

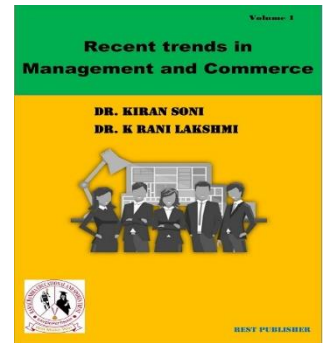


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## Increasing Emotional Intelligence Using the SPSS Method

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**Abstract:** Emotional intelligence is the ability to recognize, understand, control, and influence one's own sentiments as well and those of others. Part of this is comprehending how emotions affect people's behavior and have a beneficial or negative effect on them. Emotional intelligence is the ability to reduce stress, communicate effectively, empathise with each other, overcome problems, resolve conflicts, and appreciate, use, and control one's self-emotions (EQ). Emotional intelligence is the ability to manage your own thoughts in addition to those of everyone else around you (EI). Self-awareness, consciousness, motivation, empathy, and people graces are the five key facets of EI. well with people and show interest in them, understanding of one's own abilities and limitations displaying integrity, awareness of one's own emotions, Present-oriented, self-driven, and judicious borders However, what the fuck is EI and what makes it crucial? The capacity to recognise, regulate, and comprehend one's own emotions as well as those of others is known as emotional intelligence. A high EQ aids in connection development, team stress reduction, conflict resolution, and job satisfaction. Research significance: A article that has not yet been published but is now being reviewed for this publication reports this fresh set of data A draught of that publication, which details two significant psychometric studies, is now accessible from the authors. The second study is focused on the 141 MSCEIT V2.0. a measure of item abilities using jobs that resemble objects As the MEIS can be used as a necessary step to the MSCEIT Common Consensus Criteria, it examines the four departments of EI. If, that is. A participant acknowledges that his herThe score was raised by. According to the model, it specifies on page 56 that a face carries a considerable level of happiness. 56. Emotional intelligence is the ability to manage your individual emotions as well as those of everyone else around you (EI). The five main components of EI are self-awareness, self-control, tenacity, empathy, and social competence. Method: SPSS statistics is a multivariate analytics, business intelligence, and criminal investigation data management, advanced analytics, developed by IBM for a statistical software package. A long time, spa inc. Was created by, IBM purchased it in 2009. The brand name for the most recent versions is IBM SPSS statistics. Evaluation parameters: Perceiving emotion, Facilitating thought with emotion, Understanding emotion and Managing emotion Result: The Cronbach's Alpha Reliability result. The overall Cronbach's Alpha value for the model is .860which indicates 86% reliability. From the literature review, the above 50% Cronbach's Alpha value model can be considered for analysis. Conclusion: Emotional Intelligence the Cronbach's Alpha Reliability result. The overall Cronbach's Alpha value for the model is .860which indicates 86% reliability. From the literature review, the above 50% Cronbach's Alpha value model can be considered for analysis.

**Keywords:** Perceiving emotion, Facilitating thought with emotion, Understanding emotion and Managing emotion.

### 1. INTRODUCTION

Physiological responses, intelligence, and conscious awareness are only a few of the psychological subsystems that are integrated by the internal phenomena known as emotions. In consequence to a person's shifting connections, emotions frequently surface. Emotions change along with a determined amount of time, their connection to their family, or the state of humanity as a whole. For instance, a person can notice that the world is lighter and happier after remembering a good childhood memory (e.g., Bower, 1981). Because emotions act as a kind of connection monitor, they provide significance about partnerships (Schwarz & Clore, 1983). Emotional intelligence is the capacity to understand the relationships between emotions and their meanings, as well as the ability to solve issues based on those interactions. According to Mayer and Salovey (1997) and Salovey and Mayer (1990), emotional intelligence is the capacity to recognise emotions, integrate feelings connected to emotions, interpret information from those emotional reactions, and manage them [1]. According to Mayer, Caruso, and Salovey's 1999 article in the Journal of Intelligence, "Emotional Awareness Meets Established Standards for Intelligence." Based on ten years of experimental and theoretical research, we introduced a new emotional

