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

Rahm KHoda Javadi M.A & Dorra Parv M.A

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: 111 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<.01). Results of multiple regression showed that the emotional intelligence factors can predict respectively 14% of the resilience variance (p<.0001).

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.