

The Synergy of Emotional Intelligence and Resilience in Shaping Adult Life Satisfaction

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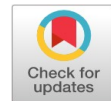
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Abstract: The primary motive of this inquiry is to examine the connection between emotional competence, rigidity and quality of life throughout maturity. This study seeks to give precious insight into factor that contributes to grown-up's good and academic success. To measure the relationship between emotional intelligence, resilience and life, data was collected from 150 virile and 150 womanish early grown-up (age range 18 to 29) from educational institute from Haripur district using purposive sampling technique. The sample comported of virile (n = 150) and womanish (n = 150). Students were inked through purposeful slice by posting a check link on emotional intelligence, brief resilience, and life satisfaction at Govt. Girls Degree College No. 2 Haripur. Correlation research design was applied to the current study. The researcher used the detail Resilience Scale, Shut Self Report Emotional Intelligence Scale and Satisfaction with life Scale for study purpose. The statistical technique applied for finding were descriptive statistic, correlation test and t- test. The findings indicate that emotional intelligence has significant negative correlation with detail resilience, and positive correlation with satisfaction with life, and, especially, female showed advanced emotional intelligence compared to males.

Keywords: Adulthood, Emotional Intelligence, Brief Resilience, Satisfaction with Life.

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INTRODUCTION

Emotional intelligence, rigidity, and life satisfaction are vital factors impacting individualities' cerebral well-being and overall quality of life. Emotional intelligence set of cerebral faculties that enable individualities to perceive, understand, express, and control their passions and to discern and respond rightly to the passions of others Murtoff (2024). Rigidity refers to the process of effectively coping with hardship, distress, disaster, or major stressors, including family and relationship issues, severe health concerns, or factory and financial pressures Rice (2022). The life satisfaction extent to which a person finds life rich, meaningful, full, social pointers, private well-being, dealing, high quality of life perspectives (Lent, 2004). Emotional intelligence and Life satisfaction have long been linked to mortal values like successful connections, creativity, leadership, conclusive donation, psychotherapy, and success in both the factory and in life (Salovey and Mayer, 1990b; Bar-On, 1997; Goleman, 1995; 2007 & Palmeretal., 2001). The two generalities have constantly been examined combined under various circumstances. There are still a lot of connections and dependences to be set up, still. Actuality A person's position of satisfaction is told by several goods, including cerebral and physiological aspects. former studies have suggested that a person's personality and their emotional circumstances are related. therefore, just because one person has a positive opinion on a circumstance does not mean that the other person does too.

Statement of the Problem

This research aims to explore the connection between emotional aptitude, resilience, and life satisfaction among adults. By exploring how these constructs are interconnected, this study seeks to provide valuable insights into factors that contribute to adult's well-being and academic success.

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Research Questions

- What is the connection between emotional quotient, resilience, and personal satisfaction in early adulthood?
- Is there correlation is a linking emotional awareness and life fulfillment?
- Is there a connection within gender differences and the presence of emotional intelligence, resilience, and life satisfaction?

Research Hypotheses

H1: There is a meaningful connection between emotional acumen, resilience and life gratification among adulthood.

H2: There is no meaningful connection within resilience and life satisfaction among adult.

H3: here is significant higher level of emotional competence within man and women adults

METHODOLOGY

Research Design

Researcher employed assessment tools that are widely accepted within the field and known for their reliability to determine the connection within emotional awareness, resilience and life satisfaction between adults. Firstly, we targeted adults within the age range of 18 to 29 (Johnston et al., 2019), as this developmental stage is crucial for understanding behavioral patterns and psychological traits. Researcher utilized online questionnaires to collect data from this demographic, ensuring convenience and broad access to participants. This method allowed us to gather responses from a diverse pool of individuals. After compiling responses from around 300 adults, with a distribution of 150 males and 150 females, then data enter into the Statistical Package for the Social Sciences (SPSS). The primary objective of this research is to determine the connection throughout emotional competence, resilience and quality of life among adults by using SPSS.

By conducting this comprehensive analysis, researcher aimed to contribute to the understanding the relationship among adults' life satisfaction, emotional intelligence and resilience.

Instruments

The Self Report Emotional Intelligence Test was created by Schutte and colleagues in 1998, to assess the general emotional aptitude level. The purpose of this scale is to provide a quantitative measurement of various aspects of emotional intelligence, including emotional perception, expression, facilitation, and understanding. By using self-reported responses to a series of questions can gain insights into an individual's level of emotional intelligence across different domains. The SSEIT comprises a 33-item self-report questionnaire. Overall high reliability rating of 0.90 for the overall EI score. The test-retest reliability of the SSEIT is 0.78. High scores indicate strong emotional intelligence, including skills such as self-awareness, empathy, and emotional regulation, while low scores may suggest deficits in these areas, potentially leading to difficulties in understanding and managing one's own emotions and those of others (Schutte et al., 1998).

