A survey of the relationship between EQ and resilience among married students aged 20-40 years of Payam-e Noor University of Alborz province

1Monire sadat Mirkhan and 2Somaye Marmazi

1MA of children psychology, department of psychology, Allame Tabatabayi University, tehran.  
2 MA of psychometric, Allame Tabatabayi University.

ABSTRACT

This study aimed to evaluate the relationship between EQ and resilience among married students aged 20-40 years old in academic year 2012-2013 of Payam-e Noor University of Alborz province. In this cross section study, 100 people are selected by single-stage clustering method. They are evaluated by EQ and resilience questionnaires. For data analysis, Pearson correlation coefficient is applied. There is a positive and significant relation between EQ, mental pressure tolerance and impulse control with resilience at level 0.01. Thus, there is a positive and significant association between total score of EQ and resilience. Based on the mentioned findings, self-control management is one of the effective factors on resilience and its increase.

INTRODUCTION

Indeed, physical and mental health of people in society is of great importance and it is one of the important issues in the world. Mental health doesn’t mean the lack of mental health, it is reaction to different experiences of life as flexible and significant. The latter definition of mental health is: the balance between a person and his surrounding world, one’s adjustment with self and others, co-existence between self and surrounding world. Resilience is defined as one’s assurance to his abilities to overcome stress, coping strategies, self-esteem and personal features increasing social support from others. Thus, resilience has interacting role between one’s mental health and adjustment under difficult conditions (the report of national organization of the youth, 2002, cited in Azadi [1]. According to the definition of resilience, it is a process, ability or successful adaptation outcome despite threatening conditions. Indeed, resilience is positive adjustment in reaction to hard conditions [2].

Thus, EQ is one of personality traits considered as a factor for mental and physical health improvement. EQ is perception ability, evaluation and correct expression of emotions, ability of achieving and producing emotions for facilitation of cognitive activities, ability of perceiving the concepts of emotions and application of language of emotions and ability of emotion control of self and others to achieve optimal growth and social relation [3]. High EQ is correlated with high emotional health and mental health and has inverse relation with mental disorders. The people skillful in regulating their emotions and others can protect themselves against tension and report less depression, hopelessness and suicide ideation. Some of the evidences of research propose that some emotional components have close association with better adjustment of people. For example, emotional management skills are correlated with inclination to a positive mood with thoughtful components to avoid depression and other mental disorders [4]. EQ has various criteria as “conceptual criterion” as evaluating the emotion-relevant abilities and in “correlation criterion”, EQ is a set of relevant abilities with other described mental skills and “growth criterion” indicates EQ growth with the increase of age and experience of childhood to adulthood period [5]. Thus, researcher doesn’t show adverse outcomes for people with high EQ under risky conditions. Some terms as non-vulnerable, resistance to stress, hard are used. Recently, most researchers apply the term resilient to risky and unsuitable conditions [6]. Generally, the term resilience is referred to the factors and processes cutting growth trend from risk to problematic behaviors and psychological damage and despite adverse conditions can be lead to adaptive outcomes [7]. Researchers consider resilience and vulnerability two
opposite sides of a continuum. Vulnerability is referred to the increase of probability of negative outcomes to
risks. Resilience is a type of protection to social and psychological problems and increases positive function of
life. Verner and Smith state that resilience is improved by increasing social skills. Some skills including
communication, leadership skills, problem solving, resources management, ability of removing success barriers
and planning ability [8,9], in the moderating role of resilience in the relationship between EQ and general
intelligence with life satisfaction, the results showed that resilience had strong moderating role with EQ. The
relationship between coping processes and adaptive outcomes as physical and psychological health has received
much attention from personality researchers. Stress exchange models evaluate this model as a multi-variante
process including input (situational personality variables), output (moment and long-term effects) and
moderating activities of coping processes. In other words, this system is the ability of perceiving self-emotions
and control of behavioral expression based on environment, stated that most people with high EQ have
successful coping as they perceive and express their emotion states accurately and they know how and when
they express their emotions and they can regulate their mood states efficiently. Thus, Bar-On (1997) proposes
that stress control and adjustment are two main elements of EQ [10]. Thus, Compfer (1999) believed that
resilience as a moderating skill is returning to initial balance or achieving high level balance (under threatening
conditions) and it provides successful adjustment in life. Compfer refers to the point that positive adjustment
with life can be considered resilience outcome and as result leads to high level of resilience. He considers this
issue arising from complexity of definition and process view to resilience. In addition, family environment in
resilience is a key factor. Via providing social and coherent environment, family is effective on individual
resilience. Women are important classes in society as besides the wife role, they have motherhood role and they
have high interaction with their children averagely. If women have high EQ, they can control the emotions of
self and others and they express the emotions clearly and are not afraid of their emotions expression and they
can create suitable verbal and non-verbal relations and it is one of the continuity factors of a common healthy
life and stability of family relations and they know comfort and motivation skills well and they are comfortable
and self-controlled and they can solve the problem under hard and unsuitable psychological situations [11].
The study of Engelberg and Sejoberg regarding the relationship between EQ and social adjustment show that in
social situations, low EQ acts as a risky factor. Jokar conducted a study “the moderating role of resilience in
relationship between EQ and general intelligence with life satisfaction” on 577 high school students (284 girls
and 293 boys) in Shiraz. The results of study showed that general intelligence and EQ have direct relation with
resilience and EQ is a strong prediction for resilience.

