

EMOTIONAL INTELLIGENCE AS A FACTOR IN MENTAL HEALTH

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ABSTRACT: The emotional intelligence is a topic that attempts to explain and interprets the man excitement, feeling and capability status. Mental health is an especial case of psyche that leads to improvement, development and perfection of human personality, and helps the person to be compatible with him and others .The main purpose of the mental health is to help all individuals to achieve a perfect life, and widespread the recognition and prevention of ethical, emotional and behavioural problems. Taylor (2001) argues that emotionally intelligent people can cope better with life's challenges and control their emotions more effectively. So, the aim of this research paper is to examine the relation between the emotional intelligence and mental health. After analyzing the existing literature findings, it is concluded that there is a significant relationship between the emotional intelligence and mental health.

Keywords: Emotional intelligence, Mental health

INTRODUCTION:

Science has found the power and influence of emotions in human's mental life and is exploring and explaining the status of emotions in human activities, behaviour and movements. In the field of intelligence study, the studies have journeyed from logical intelligence based on cognition towards emotional intelligence. Emotional intelligence is the subject that tries to explicate and interpret the status of emotions in human capabilities. Emotional intelligence, like general intelligence, is the product of one's heredity and its interaction with his environmental forces. The term emotional intelligence was introduced in 1990 by two American University professors Dr. John Mayer and Dr. Peter Salovey however, the credit for popularizing the concept of Emotional Intelligence goes to American psychologist Daniel Goleman (1995).

Emotional intelligence can be described as a set of interrelated abilities concerning one's own emotions as well as emotions in others. Four dimensions can be distinguished;(a) perceivinfg emotions, b) using emotions to facilitate thought c) understanding emotional information, and d) regulating emotions. Mayer and Salovey (1997) refined their definition of emotional intelligence as " the ability to perceive accurately, appraise, and express emotion; the ability to access and/or generate feelings when they facilitate thought; the ability to understand emotions and emotional knowledge and the ability to regulate emotions to promote emotional and intellectual growth.

Emotional intelligence is as powerful, and at times more powerful than I.Q. While I. Q. Contributes only about 20% of success in life, the other forces contribute the rest. We can infer that emotional intelligence, luck and social class are among those other factors. Unlike I.Q., emotional intelligence , may be the best predictor of success in life.A person's emotional intelligence helps him much in all spheres of life through its various constituents or components namely knowledge of his emotions(self awareness), managing the emotions motivating oneself, recognizing emotions in others (empathy), and handling relationships.

Emotional intelligence is a unitary ability helpful in knowing, feeling and judging emotions in close cooperation with one's thinking process to behave in a proper way, for the ultimate realize of the happiness and welfare of the self in tune with others. Emotional intelligence is a fundamental element of the man's conduct that acts distinctly from the cognitive emotion. Although some people naturally have higher emotional intelligence than others, someone, who's born without emotional intelligence could also create in himself higher emotional and affection intelligence (Bradbury and Greeves, 2004).

Mental health is a level of psychological well-being or an absence of mental illness. It is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficiency, autonomy, competence, inter-generations dependence, and self-actualization of one's intellectual and emotional potential, among others. Norman E. Cutts has defined "mental

health is the ability to adjust satisfactorily to the various strains of the environment that we meet in life". The importance of maintain a good mental health is crucial to living a long and healthy life. According to Richards, Campania and Muse-Burke (2010) "There is growing evidence that is showing emotional abilities are associated with prosaically behaviours such as stress management and physical health. According to study done by Strine, Chapman, Balluz and Mokdad (2008) "Inadequate social and emotional support is a major barrier to health relevant to the practice of psychiatry and medicine, because it is associated with adverse health behaviours, dissatisfaction with life, and disability".

