The relationship between emotional intelligence and resilience in students at university of social welfare science and rehabilitation

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Abstract

Objectives: The aim of the present study was to examine relationship between emotional intelligence and resilience in students at university of social welfare science and rehabilitation.

Method: ۱۰۰ students resident in bedroom participated in this correlational study. Modified Schutte Emotional Intelligence Scale (MSEIS) and Coonor-Davidson Resilience Scale(CDRIS) were applied to assess variables. Data were analyzed by Pearson correlation and multiple regressions.

Finding: This study revealed significant associations among emotional intelligence factors and resilience($p<۰/۰۱$). Results of multiple regression showed that the emotional intelligence factors can Predict respectively ۴۱٪ of the resilience variance ($p<۰/۰۰۰۱$).

Conclusion: The more the emotional intelligence are higher and favorable, the more probability that students becomes resilient in the face of adversity.

Key Words: *emotional intelligence -resilience- adversity-student*.

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