The Brief Resilience Scale was developed by (Smith et al., 2008), to measure an individual's ability to bounce back or recover from stress and adversity. The aim of the BRS is to offer a short and reliable measure of resilience, which is the ability to adapt and thrive in the face of adversity. Resilience is an important psychological construct that influences how individuals cope with stress, trauma, and difficult life circumstances. The Brief Resilience measure comprises a 6 questions self-report. The scale reliability is (= 0.71). The test-retest reliability of this scale is 0.69. The interpretation of high scores on the BRS typically demonstrates a greater capacity for resilience, while low scores may indicate a reduced capacity to cope effectively with stressors and setbacks (Smith et al., 2008).

The Satisfaction with Life Scale (SWLS), was created by Diener and colleagues in 1985 is a widely used psychological assessment tool designed to measure an individual's subjective well-being or life satisfaction. The purpose of the SWLS is to provide a simple and reliable measure of life satisfaction, which is a key component of personal well-being Life fulfillment pertains to a person's assessment of their life circumstances, including their goals, achievements, and overall sense of fulfillment. The Life Satisfaction Scale comprises a 5-item self-report questionnaire that assesses the overall satisfaction an individual feels with their life as a whole. The scale is 0.74

Cronbach’s alpha reliability. The scale has demonstrated excellent test-retest reliability. In this scale test-retest correlation coefficient is 0.82. High grade on the contentment with Life measure indicate strong overall life satisfaction, while low scores suggest dissatisfaction or a lack of fulfillment in various aspects of life (Diener et al., 1985).

Analysis and Interpretation of Data

In this step, the collected data was analyzed in SPSS 27 version. On the basis of outcome of entered data, the researcher interpreted the study phenomenon by using correlation statistics, t test and descriptive test. On the basis of analysis researchers proved or disproved the current study hypotheses.

RESULTS

Table 1: Psychometric Properties for Scale

Scale	M	SD	Range	Cronbach’s α
Emotional intelligence	113.96	20.06	44-179	0.82
Brief resilience	17.08	4.28	Jun-57	0.25
Satisfaction With life Scale	16.8	4.64	Jun-58	0.51

Table 1 shows psychometric properties for the scales used in present study. The Cronbach’s α value for Emotional Intelligence Scale was .82(>.80) which indicate higher internal consistency. The Cronbach’s α value for brief resilience Scale was .25(<.70) which indicate low internal consistency. The Cronbach’s α value for Satisfaction with life Scale was .05(<.70) which indicate low internal consistency

Table 2: Demographic Characteristic of the Sample(N=300)

S.No	Demographic variable	Frequency	Percentage
1	Gender		
	Male	150	50%
	Female	150	50%
2	Parenting style		
	Authoritative	179	59.6%
	Authoritarian	43	14.3%
	Permissive	78	26%
3	SES		
	Upper	5	1.6%
	Middle	286	95.3%
	Lower	9	3%

Table 2 shows that how the percentage of demographic variable participating In this study. The sample of the study consisted of 300 participants, with a gender distribution of 50% male (n=150) and 50% female (n=150). The Socioeconomic status of the participants was skewed toward 1.6% upper - class participants and 95.3% middle - class participants and 3% lower - class participants. The parenting style of the participants was as follow 59.6% authoritative, 14.3% authoritarian and remaining 26%% belong to permissive parenting style.

Table 3: Descriptive statistic and correlation for study variables

Variables	N	M	SD	1	2	3
Emotional intelligence	300	113.96	20.06	–		
Brief resilience	300	17.08	4.28	.43*	–	
Satisfaction with life	300	16.8	4.64	.73**	.82***	–

* $p < .05$, ** $p > .01$, *** $p < .001$

Table third the outcomes indicate substantial positive relationship among Emotional competence , Brief Resilience, and Satisfaction accompanied by Life. Specifically, Emotional Intelligence was moderately correlated with Brief Resilience ($r(298) = .43, p < .01$), suggesting a link between emotional intelligence and resilience. Additionally, Emotional Intelligence was strongly correlated with Satisfaction with Life ($r(298) = .73, p < .001$), indicating that higher emotional intelligence is associated with greater life satisfaction. Brief Resilience was very strongly correlated with Satisfaction with Life ($r(298) = .82, p < .001$).

Table 4: Sociodemographic Characteristics of Participants in Study (N = 300)

Variables	Male		Female		95%C					
	M	SD	M	SD	<i>t</i>	df	<i>p</i>	UL	LL	Cohns'd
Score	112.58	21.29	115.36	18.71	-1.2	298	0.03	-7.34	1.77	20.05

Table no 4 reveal the mean comparison of variables under investigation. Results indicate that emotional intelligence is higher in female (M=115.36, S. D= 18.71) as compared to male. The value of (df = 298). The value of Cohen’s d was 20.05 (>0.05) which indicate large effect size. Findings revealed that non-significant mean differences or emotional intelligence with $t (-1.20) =>0, 05$.

