

## Abstract of the dissertation

### FOSTERING PSYCHOLOGICAL HEALTH IN SCHOOLS AND CLASSROOMS FROM THE VIEWPOINT OF ANTHROPOLOGICAL THEORIES – FOUNDATIONS, ANALYSES AND CONCLUSIONS

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This dissertation is about psychological health its definition and how it is fostered in schools and classrooms. Multiple scientific approaches are evaluated.

The first part is dedicated to a clarification of the term, psychological health. Based upon different views on the idea of health, a holistic-integrative understanding of psychological health is developed.

In the second part, multi-tiered relationships between ERICH FROMM's humanistic-socio-psychological viewpoint, MARTIN BUBER's dialogical viewpoint and JANUSZ KORCZAK's pedagogical-practical viewpoint are individually assessed with the concept of psychological health and are brought to fruition. These viewpoints provide an anthropological foundation of this concept and lead to a deeper understanding of psychological health from a pedagogical point of view.

The third part evaluates the educational-political design, FUTURE OF EDUCATION – SCHOOL OF THE FUTURE by the educational committee of the Governor of the state of North Rhine-Westfalia. We examined whether the concept of psychological health is reflected in political positions toward education in the design of school and teaching. Productive relationships as well as shortcomings and problems are pointed out.

The dissertation concludes with recommendations for efficient teaching and the design of school with a focus on psychological health.