intelligence (EI) scale in that publication called the Identity management Intelligence (EI) Scale (MEIS; Mayer, Ferrari, & Salovey, 1999). Considering the findings of the MEIS, In our argument, EI is analogous to conventional intelligence in that it can be quantified as the capacity to make the right decisions. Second, because the range of EI was so broad, we were able to develop 12 incredibly diverse activities to gauge it, ranging from identifying emotions and faces to comprehending how emotions might alter over time. Third, we discovered that all 12 tasks had a positive correlation after the test was administered on 503 seniors and 229 teenagers [2]. The French translation of the Trait Social Abilities Questionnaire was used to measure global characteristic emotional intelligence (TEIQue; Petrides, 2009). The TEIQue included 153 elements and a 7-point scoring system. It offers results for 15 subscales, four components (well-being, self-control, emotionality, and sociability), and a global characteristic EI. Excellent psychometric qualities are displayed by the TEIQue. The global score's internal consistency in this study was 0.82. The Emotional and behavioral Profile assessment was used to evaluate emotion regulation (own feelings) [3]. The original approach to emotional intelligence was developed by Fairclough and Meister and serves as its cornerstone (1990). "Emotional intelligence," in *Invention, Cognition, and Personality* 9, 185-211. The various model dimensions are represented by a pool of 62 objects. A 33-item scale was suggested by factor analysis of the responses of 346 participants. This 33-item measure has strong test reliability and internal consistency, according to other investigations. Studies of the 33-item scale's validity revealed that it was linked to (a) eight of eight theoretically significant categories, including alexithymia, attentiveness to perceptions, clarity of sensory experiences, mood regulation, self-assurance, and executive function; (b) anticipated 1st college transcripts; (c) was considerably higher in therapists than in treatment clients or inmates; (d) was considerably higher in females than in males, in line with earlier findings in examinations of psychological capacities; Cognitive capacity is not associated to (c) and openness to experience is related to (f), one of the Big Five personality traits. All rights reserved. 1998 Elsevier Ltd. all rights held in trust Ltd [4]. More variation in "success" in selected vocations is explained by emotional intelligence than by IQ. They expanded the factors determining "success" in their study to include a third competency-based component they called the managerial quotient (MQ). The construct, predictive, and reliability validity of something like the four variables were investigated using data gathered from 100 management teams over a seven-year take study. The reliability and validity of an EQ scale based on 16 linked talents have been extremely encouraging, and it has been determined that the scale is composed of six distinct variables, each of which is fairly dependable [5]. emotionally intelligent oneself Self-report indices often ask participants to rate a set of descriptors on a scale of one to five. The Schutte Self-Report Inventory, for instance, asks Participants were asked to rate their agreement with 33 statements about themselves, such as "I comprehend why my attitudes change" as well as "I expect wonderful things to happen," on a scale of 1 to 5. Research on EI utilising self-report methodologies is currently plagued by a number of issues and grave deficiencies (see Davis et al., 1998; Matthews et al., in press; Zeitner et al., 2001). Consciousness of EI can just be unreliable due to deceit and impression management, as well as social desirability variables that affect line with the concept and self-report measures [6]. The ability to recognise one's own and other people's emotions based on contextual and overt indicators where there is a degree of common understanding on their emotional significance" is known as emotional intelligence (Charney, 1999). Numerous research have looked at how children's daily social interactions are influenced by how they perceive emotions (Barth & Bastiani, 1997; Cassidy et al., 1992; Castrini & Feldman, 1989; Charney, 1999). Gallagher et al. Monitoring emotion awareness and comprehension by presenting photos of people exhibiting a reasonable emotion and suitable reactions to the emotion to kindergarten students or first grade [7]. Emotional Intelligence (EI) is a multi-group, largely intuitive aspect of intelligence that has to do with processing emotional experiences. As a result, there are four logical connections that show the EI test's evidence validity (see Orchard et al., in press). First, there should be a positive correlation between EI testing and intelligence tests. Second, compared to other forms of intelligence testing, EI tests should have a stronger correlation with one another [8]. The capacity to comprehend and use emotions as well as control them in oneself and others is known as emotional intelligence (Mayer & Salovey, 1997; Salovey & Mayer, 1990). However, in a more formal sense, we classify emotional intelligence in terms of the particular skills it entails, such as the capacity for accurate perception, assessment, and expression of emotions, the capacity for accessing and generating feelings while enabling effective cognitive functions, the capacity for understanding important information and applying emotional intelligence, and the capacity for controlling emotions in order to foster both emotional and intellectual growth and well-being. Table 11.1) presents this emotional intelligence model. The model is made up of four branching, each of which represents a group of capabilities that are hierarchically arranged by level of complexity [9]. This opening is followed by an overview of self awareness for the production and management of emotions in the second portion of the essay. Considered in particular are a number of more or lesser intelligent regulation models. The material on emotional production and control is applied to an epistemological model in the third section of the article. Three degrees of consciousness—unconscious, low, and high consciousness—are considered in relation to emotional creation and regulation [10]. intelligence used operationally. A collection of abilities known as emotional intelligence comprises the capacity to understand emotional intelligence is the capacity, as well as the capacity to control one's own and other people's emotions Unusually significant changes in management techniques have been brought about by the idea of

