

The Relationship of Emotional Intelligence and Mental Health on Nurses of Tamin Ejtemaee Hospital of Zahedan City

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ABSTRACT: The recent research has been performed by purpose of studying the relationship of emotional intelligence and mental health on nurses of Tamin Ejtemaee of Zahedan city. Methodology is descriptive correlation and predictive. Population includes all nurses of Tamin Ejtemaee hospital of Zahedan city, their numbers is 150. Regarding restriction of population, all nurses has been selected as sample. Among 150 questionnaires, 123 questionnaires have been returned that these numbers have been analyzed as the final sample of research. Measurement instrument includes: questionnaire of siber 8 shring`s emotional intelligence and Goldber Hiler`s mental health questionnaire, that validity coefficient is 0.88, 0.84 respectively by cronbach`s Alpha. Descriptive statistic methods are used to classify data and design table, also inferential statistic colmogrogh Smirnoff test, multiple person and Regression correlation coefficient have been used. According to the obtained result, There are positive and significant relationship between dimensions of emotional intelligence (self - consciousness, self - control, self - motivation, social skills and sympathy) and mental health and between emotional intelligence with mental health. Also according to the result of regression analysis, dimensions of emotional intelligence can determine 75 percent of mental health variance.

Keywords: Emotional intelligence, mental health, nurses.

INTRODUCTION

Emotional and how of face it, is part of human personality and effects on mental health. Today, we talk about various kinds of intelligence and in each case, intelligence infers to the ability of perception and application of symbols that is abstract ability (Etinkson , 1999). Some people just know to how behavior with others, some have high self - confidence and some able to help others. All of these abilities originate from set of skills called emotional intelligence. In addition, skills of emotional skills determine and change the emotional and motivation and sympathy. With other persons (Ras, 1998). The ability of perception and using emotional skills is different in people and this consciousness level forms the emotional intelligence which is very important in mental health and intellectual growth (Geinf sinka) The performed researches indicate very important effect of emotional intelligence on human mental health. EI means recognition and management of own emotions and using emotions for quittance of thought. The ability of perception and using emotional skills is different in people and this consciousness level forms the emotional intelligence that is very important in mental health and intellectual growth (Ostvar , 2008). As the characteristic of emotional intelligence is important, education experts and professionals and psychologists understood its important role in learning and progression. In research, scientists focused their studies an behavior of 77 students of university - that people with high emotional intelligence are well - behavior and worth for into relationship and establish the positive and health relation between sympathy and emotional intelligence.

The roles of emotional intelligence is increased more and more in education, health and treatment, psychology and generally in daily life and research increase its value by showing its positive and negative effects in human life. According to research reports, the role of EI is obvious in mental health and increasing mental capacity, as cooper smith stated: individuals with high EI have high emotional stability, self - confidence and mental capacity and have positive views about themselves and life and their personality factors have been developed (pirkhan , 2012).

According to some psychologists such as Daniel Golman, In work environment, EI plays more obvious role - to have desirable performance toward other capabilities such as cognitive intelligence or technical skills. Therefore, organization and personnel take advantage by developing EI and its capabilities (Golman, 2010).

The result show that the importance of EI is increasing for progression of status of organization. Using intelligence, we can predict what job is suitable for person, while EI can predict the path of progression, failure of staff.

Although EI is relatively new view, but it is believed that if person has desirable emotional intelligence, can better can front to life challenges, control own emotions and have better mental health (Kasyarochi, 2001).

It is clear that employees with more mental health have better performance and live more, In additions mental health of employees is phenomenon that is effects is show in personal life and outside of organization (Rabert, 2000).

Among factors in increasing human mental health, studying emotional intelligence and its role in mental health is important. Although the importance and effect of emotional intelligence and mental health and increasing productivity has been accepted by researches, but there is no finds about nurses and as nurses are components of society, it seems the cognition of EI between nurses not only helps their mental health to select their favorite activities, but also helps officers and managers to select plan and give various responsibilities and how to behavior with them and can also influence on observance of moral aspects on whole society. According to the cognition and importance of EI and psychological factors and researches inside or outside of country, we can say that studying the role of emotional intelligence is very important between nurses, because they are key components in health and treatment in our society and their mental health increases mental health of society, thus this research seeks to study the relationship between emotional intelligence and mental health on nurses of Tamin Ejtemaee hospital of Zahedan city.

Pirkhan Rafieyan, (2012) in their research entitled as "studying the relationship of emotional intelligence and mental health on teachers of primary school in behshahr city" show that there is significant relationship between components of primary school. Regression analysis showed that EI variable can predict teacher mental health.

