

عنوان مقاله:

The effect of training emotional intelligence skills on rational, intuitive, avoidant, dependent and spontaneous decision making styles

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خلاصه مقاله:

Introduction: The present study aimed to study the effect of training emotional intelligence skills on rational, intuitive, avoidant, dependent and spontaneous decision making styles. Method: Thirty-six volunteered female employees in Road Maintenance and Transport Organization were randomly divided into 2 equal groups of trial and control. Barr Emotional Intelligence Questionnaire and Scott and Bruce Decision Making Style Scale were used to recognize the weaknesses of individual's emotional intelligence as pretest and posttest. The trial group received the intervention based on emotional intelligence skills training for 8 sessions. Results: Comparing the results of tests by covariance analytical method showed the interventions affect decision making styles in that emotional intelligence skills training increased using the intuitive decision making and decreased using avoidant, dependent and spontaneous decision making. Conclusion: According to the research findings, the enhancement of emotional intelligence as a combination of different traits empowers the individual to manage and improve cognitive processing through recognizing, understanding, regulating and controlling emotions.

کلمات کلیدی:

Emotional intelligence, Decision Making, Intuitive, Avoidant, Dependent, Spontaneous

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