emotional intelligence Many businesses now include emotional intelligence training in their staff development initiatives (Medium Company 2000), and maybe some business schools do as well (Boyatzis, Stubbs, and Taylor, 2002) [11]. According to the model, an individual's capacity for personal transformation and adaptation is positively correlated with their emotional intelligence. The concept contends that an organization's capacity for change is positively correlated with its emotional intelligence at the organizational level. An organization's efforts to implement change will be more successful the more emotionally invested it is [12]. emotional awareness. This interest is consistent with the theory that people with high emotional intelligence succeed more than people with low emotional intelligence in both labour and non-work-related spheres of life. Examining the extent to which workers who score highly on emotion regulation experience better is crucial in order to build a culturally healthy work environment because workplaces can present considerable dangers and stress to employees (Probst and Brubaker, 2001). the state of one's mind [13]. It makes sense to separate social intelligence into emotion and motivational intelligences in order to set it apart from other intelligences rather than simply do away with the idea altogether. Understanding motivations, especially as the need for achievement, connection, or power, along with those motivations and their related goal-setting is a component of motivational intelligence. (Kanter&Gilstrom, 1987). The ability to recognise emotions is a component of differential emotional intelligence [14]. The well-known book by Coleman defines emotional intelligence for many nonscientists and professionals (1995). The earliest Salovey and (1990) description served as the foundation for Coleman's work, although enthusiasm, tenacity, and social skills were also included. The Mayer-Salovey competency-based paradigm, lists of competences (Coleman, 1998), and approaches centred on physical well-being (Bar-On, 1997) are just a few of the ways that have emerged as a result of this popularisation. We suggested two alternative conceptions of empathy: an ability model or a hybrid model, in an effort to better comprehend the various methods [15]. Nevertheless, measurements for the 36 instructors who took part in the programme were not appropriately documented. Emotional intelligence on business websites. According to these authors, "this program's limitations... leave open the possibility that perhaps the results were attributable to these counsellors' desire to better himself, rather than the effectiveness of the training" (p. 4). Selling training programmes to people and organisations is a common strategy [16]. emotional awareness. The majority of the identified 21 studies supplied an alcohol consumption sample, either solely or in conjunction with additional samples. These 12 research, as we indicated above, only examined one aspect of emotional intelligence (EI) in terms of the capacity to perceive emotions. Oscar-Berman and collaborators (1990) were the first to point out that alcoholics, especially those with Korsak off's disease, had trouble recognising and interpreting emotions expressed through facial expressions. This finding has recently been supported by a Belgian group in a number of papers [17]. The field of cognitive continues to spark a lot of debate in the subject of intelligence in general. Brady (current issue), for instance, claims that "We have shown conclusive proof that the MSCEIT [O'malley Emotional Aptitude Test] can also be scored employing mainstream measures, as well as the test has sufficient reliability." But he comes to the conclusion that "the test has no basis for use in practical contexts, and there is no evidence that it assesses an important feature of differences" [18]. health and emotional intelligence. Emotional Intelligence, Health, Depression, Anxiety, Burnout, and Personality Disorders were specifically searched " using ABI/INFORM Global, Academic Search Complete, Business Source Complete, Economia Y Negocios, ERIC, Fuente Academica, Medline, Academic Search Alumni Edition, Business Source Alumni Edition, PsychArticles" and Google Scholar in English, Portuguese, Spanish, and French. Ancestry searches, which look through the compared with the group of pertinent studies that have previously been obtained to locate earlier pertinent studies, and pedigree searches were added to these computer searches [19].