Female students besides their student role have wife and motherhood role and are important groups to
increase resilience and pressure tolerance. Resilience as one’s assurance to abilities to overcome stress can
guarantee psychological health of people.

Based on the definition of EQ as a set of non-cognitive abilities and skills affects one’s ability to achieve
success to cope with the environmental contexts and a person can overcome environmental pressures and needs,
also we can refer to the importance of relationship between EQ and resilience among married women. Finally,
due to the shortage of researches in resilience and its relationship with EQ, this study is conducted with the aim
of compensating the scientific gap in this regard and it can provide others studies and it increases EQ of people
in society.

**Study hypotheses:**

1. There is a significant relation between emotional self-awareness and resilience among female students
   of Payam-e Noor University of Karaj in academic year 2012-2013.
2. There is a significant association between stress tolerance and resilience among female students of
   Payam-e Noor University of Karaj in academic year 2012-2013.
3. There is a significant association between impulse control and resilience among female students of
   Payam-e Noor University of Karaj in academic year 2012-2013.
4. There is a significant association between interpersonal relations and resilience among female students
   of Payam-e Noor University of Karaj in academic year 2012-2013.
5. There is a significant association between flexibility and resilience among female students of Payam-e
   Noor University of Karaj in academic year 2012-2013.

**MATERIALS AND METHODS**

**Study method, Statistical population and Sample:**

The study method is correlation. The study population is all married female students aged 20-40 years in
academic year 2012-2013 of Payam-e Noor University of Alborz province. In this study, among the students of
Payam-e Noor university, 100 people aged at 20-40 years are selected by single-stage clustering method and it is
implemented in two universities of Hashtgerd and Karaj branch University. Both tests are distributed to all
subjects.
Study measure:

Two instruments are used in this study:

a. Bar-On EQ questionnaire:

EQ questionnaire is designed by Bar-On in 1997. Bar-On presented a model of emotional capabilities and this model includes 5 fields of skills (abilities) as:

1. Intrapersonal skills (emotional self-awareness, self-regulation, actualization and autonomy)
2. Interpersonal skills (interpersonal relations, social commitment and empathy)
3. Adjustment (problem-solving, reality test and flexibility)
4. Stress control (ability of stress tolerance and impulse control)
5. General mood (happiness and optimism)

Scoring:

This scale is a self-reporting instrument and the subject determines the agreement or disagreement with each of terms in a five-item Likert scale. Scoring is inversed. Total score in each scale is the sum of scores of each of questions of the scale and total score is the sum of scores of 15 scales. High score indicates better situation of a person in the scale or in the entire test.

Reliability and construct validity of questionnaire (1993), Bar-On study, showed that five combination factors evaluate general structure of non-cognitive intelligence. Reliability coefficient is evaluated by Cronbach’s alpha as 0.93 by Samui in Iran.

b. Resilience questionnaire:

Resilience scale is a 30-item self-reporting instrument evaluating emotional inhibition and anger restraining. This test is provided in 1990 by Weinberger and Schwartz and it is one of the scales of adjustment survey of Weinberger. Self-restraint scale has a general scale and 4 subscales. The subscales of this test are similar but separated structures as suppression of anger, impulse control, observing others and responsibility.