Mental health, which has critical role in having sustainable development, is one of the most vital human needs. The concept of mental health includes an inner feeling of comfort, self-efficiency, self-dependence, competitiveness, inter-generation reliance, and self-development of potential thinking abilities. Mental Health refers to our cognitive, and /or emotional well-being- it is all about how we think, feel and behave. Mental health is the ability to communicate harmoniously and co-ordinately with others, change and modify the personal settings, and solve conflicts and personal inclinations justly, rationally and appropriately. The main purpose of mental health is to help all individuals to achieve a perfect life, and widespread the recognition and prevention of ethical, emotional and behavioral problems. The concept of mental health is included of inner feeling of well being and self –efficacy confidence, self reliance, capacity to compete, intergenerational dependency and self actualization of intellectual and emotional potential abilities. The importance of maintaining a good health is crucial to living a long and healthy life. Mental health when good can enhance, when poor prevent someone from living a normal life. According to Richards, Campania and Muse- Burke (2010) " there is a growing evidence that is showing emotional abilities are associated with prosaically behaviours such as stress management and physical health" (2010). It was also concluded in their research that people who lack emotional expression lead to misfit behaviours. These behaviours are a direct reflection of their mental health. Self-destructive acts may take place to suppress emotions. Some of these include drug and alcohol abuse, physical fights or vandalism. Also without emotional support , mental health is at risk. By receiving emotional support health can increase and prevent mental health disorders. Support systems are a valuable asset and those whom do not have social and emotional support are more likely to lead to disorders.

Several symptoms of mental illness are related to emotional problems: Patients with major depressive disorder, borderline personality disorder, and substance abuse disorder have problem with emotions. Deficits in the ability to regulate emotions and to understand emotional information seem to be the most conspicuous characteristics in patients with mental disorders. Patients with different mental disorders vary regarding their specific emotional deficits. When focusing in detail on persons with mental disorder, we found variation in terms of the specific deficits, e.g., patients with depressive disorder had significantly less difficulties in understanding emotional information than persons with borderline personality disorder or substance abuse disorders. Persons with substance abuse disorder showed the largest impairment. Emotional deficits seem to be more than a general phenomenon in mental illness.

Related work: Segal (1999) conducted a study on adolescents and reported that psychological well-being showed high significant positive correlation with emotional intelligence quotient (EIQ).

Ciarrochi and Anderson (2000) studied that emotional intelligence moderate the relationship between stress and mental health. The result indicates that emotional intelligence is a distinctive as well as being important in understanding the relationship between stress and mental health.

Seasanpour M, et.al (2012) explored the relationship between emotional intelligence, happiness and mental health in students of medical sciences of Isfahan University. The results show that there is a positive and meaningful relation between emotional intelligence, happiness and mental health. Students with high emotional intelligence have more happiness and mental health. The emotional intelligence of men is more than woman. There wasn't a difference between mental health and happiness in men and women.

Heman Mahmoudfakhe et.al (2014) investigate the relationship between emotional intelligence and mental health of the students majoring in educational sciences in the year 2012 at the Mahabad's Payame Noor University. Research findings concluded that there is a significant relation between the emotional intelligence and mental health of the students and the correlation is positive.

Fatemah Golnezhad (2015) studied the effect of emotional intelligence on student's mental health with respect to the mediating role of self- efficiency. The result demonstrated that emotional intelligence has impact on the student's mental health considering the mediating role of self-efficiency.

Manju (2016) conducted a study on emotional intelligence as predictor of mental health among chronic disease group. Sample of the study comprised of 200 chronic patients. Results revealed emotional intelligence is positively correlated with mental health and emerged as predictor of mental health.

Reza Shami ,et.al (2017) identified the relationship among teacher's mental health and emotional intelligence and their burnout. Research findings confirmed that there is a reverse significant relationship between teacher's mental health and emotional intelligence and their burnout. Research result shows that teachers enjoying high level of emotional intelligence have less stress and mental pressure and more intrapersonal relations.

CONCLUSION : Emotional intelligence and mental health are part of every human's life and an appropriate respond to the needs of modern societies. The absence or lack of attention to them may cause many problems and risks for individuals, especially in today's life. Balanced and constructive attention helps individual to put effort into doing affairs timely and properly. On other words, emotional intelligence promotes the level of performance and efficiency in individuals in the context of mental health. From the existing researches it is concluded that emotional intelligence has significant and positive relationship with mental health.

Salovey stated that individuals with high level of emotional intelligence have better ability to cope with stress. On the other hand , individuals with low level of emotional intelligence feel empty and show inappropriate emotional reactions. Hence, low emotional intelligence could be of risk factors for mental illness and coping with emotional problems. Since emotional intelligence is connected to the ability to understand emotions, it is important for individuals to have mental health.

Thus, it could be said that persons with high level of emotional intelligence and positive cognitive appraisal of stressful events can control the situation more effectively. These individuals look at stressful events as a chance for learning, and not a threat for their security, so they experience fewer emotional problems.

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