



# EMOTIONAL INTELLIGENCE IS POSITIVELY CORRELATED WITH RESILIENCE IN EARLY ADULTHOOD

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## Abstract -

This study examined the relationship between emotional intelligence and resilience. The study was conducted to know the Emotional Intelligence and Resilience very well, to study these variables. To know the emotional behaviour of the person. And to know how the people, cope the difficult situations of their life. For this study survey method was used. It was conducted in Pune. Sample number was 50. Resilience test is an abbreviated version of the Nicholson McBride Resilience. The Wong and Law Emotional Intelligence Scale - WLEIS (Wong & Law, 2002), was used for emotional intelligence. The research finding showed that emotional intelligence is negatively correlated with resilience. It is not necessary that, if person has good emotional intelligence that person also has good resilience. This study helps to explore the relationship between emotional intelligence and resilience of early adulthood age group. Data collected was a result of descriptive analysis. This study investigated the relative importance of six emotional intelligence (EI) dimensions in the prediction of psychological resilience to multiple negative life events. The strength of relations between life events and distress varied markedly across three latent classes of participants, reflecting vulnerable, average and resilient profiles. In short, the findings of this research were not consistent with the findings of the researches done before. Hypothesis that was constructed in this research was not supported. Hence, Emotional Intelligence is negatively correlated with resilience in early adulthood.

**Key words - resilience, emotional intelligence, early adulthood, correlation.**

**Introduction:****Emotional intelligence**

Emotional Intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, emphasizes with others, overcome challenges and defuse conflict (2022). To study emotional intelligence, four-branch model was published in 1997. (Mayor and Salovey, 1997).

**1. Perceiving Emotion** - The capacity to accurately perceive emotions in the face or voice of others provides a crucial starting point for more advanced understanding of emotions. Facial expressions such as happiness, sadness, anger, and fear, were universally recognizable in human beings. Emotions researchers, evolutionary biologists, specialists in nonverbal behavior, and others, have made tremendous inroads into understanding how

human beings recognize and express emotions.

**2. Using Emotions to Facilitate Thought** - This was the capacity of the emotions to enter into and guide the cognitive system and promote thinking. For example, cognitive scientists pointed out that emotions prioritize thinking. Having a good system of emotional input, therefore, should help direct thinking

toward matters that are truly important. For example, a number of researchers have suggested that emotions are important for certain kinds of creativity to emerge. For example, both mood swings, and positive moods, have been implicated in the capacity to carry out creative thought.

**3. Understanding Emotions** - Happiness usually indicates a desire to join with other people; anger indicates a desire to attack or harm others; fear indicates a desire to escape, and so forth. Each emotion conveys its own pattern of possible messages, and actions associated with those messages. A message of anger, for example, may mean that the individual feels treated unfairly.

**4. Managing Emotions** - A person needs to understand emotions convey information. To the extent that it is under voluntary control, a person may want to remain open to emotional signals so long as they are not too painful, and block out those that are overwhelming. The means and methods for emotional self-regulation has become a topic of increasing research in this decade.

**Resilience**

Resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly (Wikipedia contributors, 2022). Resilience exists when the person uses “mental processes and behaviours in promoting personal assets and protecting self from the potential negative effects of stressors” (Wikipedia contributors, 2022).

One of the research projects shows that some factors affect resilience those are as follows as: -

1) Personal Factors

Personality traits like, openness extraversion and agreeableness, mastery, self-efficacy,

self-esteem, internal locus of control, cognitive appraisal (positive interpretation of events and cohesive integration of adversity into self-narrative), and optimism all evidently contribute to resilience.

## 2) Biological Factors

Findings from a recent explosion of research in biological and genetic factors in resilience indicate that harsh early environments can affect developing brain structure, function and neurobiological systems. Changes may occur

in brain size, neural networks, the sensitivity of receptors, and the synthesis and reuptake of neurotransmitters. These physical changes in the brain can substantially exacerbate or reduce vulnerability to future psychopathology.

## 3) Environmental–Systemic Factors

On a microenvironmental level, social support, including relationships with family and peers, is correlated with resilience. Social support can come from positive peers, supportive teachers, and other adults as well as immediate family.

If emotional intelligence is good then one can cope with things in very good manner. One of the good coping mechanisms is resilience. We can see that emotionally weak person can get impatient in difficult situation therefore reducing resilience. Resilience is most important topic in our life. We face many hurdles in life. That is the fact, so if we have good resilience, we can stay happy.

When we experienced a disaster, trauma, or distressing psychological issues, we usually react with grief and a range of negative emotions. This is, of course, a natural reaction to having our hopes crushed or our goals thwarted. However, such experienced are not an inevitable part of life but virtually required for growth and development. But sometimes after going through these stressors it's not easy to bounce back and thrive in life.

People who are expert in building a rapport with others may have a good emotional intelligence and therefore also have a good resilience. One who can read others' emotions can easily know a person or a situation.

## Statement of the problem -

To study that Emotional Intelligence is Positively Correlated with Resilience in Early Adulthood.

## Objective of the study -

- To know the Emotional Intelligence and Resilience very well. To study these variables.
- To know the emotional behaviour of the person.
- To know how the people, cope the difficult situations of their life.
- To understand how the Emotional Intelligence and Resilience are interrelated.
- To analyse, if emotional intelligence is high then how is their resilience.
- To study Emotional Intelligence and Resilience very deeply.
- To know how people with high Emotional Intelligence cope the situations.