## 2. MATERIAL AND METHOD

**Perceiving emotion:** Perception is the ability to accurately observe emotions. This can mean paying attention to body language and other non-verbal cues. For example, a mother may notice her baby finger-sucking when she takes her baby to daycare for the first time. For instance, the slope appears steeper when we are depressed than when we're joyful. These results suggest that non-optical elements, such as mood, do in fact affect how space is perceived. Because it allows for additional processing of emotional information, understanding emotions is a vital component of emotional intelligence. The capacity to use sentiments to support various cognitive processes, such as reasoning and problem-solving.

**Facilitating thought with emotion:** Emotions have the power to influence our thinking in three main ways. First, by alerting us to significant environmental changes, mood swings can influence how we perceive a situation. Third, distinct styles of thinking are made easier through facilitation (Mayer &Salovey, 2003). Facilitation means a lot of work with emotional control. It triggers me when participants behave or interact in certain ways. Often it is related to the areas described in the S.C.A.R.F-model, as it activates the threat-response in relation to one or more areas. Emotional intelligence is defined as "(a) the ability to perceive emotions, (b) use emotions to facilitate thinking, (c) understand emotions, and (d) manage emotions, promoting emotional and intellectual development" (Mayer, Caruso, &Salovey, 2004, p.

**Understanding emotion:** Talking about your issues aloud with a friend, relative, therapist, or even by yourself can not only enable you see things from a different perspective, but it also gives you the time and attention to utilise logic and perception, which can minimise emotions of threat and worry. Rational phenomena. You can practice listening and understanding the feelings and emotions you experience by getting into the habit of recording your emotions every time you feel something new or different. This will help you identify your patterns and give you insight into how you feel over time. This module considers knowledge emotions, a deeply important family of emotions associated with learning, exploration and reflection. The cognitive emotion family has four main members: surprise, curiosity, confusion, and awe. These are considered knowledge emotions for two reasons.

**Managing emotion:** Understanding how to deal manage your feelings before they overpower you and stop you from doing positively is the definition of managing emotions. It's essential to get acquainted with these techniques when you're at your most composed so that you're prepared to apply them when your emotions are at their peak. Understanding how to deal effectively your feelings before they overpower you and stop you from doing positively is the definition of managing emotions. It's best to become familiar with these tools when you're feeling calm, so you're ready to use them when emotions run high.

**Method:** SPSS Statistics is a statistical control Advanced Analytics, Multivariate Analytics, Business enterprise Intelligence and IBM a statistic created by a software program is a package crook research. A set of generated statistics is Crook Research is for a long time SPSS Inc. Produced by, it was acquired by IBM in 2009. Current versions (after 2015) icon Named: IBM SPSS Statistics. The name of the software program is to start with social Became the Statistical Package for Science (SPSS) [3] Reflects the real marketplace, then information SPSS is converted into product and service solutions Widely used for statistical evaluation within the social sciences is an application used. pasted into a syntax statement. Programs are interactive Directed or unsupervised production Through the workflow facility. SPSS Statistics is an internal log Organization, types of information, information processing and on applicable documents imposes regulations, these jointly programming make it easier. SPSS datasets are two-dimensional Have a tabular structure, in which Queues usually form Events (with individuals or families) and Columns (age, gender or family income with) to form measurements. of records Only categories are described: Miscellaneous and Text content (or "string"). All statistics Processing is also sequential through the statement (dataset) going on Files are one-to-one and one-to-one Many can be matched, although many are not in addition to those case-variables form and By processing, there may be a separate matrix session, There you have matrix and linear algebra on matrices using functions Information may be processed.

