

## **Emotional Intelligence and its Relationship to Mental Health among a Sample of Egyptian Residents in Tabarjal Al JouBiography**

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### **Abstract.**

Emotional Intelligence and its Relationship to Mental Health among a Sample of Egyptian Residents in Tabarjal Al Jouf.

Abstract: The study aimed to identify the level of emotional intelligence and its relationship to mental health among a sample of Egyptians residing in Tabarjal governorate in Al-Jawf. In order to achieve the objectives of the study, the Mental Health Scale was prepared by Abdul-Muttalib Al-Quraiti and Abdul Aziz Al-Shakhs (1992), Emotional Intelligence Scale by Abdul-Hadi Al-Sayyed, Farouk Al-Sayyid Othman (2002).

The results of the study indicated that there is a significant correlation between emotional intelligence and mental health in a sample of Egyptian men and women residing in Tabarjal governorate in Al-Jawf, the majority of respondents have a high level of emotional intelligence. Emotional intelligence level of medium and very few have a low emotional intelligence level they have a problem in the psychological and social compatibility, and there are fundamental differences between men and women in the level of emotional intelligence, after the sympathy and social communication in favor of women, after the management and organization now Habits in favor of men Vkana no differences between males and women appear in knowledge after the emotional

## an introduction :

Our knowledge of our emotions is the basic rule of emotional intelligence. It is an essential basis for human success because it relates to the knowledge of the human being and his qualities, his knowledge of others and their qualities, and his awareness of the reality of others (Medhat Abu El-Nasr: 2008, 57).

Burini's profitability (2006) pointed to the importance of emotional intelligence in that it elevates the degree of harmony between emotions, principles and values, making the individual satisfied and reassuring, making better life decisions, physical and mental health, and the ability to motivate oneself and find self-motivation, and get more respectful treatment , Make good friendships, career success.

The distinction between them is a human characteristic and a necessity of social communication necessities, lack or inadequacy is an obstacle to achieving mental health, it is axiomatic mental health express emotions that afflict the individual, share their emotions and identify others, this helps to develop and develop the personality that gives balance and meaning of life (Muhammad Mashaqbeh: 83,2014

Myers & Tucher (2005) found that emotionally intelligent people work well with others, and are appreciated and respected, because they promote emotional intelligence in their institutions and workplaces.

Emotional intelligence is the integration of knowledge and emotion systems. Thus, conscience is a unique source for individuals about their surrounding environment. Social support networks with the ability to communicate, discuss feelings and develop their knowledge and experience in specific areas such as aesthetics, ethical feelings or problem solving (Anas Rabeih: 2011, 58-72)

Mental health strives to achieve individual satisfaction and psychological, social and spiritual harmony to achieve high levels of science and knowledge, and therefore science can not achieve its goals away from mental health, and mental health goals can not be achieved away from science and knowledge. (Ahmed Okasha: 2008, 123)

Social support networks and they have that mental health is a great goal sought by all individuals, and has increased the attention of individuals in the modern era of mental health, as a result of the complexities of modern life and the diversity of areas of psychological pressure, as well as the high level of cultural and intellectual growth that made individuals aware of the importance of mental health so they can To enjoy life (Jamal Abu Dalu: 2008,18)

Mental health is a relatively permanent state of personal, emotional and social harmony, ie, with oneself and with the environment, in which he feels happy with himself and with others. Peace and security (Hamid Zahran: 1997, 23)

emotional intelligence in a sample of Egyptians living in Tabarjal governorate in Jawf and how to increase awareness towards emotional stability and face life obstacles and stressful situations have a clear impact as an indicator of mental health.

Study problem: General question: Is there a significant correlation between emotional intelligence and mental health in a sample of residents in Tabarjal al-Jouf?

### **The following questions arise from the following questions**

1- What is the level of emotional intelligence among a sample of Egyptian men and women residing in Tabarjal al-Jawf?

2-Does the level of emotional intelligence differ among Egyptians living in Tabarjal Al-Jawf governorate by gender?

**Objectives of the study :**

1- Detection of the relationship between emotional intelligence and mental health among the study sample.

2 - Identify the level of emotional intelligence in a sample of men and women from Egyptians residing in Tabarjal governorate in Al-Jawf.

3 - Identify whether emotional intelligence varies according to gender (men - women).

**What is the importance of the study: The researcher believes that**

The importance of the study stems from the fact that it explores the level of emotional intelligence and its association with mental health in a sample of Egyptian men and women residing in Tabarjal governorate in Al-Jawf.

