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STUDY THE RELATIONSHIP BETWEEN THE DIMENSIONS OF EMOTIONAL QUOTIENT WITH MENTAL HEALTH OF STUDENTS

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ABSTRACT

This study is done to investigate the relationship between emotional quotient and mental health of students. Methods of data collection methods are descriptive (correlation) and the target has been applied. The population of the study consisted of all MS students of Educational Research of Islamic Azad University Roodehen Branch to 166 persons. Formulas Sample size "Cochrane" was estimated 116 by simple random sampling was used to select the sample. Data Emotional Intelligence Questionnaire was "Sybrya shrink" with the scale's alpha coefficient 0/86 in 5 point scale and Questionnaire GHQ-28 «Goldberg and Hiller" with alpha coefficient 85/0 and 4-point scale. Multivariate logistic regression analysis was used for the data analysis. The results showed that there is a relation between the dimensions of emotional intelligence and mental health of students in Islamic Azad University of Roodehen branch. As 56/8 percent of mental health through three dimensions of emotional intelligence (self-awareness, empathy, and self-management) is explainable.

Keywords: *Emotional Quotient, Mental Health, Students*

INTRODUCTION

One of the most fundamental concepts in the field of social psychology, is mental health, Because the activity, mobility and vitality is a sign of healthy normal people with mental health and longevity essential to maintain the functions of individual, social, occupational, educational and community success. Mental health means that the successful implementation of mental function, result in productive activities, communicate with other people and ability to adapt to changes in learning and confidence. These may include mental well-being, feeling power, autonomy, competence, intergenerational solidarity and understanding of emotional intelligence and their ability to identify potential talents. Otherwise, we can say that mental health is a state of being in which the individual recognizes his abilities back. It is able to adapt to the stress of living achieved, Occupational useful and constructive collaboration with others as part of the community (Sharifi and Eslamieh, 2013). In Adler opinion People with mental health and good looks intimate family relationships and its place in the family and community groups to properly understand. In life, the ultimate objective is focused on the pursuit of the goals of his actions. The ultimate goal of a healthy personality is the self-realization.

Another peculiarity of mental health is a healthy person regularly pays his perceptions of the nature and aims to eliminate mistakes. Such an individual is not a victim of their own emotions creator, creativity and initiative of the physical, the other characteristics of the individual (Quoted from Nejat and Irvani, 1999). Many variables affect the onset or reduce the mental health of the population are the most important to mention emotional intelligence. Another kind of intelligent being, includes understanding their feelings for decision making and control stressful situations in life, and the ability to control the reaction (Samooi, 2002). Features such as emotional intelligence to understand, describe, understand and manage emotions, thereby effectively cope with daily stresses and life events. And has outcomes such as mental health, physical health and quality of leads (Glides, 2009).

Golman (1995) the counting of cognitive intelligence and emotional intelligence says: Cognitive intelligence at best only a twenty percent of success in life, while eighty percent of success is dependent on other factors and outcome in many cases depend on the skills that constitute emotional intelligence (quoted from Eslamie, 2014). In fact, emotional intelligence failure in people with high intelligence

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quotient and the unexpected success of people with average intelligence determines. As studies in the field of emotional intelligence suggests that people with high cognitive intelligence and emotional intelligence are low fail in his private life and work, conversely, people with low and high emotional intelligence and cognitive intelligence to achieve many successes in your work life and private contexts. So emotional intelligence in predicting success in work and private life (Humphrey, 2007).

The research team suggests that emotional intelligence relationship between stress and mental health variables moderated And stay away from stress and lead to better adapt to them (Contrada, 2011; Ciarrochi, 2002; Schutte, 2003; Parker, 1999; Fati, 2008). Herbert and Forman research (2011) indicates that Mental health and how to deal with stress and emotional intelligence are related. In a study of patients with depression, people who complain of physical symptoms, emotional intelligence is low (Baron, 2000; Taylor, 1990).

Perkin (2007) During his research found that young people who have a high emotional intelligence, have better ability to handle and manage themselves in comparison with youth that have less emotional intelligence (Quoted from Sharifi and Eslamie, 2013). Generally, the inability to manage the emotional and mental health of people, especially in social and educational environments in danger. People who demonstrate and maintain a natural behavior appropriate to the environment are in trouble learning abilities are low.

Anger for those who have the skills to set up and manage emotions; It's easier than thinking about the consequences of such harm to themselves and others, shame and guilt. identify ways that people can help them make it their behavior shows that awareness of the causes of their behavior, The causes of their behavior and learn appropriate ways to Management and find the appropriate behavior (Keener & Leaman, 2007). Accordingly, with regard to the presentation of the theoretical framework that is provided (picture 1) The researchers sought to examine the relationship between emotional intelligence and mental health of their students.

Mental Health	Physical health	Emotional Intelligence	Consciousness
	Social function		Self-management
	Symptoms of Anxiety		Spontaneity
	Symptoms of Depression		Empathy
			Social relations

Picture 1: Theoretical framework

MATERIALS AND METHODS

This survey is the application and data gathering practices, cross-correlation

The population, sample and sampling way: The population of the study consisted of all MS students of Educational Research of Islamic Azad University Roodehen Branch to 166 persons. Sample size formulas "Cochran" is estimated to be 116. For the sampling of random sampling is used.

