

عنوان مقاله:

A Study on the Relationship between Quality of Life, Emotional Intelligence and Life Satisfaction among Students

محل انتشار:

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نویسنده:

Naemeh Alibabaie - Estahban Paramedical College, Shiraz University of Medical Sciences, Iran

خلاصه مقاله:

Aim: Happiness is a very important issue in the life of every human, which is influenced by many closely-related variables. The purpose of the present study is to explore the relationship of quality of life, emotional intelligence and life satisfaction among the students of Zahedan University, Iran. **Methods:** This descriptive-analytic study was done on 204 students (101 males & 103 females) by using census method. Research tools were quality of life, emotional intelligence and life satisfaction scales. These are valid and reliable scales for use in psychological studies. Data were analyzed using Pearson's correlation and T-tests in SPSS software. **Findings:** The research findings showed that emotional intelligence had a significant positive correlation with quality of life ($r=.454, p<.001$) but emotional intelligence was not associated with life satisfaction. Also quality of life had a significant correlation with life satisfaction ($r=.402, p<.001$). The results of t-test revealed that female students showed higher mean scores in quality of life and life satisfaction in comparison to their male student counterparts; however, there was no significant difference between the two groups in emotional intelligence scores. **Conclusion:** The results indicated that the higher scores of students' emotional intelligence show the better quality of life they will have. Also quality of life is a variable that increasing students' satisfaction of life. In order to raise the level of mental health, it is necessary to pay attention to the mentioned variables and educating people.

کلمات کلیدی:

Emotional intelligence, Life satisfaction, Quality of life

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