

# Empathy in future teachers at the Pedagogical and Technological University of Colombia

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## 01 Affective empathy

It implies a sensation derived from other people's feelings or thoughts.

## 02 Cognitive empathy

It requires understanding other people's feelings and thoughts.

## 03 The study

317 students  
Average age: 19 years  
176 females  
141 males



Cognitive and Affective Empathy Test (TECA for its Spanish initials). It is a self-report designed for adults with a basic school training. It has 4 scales.

- **Perspective adoption**, referring to the intellectual or imaginative capacity to put oneself on somebody else's shoes.
- **Emotional understanding**, which has to do with the ability to recognize and understand other people's emotional states, intentions, and impressions.
- **Empathic stress** or the capacity to share other people's negative emotions.
- **Empathic joy**, which refers to the ability to share other people's positive emotions.

## 04 General results



Best results  
Cognitive dimension 58,21



Affective dimension 53,25

• Perspective adoption

• Emotional understanding

• Empathic stress

• Empathic joy

Medium level

Low level

### 04.1 by gender



Women obtained better scores than men in the TECA.

### 04.2 by age



Better score as age increases; empathy grows with age.

### 04.3 by studies



Best scores in:

Music > Perspective adoption

Psychopedagogy and Natural Sciences > Empathic stress

## 05 Suggestions

Teachers' initial training curricula require improving both cognitive and affective empathy, especially the latter. This will allow future teachers to strengthen their own emotional skills with the aim of developing their students' empathy and emotional regulation capacity, thus avoiding their repression.