Scoring:

In a 5-item Likert scale, the subjects stated the agreement or disagreement with each of the terms and their score was computed via adding the score of terms of each subscale and the highest score in this test is 150 indicating strong emotional restraint and lowest score is 30 indicates weak emotional restraint. Validity and reliability of questionnaire: Weinberger reported the correlation coefficient of this scale in a sample 386 people of urban students as 0.91. The reliability of test-retest in a two-week distance (n=49) is 0.89 and in a 7 month (n=337), 0.76.

Data collection method:

The researcher went to the university for two months, Ordibehesht and KHordad 2013 when the students were presented in two universities and after giving required explanations, invited them for collaboration and 100 students replied the questionnaires individually.

Data analysis method:

For data analysis and supporting the test, the study hypotheses are analyzed based on study hypotheses after data collection at descriptive and inferential level. In descriptive statistics, mean and standard deviation and in inferential statistics, Pearson correlation coefficient is applied.

Results:

At first, descriptive table if statistical indices of mean, standard deviation of the relationship between EQ and resilience is shown.

a. Descriptive statistics:

Frequency and percent of subjects based on age of students are presented in Table -1.

<table>
<thead>
<tr>
<th>Age</th>
<th>F</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-25</td>
<td>48</td>
<td>44.4</td>
</tr>
<tr>
<td>26-33</td>
<td>48</td>
<td>44.4</td>
</tr>
<tr>
<td>34-40</td>
<td>4</td>
<td>7.4</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Frequency and percent of subjects based on education of students are shown in Table-2.
Table 2: Frequency and percent of subjects based on education of students

<table>
<thead>
<tr>
<th>Age</th>
<th>F</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>BA</td>
<td>68</td>
<td>68</td>
</tr>
<tr>
<td>MA</td>
<td>32</td>
<td>32</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 3: Descriptive indices of the scores of EQ questionnaire, its components and resilience of married women students are calculated and the results are shown in Table 3.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>SD</th>
<th>Min</th>
<th>Max</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological pressure tolerance</td>
<td>19.23</td>
<td>3.437</td>
<td>11</td>
<td>28</td>
<td>100</td>
</tr>
<tr>
<td>Emotional self-awareness</td>
<td>20.39</td>
<td>3.187</td>
<td>15</td>
<td>27</td>
<td>100</td>
</tr>
<tr>
<td>Interpersonal relations</td>
<td>21.68</td>
<td>3.681</td>
<td>12</td>
<td>29</td>
<td>100</td>
</tr>
<tr>
<td>Impulse control</td>
<td>18.73</td>
<td>4.064</td>
<td>9</td>
<td>28</td>
<td>100</td>
</tr>
<tr>
<td>Flexibility</td>
<td>19.20</td>
<td>2.788</td>
<td>12</td>
<td>25</td>
<td>100</td>
</tr>
<tr>
<td>Total EQ</td>
<td>304.34</td>
<td>37.041</td>
<td>247</td>
<td>383</td>
<td>100</td>
</tr>
<tr>
<td>Resilience</td>
<td>102.11</td>
<td>10.19</td>
<td>81</td>
<td>125</td>
<td>100</td>
</tr>
</tbody>
</table>

Results of Table 3 show that the mean of scores of interpersonal scores has the highest mean and flexibility has the lowest mean among married female students.

b. Inferential statistics

Hypothesis 1: There is a significant association between psychological pressure tolerance and resilience among the female married students:

In this study, correlation coefficients between two scales are 0.31 as significant at level 0.01. There is a positive and significant association between tolerating psychological pressure and resilience among married female students.

Table 4: The results of Pearson correlation coefficient for the relationship between psychological pressure tolerance and resilience

<table>
<thead>
<tr>
<th>Variables</th>
<th>R correlation</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological pressure tolerance-resilience</td>
<td>0.31</td>
<td>0.002</td>
</tr>
</tbody>
</table>

2- There is a significant relation between emotional self-awareness and resilience of married female students:

In this study, correlation coefficients between two above scales is 0.167 as not significant at level 0.05. There is no significant relation between emotional self-awareness and resilience of married female students.

