

عنوان مقاله:

Prediction of sleep disorders based on emotional intelligence and childhood traumas in people

محل انتشار:

پانزدهمین کنفرانس بین المللی روانشناسی، مشاوره و علوم تربیتی (سال: 1401)

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خلاصه مقاله:

Sleep plays a very important role in the health and well-being of human life, sleep disorder causes many physical and mental injuries, and as a result, causes irreparable damage to humans. Therefore, the present study was conducted with the aim of predicting sleep disorders based on emotional intelligence and childhood traumas in people. The method used in this study is descriptive and random-lottery method. In the present study, statistical population includes ۱۶۹ people, who were randomly selected, and three questionnaires were distributed among them, including The Childhood Trauma Questionnaire-short form. (CTQ; Bernstein & Fink, ۱۹۹۸; Bernstein et al., ۲۰۰۳), Bar-On's (۲۰۰۶) Model of Emotional Social Intelligence (ESI) (۱۹۹۶) and Lynch et al' sleep disorders Questionnaire (۲۰۰۳). The data obtained from this research were analyzed with SPSS and Pearson's regression and correlation tests. According to the results, there is a significant relationship between sleep disorders and emotional intelligence. Also, there is a significant relationship in the childhood trauma scale and its subscales with difficulty in sleep initiation. Examination of the effective traumatic factors of people in childhood and improving them and providing the necessary training in the field of promoting and raising emotional intelligence make it possible to predict a significant and acceptable impact on the quality of sleep and improving the performance of people due to the direct effect of childhood traumas and emotional intelligence in predicting sleep disorders in people.

کلمات کلیدی:

sleep disorders, emotional intelligence, trauma, childhood traumas

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