- To study really the people with high Emotional Intelligence have the high Resilience.

### Samples –

Purposive sampling was used for this research. In this research samples were chosen from the age group of early adulthood (19-40-year-old). 50 samples were administered the survey shared via Google form. All the samples were from Pune city from urban area.

### Variables

- IV- Emotional Intelligence
- DV– Resilience
- CV- Age

### Research tools -

Survey method has been used in this research.

#### Test information -

- 1) Resilience test - This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ).

#### Reliability -

The reliability of resilience scale of HEIS was assessed through the investigation of the Cronbach's Alpha and Composite Reliability (CR). Internal reliability is achieved when Cronbach's Alpha value is 0.7 or higher. A value of CR 0.07 is required in order to achieve good construct reliability and value between 0.6 to 0.7 may be acceptable provided that other indicator of a model's construct validity are good (Hair, 2006). Table 3 shows that the Cronbach's Alpha and CR are above 0.70, meaning that the measures all consistently represent the same latent construct.

#### Validity-

Convergent validity was assessed through presence of significant high factor loadings on a factor that would indicate they converge on some common point. Hair et al. (2006) suggested standard-loading estimates should be 0.5 or higher, and ideally 0.7 or higher. Secondly, using Normed Fit Index (NFI)  $\geq 0.90$  as suggested by Mak & Sockel (2001), or using Average Variance Extracted (AVE)  $\geq 0.05$  as suggested by Hair et al. (2006) to explained convergence.

- 2) The Wong and Law Emotional Intelligence Scale - WLEIS (Wong & Law, 2002). This scale is a self-report measure composed of four dimensions and 16 items: four items for each dimension.

#### Reliability -

Internal consistency reliability for the four factors (each with four items) ranged from .83 to .90. Overall, apart from acceptable reliability and validity, the WLEIS shows good convergence with some of the past EI

measures such as the Trait Meta-Mood and the EQ-i. The WLEIS, however, appears to perform better in predicting external criterion variables such as life satisfaction.

Validity -

The WLEIS also showed good criterion validity from the significant correlations with the criteria of organizational commitment and satisfaction with life. Furthermore, the results of reliability were satisfactory with alpha Cronbach ranging from 0.83 to 0.92 for all the dimensions. Results of split half reliability also showed the instrument was reliable with the coefficient ranging from 0.81 to 0.95

**Procedure -**

The topic is 'Emotional Intelligence is Positively Correlated with Resilience'. The topic was chosen for observing correlation between Emotional Intelligence and Resilience. After choosing topic, data was collected. Information from Google was collected. Various articles were read related to topic which helped a lot. Also took the definitions of variables from google. Also searched test related to emotional intelligence and resilience which was found valid. Then made online Google form by using this test which was circulated among large no. of people (friends & family); response was good. Some people were facing some problem due to poor English or poor assessment. But overall response was good. Because when there is no one in front us to examine us then the person sometimes does not take things seriously. If some samples are taken the test very casual then they will not answer correctly. But some samples answered very sincerely.

**Statistical analysis-**

	Mean	Std. Deviation	N
Total R	45.52	2.735	50
Total E	50.30	2.787	50

Table 1

Table 1 shows mean and Std. Deviation.

Mean of resilience is 45.52 and for emotional intelligence is 50.30

Std. Deviation for emotional intelligence is 2.787 and for resilience is 2.735

		Total R	Total E
Total R	Pearson correlation	1	-.029
	Sig. (2-tailed)		.842
	N	50	50
Total E	Pearson correlation	-.029	1
	Sig. (2-tailed)	.842	
	N	50	50

Table 2

Table 2 shows the correlation between emotional intelligence and resilience.

In this research Pearson Product Moment Correlation was used to examine the relation between emotional intelligence and resilience.

Correlation has come - .029

(Significant?)

### **Discussion –**

Hypothesis is not supported because there might be a possibility of random answers given by samples. This research shows that there are some people who are high on EI but low on resilience. It might be because of their personal experience. In this research a negative correlation between the emotional intelligence and resilience was found. Result is totally opposite to the hypothesis. In some cases, a person is unable to react very calmly. He panics and takes unexpected decisions, and also, he suffers from the consequences. It is not necessary that the person who has scored high on EI test would be able to cope with emotions in a positive way. It might be because of that the research has shown negative correlation between emotional intelligence and resilience. This study investigated the relative importance of six emotional intelligence (EI) dimensions in the prediction of psychological resilience to multiple negative life events. The strength of relations between life events and distress varied markedly across three latent classes of participants, reflecting vulnerable, average and resilient profiles. Discriminant function analysis indicated that class membership varied as a function of four EI dimensions, with higher scores predicting membership to the resilient class. Emotional Self-Awareness, Emotional Expression, Emotional Self-Control and particularly Emotional Self-Management appeared central to psychological resilience in the aftermath of multiple negative life events.

### **Conclusions -**

In short, the findings of this research were not consistent with the findings of the researches done before. Hypothesis that was constructed in this research was not supported. Hence, Emotional Intelligence is negatively correlated with resilience in early adulthood.

### **Limitations -**

- As survey was conducted using online method there might be possibility of the samples gave wrong or random answers.
- As time was limited the sample size taken for this research was small posing a limitation to the extensive research.
- As time was very limited the sample was not randomly selected.
- The EI test used in this research had only 15 items which in turn poses a limitation.
- The confounding variables that are gender, age, etc., were not explored and controlled in this study.

**References**

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