### 3. RESULTS AND DISCUSSION

TABLE 1. Descriptive Statistics

	N	Rang e	Minimu m	Maxim um	Sum	Mean		Std. Deviation	Varianc e
Perceiving emotion	80	4	1	5	245	3.06	.153	1.372	1.882
Facilitating thought with emotion	80	4	1	5	243	3.04	.184	1.642	2.695
Understanding emotion	80	4	1	5	212	2.65	.170	1.519	2.306
Managing emotion	80	4	1	5	238	2.98	.182	1.630	2.658
Valid N (listwise)	80								

Table 1 shows the descriptive statistics values for analysis N, range, minimum, maximum, mean, standard deviation Perceiving emotion, Facilitating thought with emotion, Understanding emotion and Managing emotionthis also using.

**TABLE 2.** Frequencies Statistics

		Perceiving emotion	Facilitating thought with emotion	Understanding emotion	Managing emotion
N	Valid	80	80	80	80
	Missing	0	0	0	0
Mean		3.06	3.04	2.65	2.98
Std. Error of Mean		.153	.184	.170	.182
Median		3.00	3.00	2.00	3.00
Mode		2	5	1	5
Std. Deviation		1.372	1.642	1.519	1.630
Variance		1.882	2.695	2.306	2.658
Skewness		.247	.062	.373	.113
Std. Error of Skewness		.269	.269	.269	.269
Kurtosis		-1.216	-1.620	-1.346	-1.638
Std. Error of Kurtosis		.532	.532	.532	.532
Range		4	4	4	4
Minimum		1	1	1	1
Maximum		5	5	5	5
Sum		245	243	212	238
Percentiles	25	2.00	1.00	1.00	1.00
	50	3.00	3.00	2.00	3.00
	75	5.00	5.00	4.00	5.00

Table 2 Show the Frequency Statistics in Emotional Intelligence Perceiving emotion, Facilitating thought with emotion, Understanding emotion and Managing emotion curve values are given.

**TABLE 3.** Reliability Statistics

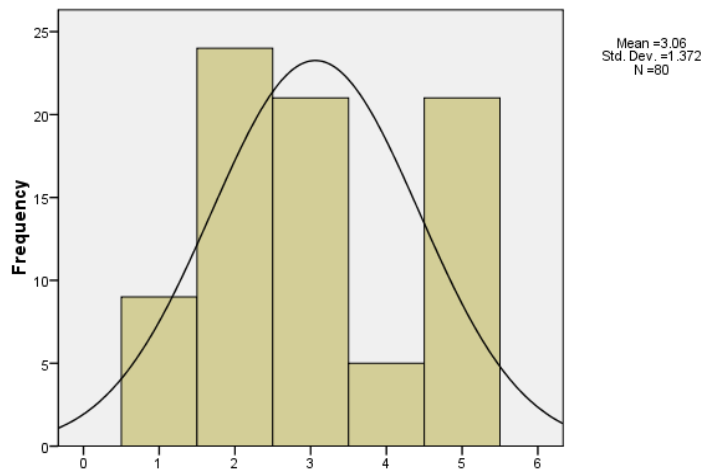
Cronbach's Alpha Based on Standardized Items	N of Items
.860	4

Table 3 shows The Cronbach's Alpha Reliability result. The overall Cronbach's Alpha value for the model is .860 which indicates 86% reliability. From the literature review, the above 50% Cronbach's Alpha value model can be considered for analysis.