2 - Determine the level of emotional intelligence of the study sample helps in identifying and strengthening the strengths and weaknesses and work to address them

3-The study subject is studying a segment that has not been discussed before, which is represented in a sample of Egyptian men and women residing in Tabarjal Governorate in Al-Jawf where they are exposed to crises, psychological conflicts and environmental pressures and this is reflected on their attitudes, behavioral behavior and mental health level.

4 - Enrich the psychological library with theoretical heritage and scientific results on the level of emotional intelligence and mental health

**- Limitations of the study: Human limits:**

A sample of 70 men and women in Tabarjal governorate in Al-Jawf in the northern region of Saudi Arabia aged between 30-46 years.

Geographical limits: The study sample was from Tabarjal city in the northern region of Al-Jouf in Saudi Arabia

Time Limits: The duration of the application of the questionnaires and the analysis and interpretation of the results ranged from two months

### **Terminology of study :**

First: the concept of emotional intelligence:

The ability of the individual to recognize, understand, express and manage their feelings and emotions, and their ability to access the feelings and emotions of others, enabling communication, interaction and the formation of positive social relations with others (Samia Saber: 2011,202)

### **Second: the concept of mental health:**

1. "The state of adaptation, consensus and triumph over the circumstances and situations in which a person lives real

With himself, his environment and the world around him "(Abu Allam Boutros: 2008, 49)

2 - Definition (Adib Khalidi 2001,33) a coherent organization between the factors of mental formation and factors of emotional formation of the individual, this organization contributes to determining the responses of individuals indicative of emotional balance and personal and social compatibility and achieve itself

Theoretical definition of mental health:

The ability of the individual to agree with himself and with others, and to feel good about himself with all the pros and cons

أعطى تعريفا نظريا للصحة العقلية ولم يعطي تعريفا نظريا للذكاء الانفعالي. اكنفى بتعريف واحد للذكاء الانفعالي (الوجداني) لساميه صابر وتعريفين للصحة العقلية للدكتور ابو علام (مصري) والدكتور اديب الخالدي (عراقي). يفضل ان يقدم ما لا يقل عن خمسة تعاريف لكل مصطلح متنوعة المفاهيم، المضامين، يناقش اوجه الشبه والاختلاف فيما بينها ويقترح التعريف النظري لكل مصطلح بما يخدم اهداف البحث.

## Theoretical framework.

### **Emotional Intelligence**

- Bar-on: 2006 that emotional intelligence is a hybrid of the interactions of a set of skills and competencies and emotional and social facilitators that affect the ability of the individual to understand himself and expressions, and understand and relate to others and deal with the requirements of daily life and face the challenges and stresses

Furnham (2006, 819) defines emotional intelligence as "the ability to perceive, understand and deal with emotions and emotions and to regulate emotions so that one can influence the feelings of others

Osman (2006, 174) defines emotional intelligence as: "the ability to pay attention and good awareness of emotions and feelings and self-formulation clearly and organized according to careful observation and understanding of the emotions and feelings of others, to enter with them in positive emotional and social relations that help the individual to mental and emotional and professional uplift and learn more skills Positive for life. "

Conversely, low emotional intelligence increases an individual's exposure to psychological risks and exposure to physical illnesses, low mental abilities, and impedes learning socially. . (Mohammad Radi: 2001, 179)

While Randa Rizkallah (2006) defines emotional intelligence as the ability of an individual to understand and control his feelings, motivations and emotions and his ability to understand the feelings of others and deal with them flexibly through the possession of good communication skills.

Emotional intelligence plays an important role in influencing students' performance and ability to achieve a high degree of achievement (Abdul Rahman: 2005, 21).

Nasra Mahmoud Ismail (2005: 12) defines emotional intelligence as "the ability to consciously feel our feelings and the feelings of others, to control and regulate our emotions and to motivate ourselves, which is the ability to feel the feelings and problems of others and participate in solving them, and to establish good relationships and interact with them warmly"

There is no doubt that the sense of emotion, recognition, expression and discrimination between them is a human characteristic and a necessity of social communication, which affect the development of personality that gives balance and meaning to life and lack or lack of it is one of the obstacles to achieving mental health (Mashaqba: 2014,83)

يفضل تغيير عنوان (فرضيات البحث) الى (تساؤلات الدراسة)

لأن ما طرحه هو اسئلة وليست فرضيات

تساولين وفرضية عليه ان يوحدھا اما تساؤلات او فرضيات

### **Study Assumptions:**

1- Is there a statistically significant correlation between emotional intelligence and mental health among a sample of Egyptian residents living in Tabarjal governorate in Al-Jawf?

