

P-1473 - INVESTIGATION THE ROLE OF EMOTIONAL INTELLIGENT IN MENTAL HEALTH OF UNIVERSITY STUDENTS

G.Nikpour

Department of Psychology, Allameh Tabatabai University, Tehran, Iran

Introduction: The present research investigated the relationship of emotional intelligence and mental health in university students.

Method: The sample comprised of 73 female students of psychology from Payame - Noor University that were randomly selected and General Health Questionnaire (GHQ) and Schutte's Self- Report Emotional Intelligence Test (SSREIT) were administered on them. SSREIT measures three fields: Appraisal of emotion, regulation of emotion and utilization of emotion; and GHQ measures four fields: physical symptoms, insomnia and anxiety symptoms, social dysfunction symptoms, depression symptoms. Data were analyzed with Pearson correlation formula.

Results: Findings revealed significant negative correlation between components of emotional intelligence and components of mental health. It means that increasing of emotional intelligence decreases mental illness.

Conclusion: Findings of the present research can have important psychological implications in the area of student counseling, adolescent and youth counseling, and personality development. Helping students and youth can improve their emotional competencies and help in improving their quality of life.