Bakhshi, (2010) performed research entitled as "the relationship of EI and mental health with organizational commitment in teacher, nurses and employees. The result of person`s correlation coefficient in dictate that there was significant and positive relationship between EI and mental health with organizational commitment. The result of regression analysis showed that emotional intelligence and mental health can predict organizational commitment for employees of each three jobs in significant and positive relationship. Ehya koonadeh, (2009) in article by title of «the relationship of emotional intelligence and mental health of girl students of consulting field in Islamic Azad university - unit Behbahan» state that there is significant relationship between intelligence and mental health of students and the results obtained from step by step regression showed that at all components of emotional intelligence, self - consciousness and self - motivation predict mental health. Lee, (2012) performed research the relationship of emotional intelligence, intelligence of organization in shouthern korea on 600 employees.

The result showed that emotional intelligence can decrease job exhaustion Jain and sinha, (2011) in research about mental health and related issues to emotional intelligence in 250 executive employees resulted that the components of emotional intelligence are good predictor factors in mental health of employees. Their research results indicate significant and direct relationship between variables of EI such as independence, self - expression self - control with mental health.

MATERIALS AND METHODS

The recent research is descriptive - correlation that after description of EI variables and mental health, it studies the relationship of these two variables among nurses, population includes all nurses of Tamin Ejtemaee hospital of Zahedan city that are employed and their numbers are 150. According to the restriction of population, all individuals are selected as sample. Among 150 questionnaires, 123 have been returned that these numbers analyzed as final sample.

Measurement instrument: includes siber or shring`s EI

Questionnaire: this includes 5 subs - scales. Goldberg f healer`s standard questionnaire (1979): includes 28 questions with four sub - scales. The dimensions of these questionnaires includes: physical signs, disorder and stress signs, disorder in social function and depress symptoms. Validity has been accepted by 10 psychology masters and their validity coefficient has been measured 0.88 and 0.84 respectively by Cranach's alpha. Analysis of data has been performed in two descriptive and inferential levels. In descriptive statistical level, table, graph, mean, standard

deviation have been used and in inferential statistic level, Gelmogrov Simonov, person and regression correlation coefficient have been used.

RESULTS AND DISCUSSION

Results:

Table1. Average, standard deviations and inter-correlations between the components of emotional intelligence and mental health

mental health	emotional intelligence	social skills	empathy	Self-control	Self-awareness	self-motivation	SD	Average	variables
						1	2.84	19.2	self-motivation
					1	*0.49	5.12	25.78	Self-awareness
				1	*0.48	*0.35	4.18	23.14	Self-control
			1	**0.57	*0.49	*0.58	3.03	20.33	empathy
		1	**0.69	*0.48	*0.51	*0.64	2.99	18.45	social skills
	1	**0.39	*0.42	*0.32	*0.29	*0.38	12.63	107.11	emotional intelligence
1	**0.56	*0.41	*0.36	**0.45	*0.61	*0.53	7.99	21.1	mental health

10/0 ≤ p ** 50/0 ≤ p*

123 research samples include 54.5 percent man and 45.5 percent women. 90 percent are below 40 year and 10 percent higher than 40. The highest percentage relate to B.A level by 56.8 percent and the lowest percent relates to M.A by 9.8 percent - 44.7 percent have less that 5 years service records and 46.1 percent have service records between sit to fifteen years and just 8.9 percent have higher than 16.

According to the give information in table 7, there is significant relationship between components of emotional intelligence and mental health of nurses in Tamin Ejtemaee hospital of Zahedan city.

Table 2. Results of analysis of multiple regressions the components of emotional intelligence and mental health

Statistical Indicators	significant	Ratio t	standard coefficient Beta	Non-standardized coefficients. Standard error	B
Constant factor	0.01	11.124		2.719	30.252
Self-awareness	0.01	5.501	0.622	0.005	2.752
Self-control	0.01	2.138	0.472	0.314	0.049
Self-motivation	0.01	2.867	0.132	0.375	1.075
Empathy	0.01	2.695	0.120	0.0539	1.427
Social Skills	0.01	6.696	0.653	0.406	2.715

The results of have table showed that there is linear relationship between components of emotional intelligence and mental health. According to values of regression coefficient (B) and significant level (p < 0.01), it is concluded that there is significant relationship between components of EI and mental health in nurses. The obtained result show that components of 1-social skills 2-self - consciousness 3-self - control 4-self - motivation 5-sympathy respectively predict mental health.

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