2 - What is the level of emotional intelligence among a sample of Egyptian residents residing in Tabarjal governorate in Al Jouf

3-There are statistically significant differences between the mean scores of emotional intelligence in a sample of Egyptian men and women residing in Tabarjal governorate in Al-Jawf for the latter category

women from Egyptians residing in Tabarjal governorate in the northern region of Saudi Arabia and to detect differences in emotional intelligence by gender has been used descriptive approach to suit the above goal

**Study sample and conditions of selection:** The following specifications and characteristics have been taken into consideration:

1. The age limit of the current study sample should be from 30 to 46 years.
- 2- The sample should be comprehensive for a group of both sexes from Egyptians residing in Tabarjal governorate in Al-Jouf in the northern region of Saudi Arabia.

The sample of the study consists of (70) divided individuals (35) women, (35) men in the age group (30-46) years.

consists of (58) paragraphs. (58-290) divided into five areas: emotion management (15), sympathy (11), emotion regulation (13), emotional knowledge (10), social communication (9)

2- Mental Health Scale: Prepared by Abdul Muttalib Al-Quraiti and Abdul Aziz Al-Shakhs (1992)

### **Used equipments :**

1 - Emotional Intelligence Scale: Prepared by / Abdul Hadi Al-Sayed, the stability and sincerity of the scale in the current study:

A - Stability of the scale: The researcher measured the stability of the mental health scale in its final form in several ways, namely

1) The researcher used the Test - retest method

To calculate the stability of the scale, after a period of (20) days from the first application on the original sample and on a sample of (30) of men and women.

### **Used equipments :**

12) Alpha coefficient:

The Kronbach method was used to investigate the stability of the scale and a coefficient of stability of 0.86 was found in the psychosocial compatibility scale, a function value of 0.01.

B- Validity of the scale:



### Constructive validity:

The structural validity of the scale was calculated by calculating the correlation coefficients between the scores of the sample members on each item of the scale and the total degree of dimension after excluding this item

### Used equipments :

12) Alpha coefficient:

The Kronbach method was used to investigate the stability of the scale.

B- Validity of the scale:

1- Structural validity Construct validity 2. Self-validity: It is one of the types of statistical validity, and is measured by calculating the square root of the coefficient of stability calculated in any way to calculate the stability and the total degree of validity of the scale (0.85)

Table (3)

Areas of Emotion Management Empathy Emotion organization Emotional knowledge Social communication Tool as a whole

Self - honesty 0.86 0.89 0.90 0.91 0.89 0.89

### Statistical Methods:

Test (C) for the differences between the averages. 2 - Kronbach method (alpha coefficient).

3. Pearson correlation coefficient

Used equipments :

12 - Results of the study, interpretation and discussion: The following is a presentation of the results of the study hypotheses

ليستقر البحث اما فرضيات او تساؤلات

The researcher applied the questionnaire to a sample of 70 men and women from Egyptians residing in Tabarjal governorate in Al-Jawf to determine the

level of emotional intelligence and its relation to mental health. The researcher analyzed and interpreted the study hypotheses according to the basic research sample.

**First: Presentation**, interpretation and discussion of the results of the first hypothesis which provides

**Used equipments :**

12 - Results of the study, interpretation and discussion: The following is a presentation of the results of the study hypotheses

**First hypothesis:** There is a significant correlation between emotional intelligence and mental health in a sample of Egyptian men and women residing in Tabarjal governorate

Table (4) shows the correlation coefficients between emotional intelligence level and mental health

Correlation coefficient

Pearson Emotional Intelligence Field of Empathy Emotion Management  
Emotion Management Emotional Knowledge Social Communication Total

Mental health 0.035 0.032 0.113 215. 0.03 0.159

emotional intelligence and mental health in the study sample at the level of significance 0.01

- Individuals with high emotional intelligence who are characterized by their ability to recognize and understand emotions and emotions and the organization of emotions and able to influence the feelings of others show mental health indicators of mental flexibility, and the ability to adapt to changes in the environment, social adaptation, and appropriate participation in social situations, emotional balance , As well as the ability to self-control, the individual free of psychological tension, and the assessment of personal behavior

The higher the level of emotional intelligence, the person has good mental and physical health.

This confirms that whenever an individual enjoys emotional maturity and the ability to self-control and social interaction and self-acceptance, it is closer to the motivation towards achievement, balanced personality, which can employ the energies and capabilities tend to achieve goals and achievement in the areas of life in a distinguished way through seriousness and perseverance and the organization of time and the ability to rebalance

**The second hypothesis:** What is the level of emotional intelligence among a sample of Egyptian residents residing in Tabarjal governorate in Al-Jouf

Table (5)

Rank	Arithmetic Average	Dimension	Standard Deviation	Relative Weight
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1	Empathy	46.51	8.12	73.21%	Medium
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	Regulation of emotions	44.79	5.40	81.11%	High
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	Emotion management				
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4	Emotional knowledge	31.44	6.33	71.84%	Medium
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	Social networking	33.72	7.17	75.19%	High
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The total average score is 183.97 31.65 76.21% high

To discuss the results of the hypothesis, the following criterion was set to estimate the level of emotional intelligence among the respondents: low level (47%), average (74%), high (more than 74%).

