action initiatives. (Lugo-Muñoz, 2020)

5. Conclusions

Through the bibliometric analysis carried out in this research work, it was established that the United States was the country with the highest number of published records for the variables Education, Innovation and University Well-being. With a total of 21 publications in the Scopus database. In the same way, it was established that the application of theories framed in the area of Social Sciences, were used more frequently to explore new educational strategies focused on well-being and healthy habits for student communities. This interest in physical and cognitive health in students stems from the effects of globalization, which have led to the transformation of education. The digital age is beneficial for education, but at the same time it is important for the educational community to take these into account, this section emphasizes how educators should include these technologies in the classroom, since the non-self-dependence of these resources and the inappropriate use of them must be prioritized. Since they can directly affect health and well-being, these negligences increase the concerns of educators and guidelines since

it is sought that students have a comprehensive education of students since teachers' hand in hand with this innovative resource carry out new pedagogical and learning practices that benefit the knowledge of students. The autocorrelation between the school environment, comprehensive education and student health is a priority for future educational policies. Since education as a fundamental pillar in the economic sectors is not only focused on imparting knowledge, but it is necessary to sow benefits and the health of students. However, these educational strategies are not exempt from presenting a series of negligences for their institutional functioning, since the curricular plans of the institutions must be redesigned, new projects must be evaluated and formulated in order to improve teaching practices, whether face-to-face or virtual, as a new source of knowledge. With all these guidelines and modifications in new educational paradigms, it is necessary to improve the environmental quality in training centers, improve the lifestyle of students, both health and learning. To conclude, it is important to recognize the valuable use and benefit of incorporating cutting-edge technology into education, but it is also important to recognize the effects and diseases that the inappropriate use of these resources brings and how they can interrupt academic performance. Despite the educational resources offered by new technologies, face-to-face classrooms have become a fundamental factor when it comes to analysing and identifying problems of student health and well-being. however, in order to address all needs, greater commitment is required on the part of Ministries of Education and educational development plans in favor of educational health in which innovative well-being practices with an interdisciplinary approach are sought.

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