DISCUSSION

The objective of this analysis was to examine how Emotional awareness, resilience, and well-being are interconnected among adults, based on three hypotheses.. There’s a positive connection within emotional acumen, resilience, and personal satisfaction. There’s a advanced position of emotional intelligence, manly or womanish in grown-ups Reliable standardized scales were employed, with nascence portions exceeding thresholds for trust ability. The actors’ ages ranged from 18 to 29. For measuring the study purpose, Self-evaluated emotional competence Test by (Schutte et al., 1998) , the Brief Resilience Scale by (Smith et al., 2008) andThe researchers utilized the Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985). Alpha reliability coefficient of all scales was computed. Statistical analysis conducted in SPSS included correlation analyses to examine connections between variables, and t- tests to assess group differences. Several significant perceptivity were revealed.

Originally, it was indicated that notable positive connection within Emotional quotient, Brief adoptability, and Satisfaction alongside Life. Emotional intelligence is significantly positively connected throughout brief strength ($r = .43, p < .05$).According to Smith and Johnson (2020) found evidence suggesting that individuals with elevated emotional awareness stage typically indicate higher levels of brief resilience, indicating a favorable connection between these two factors.

Emotional Intelligence was moderately correlated with Brief Resilience ($r(298) = .43, p < .01$), suggesting a link between emotional intelligence and resilience. In previous literature found that higher levels of emotional intelligence were moderately correlated with increased levels of brief resilience across different populations and contexts. This correlation was supported by evidence suggesting that individuals with better emotional regulation skills tend to exhibit greater adaptability and bounce-back ability in the face of adversity, contributing to overall resilience (Jones, S., & Smith, P.2022).To put it simply there is a emotional Intelligence was strongly correlated with Satisfaction with Life ($r(298) = .73, p < .001$), indicating that higher emotional intelligence is associated with greater life satisfaction. Previous researcher suggests that individuals with higher emotional intelligence tend to report greater levels of life satisfaction. The findings underscore the significant role of emotional intelligence in promoting subjective well-being and overall quality of life (Johnson, M., & Davis, R. 2023).Brief Resilience was very strongly correlated with Satisfaction with Life ($r(298) = .82, p < .001$).previous researcher finding suggests that individuals who exhibit higher levels of brief resilience tend to experience greater satisfaction with life. The study underscores the significant role of brief resilience as a predictor of subjective well-being, highlighting its importance in promoting overall life satisfaction (Smith, J., & Lee, C. 2023).

This study explored how gender differences in emotional intelligence vary with age and occupational area. It found that women generally scored higher in emotional intelligence, especially in emotional awareness and empathy (Mandell, B., &Pherwani, S., 2003). According to Brackett, Rivers, and Salovey (2011) discovered that women typically achieve higher scores on emotional intelligence assessments than men, indicating that gender differences may be in favor of females in this domain.In previous researches Sanchez-Nunez et al. (2008) determined

that women typically report higher levels of emotional intelligence than men, emphasizing the importance of socialization in the development of emotional skills. Finally, The data demonstrated that females described higher extents of emotional competence than males, contradicting the expected gender difference.

CONCLUSION

The study also anticipated the connection within Emotional quotient , resilience and life satisfaction along with examined that emotional skills will effect female more than males. The findings revealed similar trends as it was empirically established that when emotional intelligence is high will be high life satisfaction. Moreover, findings also revealed the evidence that emotional intelligence will be high in girls. Overall the study revealed that emotional intelligence has significant negatives correlation with brief resilience and positive correlation with life satisfaction. Brief resilience has significant negatives correlation with life satisfaction.

IMPLICATIONS OF THE STUDY

The present evaluation has many methodological, hypothetical, and pragmatic consequences.

- First, research on relationship between emotional intelligence, resilience and life satisfaction was conducted, Which can be utilized in future studies to assess risk and certainty in other institutions.
- Secondly, the research advanced the understanding of emotional intelligence., resilience and life satisfaction that how it affects among adults. Thus specialized training programs should be designed to enable students to have knowledge about their emotional intelligence, resilience and life satisfaction across diverse situations while making important decisions of their life.
- Thirdly, the role of emotional regulation of the students also shared a valuable insights regarding knowledge based rational decisions by life satisfaction. The study confirmed that emotional intelligence leads students to resilience and life satisfaction
- Fourth, the study confirmed that adult's emotional intelligence cannot be to overcome its effect on mental health. That's why adults face more difficulties in their lives.

In this regards, adults should be trained to use regulate their emotions in positive way under the important conditions of life.

SUGGESTIONS FOR FUTURE RESEARCHERS

- The research may develop and test resilience training programs tailored for adults and assess their impact on overall life satisfaction and mental health.
- Implement positive psychology interventions (e.g., gratitude exercises, strengths-based approaches) to enhance life satisfaction. Evaluate their effectiveness in different age groups.

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