2 - It is noted from the table that the degree of emotional intelligence on the total score was the mean (183.97) standard deviation (31.65) and a relative weight of (76.21%) This indicates that the degree of emotional intelligence in the sample is high and the order of fields as follows: In the first place and the field of emotion management in the second place and social networking

in the third place, while empathy is ranked fourth and emotional knowledge in the fifth

The following table shows that the majority of the respondents have a high level of emotional intelligence in the dimensions of the organization and management of emotions as well as after social communication. Very few have a low level of emotional intelligence, they have a problem in the psychological and social compatibility and this indicates a high level of emotional intelligence in the study sample of men and women

**Third hypothesis:** Presentation and discussion of the results of the second hypothesis which states that:

- There are statistically significant differences between the mean scores of emotional intelligence in a sample of Egyptian men and women residing in Tabarjal governorate in Al-Jawf for the latter category.

Table (6) shows the differences between the average scores of men and women on the emotional intelligence scale and its dimensions

Dimensions

Men n = (35) Women n = (35)

Values of significance level

Average

Arithmetic mean standard deviation

Arithmetic standard deviation

Area of empathy

Field of emotional regulation

The field of emotion management 4.397 0.30 3.995 0.29 9.11 D

Emotional knowledge area

Field of social communication

Total score 3.964 0.25 3.387 034. 11.78 D.

- It is clear from the previous table that there are statistically significant differences at the level (0.01) between the average scores of men and women at a distance (empathy and social communication) in favor of women, ie that women are more sympathetic and possess social skills and continuity in communicating with others and appear in social attitudes

Compared to males, this is due to the nature of female formation, which tries to adapt to the requirements of life and living conditions abroad and achieve the greatest psychological and social compatibility through those around and the direct expression of feelings, a high degree of confidence, openness, and proficiency of relationships

As for the dimension (management and regulation of emotions), we find that among men more than women have the ability to manage emotions, and compatibility with life situations and achieve the greatest possible emotional stability and appropriate psychological treatment and self-control and the issuance of emotions compatible with the simplicity and intensity of social attitudes

The results showed that there are no significant differences between men and women in emotional intelligence in the dimension of emotional knowledge

significant correlation between emotional intelligence and mental health in a sample of men and women resident in Tabarjal governorate

2 - The majority of the respondents have a high level of emotional intelligence and the results showed the presence of a small number of respondents who have a level of emotional intelligence to a moderate degree

- We find very few have a low level of emotional intelligence in the study sample of men and women

**Abstract** - There are fundamental differences between men and women in the level of emotional intelligence, after the sympathy and social

communication in favor of women The dimension of management and organization of emotions was in favor of men and did not show differences between males and women in the dimension of emotional knowledge and this has a strong indication that there are personal ingredients towards emotional control and attitudes therapists Life with balance myself

### **Comment on the results**

1 - The present study shows that there is a positive correlation between emotional intelligence and mental health in the sense that individuals with continuous emotional intelligence are healthier and more successful, and have strong personal relationships, and possess effective leadership skills and satisfaction with life, and more professional success compared to their counterparts with limited abilities In intelligence

### **Comment on the results**

1 Emotional, this is consistent with the results of studies Randa Rizkallah 2006, Cooper & Sawaf1997, Akayashi 2003, Salovi 1999, Greens 2007, Rashwan 2006

2 - The majority of the sample of Egyptians living in Tabarjal enjoy a high level of emotional intelligence and characterized by perseverance and emotional balance to face alienation and the results showed the presence of a small number of respondents who have a level of intelligence

### **Comment on the results**

Emotional degree of moderation - We find very few have a low level of emotional intelligence they have a problem in the psychological and social compatibility

3 - There are fundamental differences between men and women in the level of emotional intelligence and this is consistent with the results of studies 2003, Parkeret al 2001, Source 2007, Greens 2007, 2014 Contest

4 - The results of the study differed with the results of the study Mervat Azmi Zaki (2011), which resulted in the absence of statistically significant differences between males and females of the study sample in emotional intelligence and dimensions

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### **Suggested Research:**

1 - emotional intelligence and its relationship to the method of problem-solving

2 - emotional intelligence and its relationship to the level of ambition in the individual

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