**TABLE 4.** Reliability Statistic individual

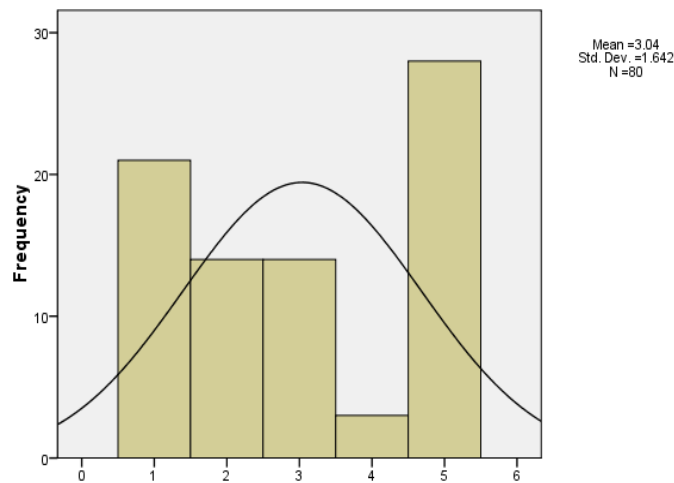
	Cronbach's Alpha if Item Deleted
Perceiving emotion	.907
Facilitating thought with emotion	.839
Understanding emotion	.758
Managing emotion	.770

Table 4 Shows the Reliability Statistic individual parameter Cronbach's Alpha Reliability results. The Cronbach's Alpha value for Perceiving emotion - .907, Facilitating thought with emotion - .839, Understanding emotion - .758, Managing emotion - .770 this indicates all the parameter can be considered for analysis.



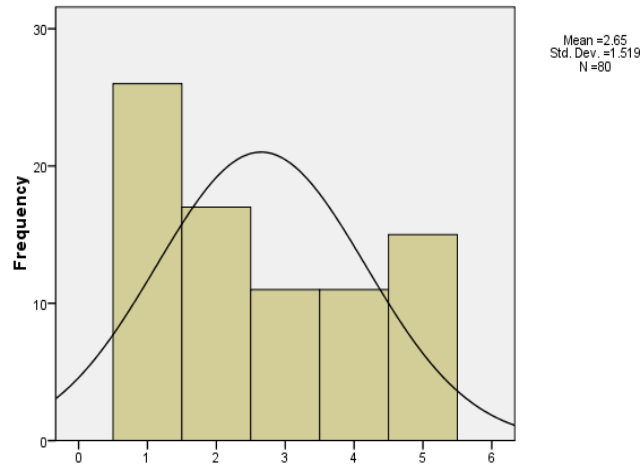
**FIGURE 1.** Perceiving emotion

Figure 1 shows the histogram plot for Perceiving emotion from the figure it is clearly seen that the data are slightly Left skewed due to more respondent chosen 2 for Perceiving emotion except the 2 value all other values are under the normal curve shows model is significantly following normal distribution.



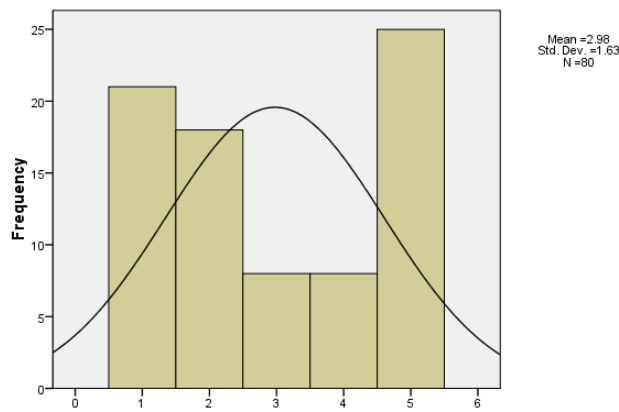
**FIGURE 2.** Facilitating thought with emotion

Figure 2 shows the histogram plot for Facilitating thought with emotion from the figure it is clearly seen that the data are slightly Right skewed due to more respondent chosen 5 for Facilitating thought with emotion except the 2 value all other values are under the normal curve shows model is significantly following normal distribution.



**FIGURE 3.** Understanding emotion

Figure 3 shows the histogram plot for Understanding emotion from the figure it is clearly seen that the data are slightly Left skewed due to more respondent chosen 1 for Understanding emotion except the 2 value all other values are under the normal curve shows model is significantly following normal distribution.