Data gathering: In order to collect the required data from the questionnaire is used as follows:

1- Emotional Intelligence Questionnaire: To assess students' emotional intelligence questionnaire, "Syber shrink" the five components of emotional intelligence (self-awareness, self-management, spontaneity, empathy and social relations) measures with a 5-degree scale (very low to very high score with a score of 1 to 5) And reliability of the research Avarsin and Sidkalan (2008) equal to 0/79 and in Mehri research (2011) was reported equal to 0/84.

2- Mental Health Questionnaire: To assess students' mental health, a questionnaire of 28 questions, "Goldberg and Hiller" (1978) that the GHQ-28 is known, has been used. The four components of physical health, social functioning, symptoms of anxiety and depression on the scale of 4 ° (from zero to do with a lot more than usual with grade 3) was determined, measures it. Retest reliability of the questionnaire in Sharifi and Eslamie research (2013)equal to 0/81, Noorbala (2002) equal to 0/84, Sahms alizadeh (2001)equal to 0/93,was reported. In this study, the alpha coefficient obtained for Emotional Intelligence Questionnaire to 0/86 and for Health Questionnaire equal 0/85 is estimated.

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RESULTS AND DISCUSSION

Results

For the analysis of multivariate regression analysis by SPSS software was used.

Findings

The research question:

What is the relationship between emotional intelligence and mental health of students?

Table 1: Summary of regression between emotional intelligence and mental health

Multiple correlation	Coefficient of determination	of Determining correction	factor Estimation error
0/817	0/608	0/568	0/257

According to Table 1, the multiple correlation between emotional intelligence and mental health dimension is equal to 0/817. And adjusted determination coefficient obtained is equal to 0/568. This value indicates that 56/8 of the mental health of the dimensions of emotional intelligence is explainable.

Table 2: F test for significance of regression and linear relationship between emotional intelligence and mental health

Model	Sum of squares	of df	Mean square	F	Sig
Regression	8/95	4	0/995	13/21	0/010
Remaining	5/76	112	0/066		
total	14/71	116			

Calculated in accordance with Table 2, 13/21 with 116 degrees of freedom and a significant level of 0/05 greater than the critical value F (2/37) is, In conclusion, we can say with 95% confidence that the correlation between the dimensions of emotional intelligence and mental health is significant.

Table 3: Regression analysis of the dimensions of emotional intelligence and mental health

Model	Standardized coefficient	beta	t	Sig
Fixed			5	0/000
Consciousness	0/243		2/72	0/050
Self-management	0/219		3/11	0/001
Spontaneity	0/114		1/46	0/125
Empathy	0/228		2/33	0/002
Social relations	-0/216		-1/67	0/201

Beta coefficient values determined in accordance with Table 3, respectively: 1- The share of self-consciousness in the mental health component is equal to 0/243 unit and a unit change in the variable causes the mental health unit 0/243 to change.

2- Share in the mental health component of empathy is equal to 0/228 unit and a unit change in the variable allows mental health unit 0/228to change.

3- The share of self-management component in the mental health unit is equal to 0/219, and a unit change in the variable allows mental health unit 0/219 to change.

Discussion

Results obtained from this study showed that there are the dimensions of emotional intelligence and mental health among students of Islamic Azad University Roodehen Branch. The results of research conducted by Sharifi and eslamie (2012), Hasan (2012), Mehry (2011), Fati (2008), Asadi (2007), Salguero (2010), Tsaousis (2005), Kiarouchi (2002), Saarni (1998), Bar-on (2000), Golman (1996), Each

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of the studies is a positive relationship between emotional intelligence and mental health of patients are admitted, they are consistent. The study also found that the largest component of the mental health awareness and then the components are empathy and self-management. Awareness skills (awareness of your emotions) Emotional intelligence is the main axis. People enjoy this feature, more adept at controlling and directing live events (Asadi, 2007). Mental health awareness and social skills necessary for the individual and the essential skills of life, especially in the current century. These skills will help the individual to have more knowledge about the characteristics, needs, desires, goals, strengths and weaknesses, feelings, values and identity achieved. In order to overcome these problems and try to correct your weaknesses and accordingly, their lives built on supports and spent most of his life with the satisfaction and peace of mind. As Golman said (1995) Empathy is a fundamental skill for all important social skills at work and the Understanding emotions and various other aspects of the application of an appropriate reaction in people who are around us (Golman and Parsa translation, 2004). Empathy is characteristics that affect people's physical and mental health. People who have this skill, was suffering from anxiety and depression and higher social functioning. An acknowledgment of the weaknesses of its management and continual management approaches. In fact, higher self-management ability of resistance to problematic behaviors, depending on the individual consciousness and positive leadership behaviors. The acquisition of these skills, achieve physical and mental health and the social and individual success. Learn the skills necessary to be successful so that the studies have proven that 60% of all jobs included and these skills can be taught and learnt. Finally, since the academic growth of students in groups according to their mental health is a serious and growing n fact, social and emotional capabilities and competencies of effective mental health determinants and are, Based on the findings of the study suggest the use of courses in various situations As well as providing useful and essential strategies for coping with stress And strategies to increase students' mental health to be held by experts in the field.

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