Table 5: The results of Pearson correlation coefficient for the relationship between emotional self-awareness and resilience

<table>
<thead>
<tr>
<th>Variables</th>
<th>R correlation</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional self-awareness-resilience</td>
<td>0.267</td>
<td>0.097</td>
</tr>
</tbody>
</table>

3- There is a significant relation between interpersonal relations and resilience of married female students:

In this study, correlation coefficients between two scale is 0.129 and is not significant at level 0.05. There is no significant relation between interpersonal relations and resilience of married female students.

Table 6: The results of Pearson correlation coefficient for the relationship between interpersonal relation and resilience

<table>
<thead>
<tr>
<th>Variables</th>
<th>R correlation</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpersonal relations-resilience</td>
<td>0.129</td>
<td>0.199</td>
</tr>
</tbody>
</table>

4- There is a significant association between impulse control and resilience of married female students:

In this study, correlation coefficient between two scales is 0.341 and there is significant relation at level 0.01 between impulse control and resilience of married female students.

Table 7: The results of Pearson correlation coefficient for impulse control and resilience

<table>
<thead>
<tr>
<th>Variables</th>
<th>R correlation</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impulse control-resilience</td>
<td>0.341</td>
<td>0.001</td>
</tr>
</tbody>
</table>

5- There is a significant relation between flexibility and resilience of married female students:

Correlation coefficients between two above scales is 0.141 and it is not significant between flexibility and resilience among female students at level 0.05.

Table 8: The results of Pearson correlation coefficient for the relationship between flexibility and resilience

<table>
<thead>
<tr>
<th>Variables</th>
<th>R correlation</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexibility-resilience</td>
<td>0.141</td>
<td>0.162</td>
</tr>
</tbody>
</table>
Conclusion:

The results of present study showed that there was a significant relation between EQ and resilience of married female students.

The results showed that correlation between two scales is 0.425 and there is positive and significant relation at level less than 0.01. The correlation between the variables of EQ as psychological pressure tolerance (0.31), emotional self-awareness (0.26) and impulse control (0.34) with resilience showed significance at level 0.01. But correlation between the variables of interpersonal relations (0.129) and flexibility (0.141) with resilience at significance level 0.01 showed no significant relation and the results of the study are as follows: The present study is consistent with the study of Bar-On. Bar-On (2000) reported that EQ has strong negative relation with psychosis (psychological pathology), depression and hopelessness and has positive relation with emotional health. Aruti Movafagh et al., found that EQ had significant association with locus of control, self-regulation and emotion seeking.

Jokar found that at first, general intelligence and EQ directly had weak prediction of life satisfaction and psychological adjustment. Second, EQ compared to general intelligence was strong predictor of resilience. Third, resilience has mediating role between different types of intelligences and life satisfaction and self-awareness. This role regarding EQ was strong. Javadi in the evaluation of the relation between EQ and resilience among the students of Wellbeing sciences and empowerment University found that the higher the EQ, the higher the resilience probability among the students to risky conditions.

Despite the results of this study without any significant correlation between two factors of interpersonal relations and flexibility with resilience component, the results of study of Shoat et al., showed that EQ in better self-management in social relations and empathy, high social skills, high participation between the couples, suitable emotional relation between the couples and high life satisfaction between the couples and better resilience had significant role. There are some evidences regarding the role of EQ in adjusting tension and mental health and it is proposed some forms of EQ protect people against tension and lead to better adjustment. Those people controlling others emotions have high social support and better satisfaction and it helps their protection against depression and negative ideation in interpersonal relations. Khosro Javid found that there was negative and significant association between EQ and alexitimia, depression and anxiety state of communication problems. Generally, it can be said, based on the components of EQ, perception and emotion expression, emotion regulation, using emotion and managing emotion in risky situations can act as protecting factor. In research literature of resilience, we are encountered with similar items with EQ components. The ability of developing emotions to others, self-respect, assurance of future, responsibility for deeds, self-control, self-sufficiency, positive self-perception, emotions self-regulation and etc. are the examples.

According to Brown and Rodes, resilient people can control their deeds and can get rid of confusion and they provide wide social support systems and family relations to help them for better adjustment. Via internal relation between EQ components, we can justify its relation with resilience. Good emotion management leads to self-control and self-control is one of effective factors on resilience (Mohammadi 2005). Finally, the general result of this study indicates that consideration, training and awareness to the role of EQ in resilience of people under hard conditions and attempt for improvement and increase of this skill namely in academic class and married people can be necessary.

REFERENCES