**FIGURE 4.** Managing emotion

Figure 4 shows the histogram plot for Managing emotion from the figure it is clearly seen that the data are slightly Left skewed due to more respondent chosen 3 for Managing emotion except the 2 value all other values are under the normal curve shows model is significantly following normal distribution.

**TABLE 5.** Correlations

	Perceiving emotion	Facilitating thought with emotion	Understanding emotion	Managing emotion
Perceiving emotion	1	.331**	.545**	.459**
Facilitating thought with emotion	.331**	1	.701**	.719**
Understanding emotion	.545**	.701**	1	.881**
Managing emotion	.459**	.719**	.881**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Table 5 shows the correlation between motivation parameters for Perceiving emotion. For Understanding emotion is having highest correlation with Facilitating thought with emotion and having lowest correlation. Next the correlation between motivation parameters for Facilitating thought with emotion. For Understanding emotion is having highest correlation with Perceiving emotion and having lowest correlation. Next the correlation between motivation parameters for Understanding emotion. For Managing emotion is having highest correlation with Perceiving emotion and having lowest correlation. Next the correlation between motivation parameters for

Managing emotion. For Understanding emotion is having highest correlation with Perceiving emotion and having lowest correlation.

#### **4. CONCLUSION**

Emotional intelligence is the ability to recognize, understand, control, and influence one's own sentiments as well and those of others. Part of this is comprehending how emotions affect people's behavior and have a beneficial or negative effect on them. Emotional intelligence is the ability to reduce stress, communicate effectively, empathise with each other, overcome problems, resolve conflicts, and appreciate, use, and control ones self-emotions (EQ). Emotional intelligence is the ability to manage your own thoughts in addition to those of everyone else around you (EI). Self-awareness, consciousness, motivation, empathy, and people graces are the five key facets of EI. well with people and show interest in them, understanding of one's own abilities and limitations displaying integrity, awareness of one's own emotions, Present-oriented, self-driven, and judicious borders Physiological responses, intelligence, and conscious awareness are only a few of the psychological subsystems that are integrated by the internal phenomena known as emotions. In consequence to a person's shifting connections, emotions frequently surface. Perception is the ability to accurately observe emotions. This can mean paying attention to body language and other non-verbal cues. For example, a mother may notice her baby finger-sucking when she takes her baby to daycare for the first time. For instance, the slope appears steeper when we are depressed than when we're joyful. These results suggest that non-optical elements, such as mood, do in fact affect how space is perceived. Because it allows for additional processing of emotional information, understanding emotions is a vital component of emotional intelligence. Emotions have the power to influence our thinking in three main ways. First, by alerting us to significant environmental changes, mood swings can influence how we perceive a situation. Third, distinct styles of thinking are made easier through facilitation (Mayer & Salovey, 2003). Facilitation means a lot of work with emotional control. It triggers me when participants behave or interact in certain ways. Talking about your issues aloud with a friend, relative, therapist, or even by yourself can not only enable you see things from a different perspective, but it also gives you the time and attention to utilise logic and perception, which can minimise emotions of threat and worry Understanding how to deal manage your feelings before they overpower you and stop you from doing positively is the definition of managing emotions. It's essential to get acquainted with these techniques when you're at your most composed so that you're prepared to apply them when your emotions are at their peak. Understanding how to deal effectively your feelings before they overpower you and stop you from doing positively is the definition of managing emotions. SPSS statistics is a multivariate analytics, business intelligence, and criminal investigation data management, advanced analytics, developed by IBM for a statistical software package. A long time, spa inc. Was created by, IBM purchased it in 2009. The brand name for the most recent versions is IBM SPSS statistics. Perceiving emotion, Facilitating thought with emotion, Understanding emotion and Managing emotion. The Cronbach's Alpha Reliability result. The overall Cronbach's Alpha value for the model is .860 which indicates 86% reliability. From the literature review, the above 50% Cronbach's Alpha value model can be considered for analysis.

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