

Research Paper

A research exploration of the relationship between personality dimensions and emotional intelligence of international medical students of Malaysia

Dr. Ramyashilpa. D. Nayak^{1*}

ABSTRACT

In the present day medical world it is very much essential to research and understand the personality dimensions and its relationship with Emotional Intelligence. This study will try to explore and identify the personality dimensions which are essential for the medical professionals during the early medical school years and understand the significance of emotional intelligence in relation with personality dimensions. Personality is a sum total of emotions. A particular interest here is to find the correlation between emotional intelligence and its aspects with the personality factors of extroversion and neuroticism. It is widely recognized that emotional intelligence is a key determinant in development of personality. In the present research Emotional Intelligence and personality dimensions of extroversion and neuroticism of second year medical students of academic years 2015-2016 and 2016-2017 are included from USM-KLE (Universiti Sains Malaysia- Karnataka Lingayat Education) International Medical Programme Belagavi, Karnataka, India. The total sample for the study includes 130 second year medical students. The main objective of the research is to find out which of the personality dimension has a greater correlation with Emotional Intelligence. Further it has been hypothesised that neuroticism significantly has negative correlation with Emotional Intelligence. And secondly it is hypothesised that, Extroversion significantly has positive correlation with Emotional Intelligence. The statistical analysis reveals that there is positive correlation (0.037) between extroversion personality dimension of personality and Emotional Intelligence and negative correlation (-0.33) between personality dimension of neuroticism and Emotional Intelligence. The implication of the study was to develop an understanding of significance of emotional intelligence and its vital relationship with the two dimensions extroversion and neuroticism personality traits so that it will be helpful to plan out various intervention strategies for students having problems in managing emotions (breathing exercises and meditation etc).

Keywords: *Emotional intelligence, Neuroticism, Extroversion*

Emotional intelligence is the notion, which is presently in focus among the public, medical practitioners and researchers. It is actually extensively believed by the public that emotional and social proficiency is as important, or even more important, than the traditional dimension of intellectual ability and personality.

¹Assistant Professor/Coordinator Mentorship, Dept of Psychiatry, USM-KLE IMP, India

*Responding Author

Received: July 03, 2020; Revision Received: August 06, 2020; Accepted: September 25, 2020

REVIEW OF LITERATURE

Mahasneh (2013) was of the same view that there is a positive correlation between personality traits and emotional intelligence.

Personality traits have a significant influence on human behaviour, especially emotional intelligence. Personality temperament discriminates one person from another as evinced by the person behaviours and perception which is comparatively stable over time (Phares, 1991).

Several studies have shown significant differences of human behaviour, when there are changes in the surroundings (Piderit, 2000). Most of these changes relate to the personality, emotional intelligence (EI) and many others. There is practical indication that personality and EI have been indispensable keys to accomplish administrative goals and to succeed in varying environment (Beer & Nohria, 2000).

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Various investigators propose that emotional intelligence can be learned and strengthened, while others assert that it is an innate characteristic. Peter Salovey and John D. Mayer being the leading researchers on emotional intelligence defined emotional intelligence as: “the subset of social intelligence that involves the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them and to use this information to guide one’s thinking and actions” (Salovey, Mayer, 1990).

The term Emotional Intelligence became generally known with the publication of Goleman's book “Emotional Intelligence– Why it can matter more than IQ” (1995). Goleman has followed up with numerous further widespread publications on similar themes that reinforce use of the term.

The model introduced by Daniel Goleman outlines five main EI constructs:

Self-awareness – the ability to know one’s emotions, strengths, weaknesses, drives, values and goals and recognize their impact on others while using gut feelings to guide decisions;

Self-regulation – involves controlling or redirecting one's disruptive emotions and impulses and adapting to changing circumstances;

Social skill – managing relationships to move people in the desired direction;

Empathy – considering other people's feelings especially when making decisions;

Motivation – being driven to achieve for the sake of achievement.

Neuroticism is regarded as a tendency for feeling anxiety, tension, self-consciousness, hostility, impulsiveness, timidity, illogical thinking, depression and low self-esteem (John, 1989; Mc Crae and John, 1992; Mc Crae and Costa, 1987). Extraversion is styled as a tendency to be positive, firm, active, kind and sociable.

A study by Matchimanon (2001) examined the relationship between personality and emotional intelligence of 304 employees. The finding revealed that overall emotional intelligence was significantly related with personality dimensions. Donald H. Saklofske (2003) conducted a study on a sample of 354 students to examine the relationship between personality traits and Emotional Intelligence. Kemp et al. (2005) explored relationship

A research exploration of the relationship between Personality dimensions and Emotional Intelligence of International Medical Students of Malaysia

between Brain Resource Inventory for emotional intelligence and variables relevant to understanding on emotional intelligence.

In relations of the interpersonal dimensions of (EI), Mayer, Depaolo and Salovey considered the ability of people for thoughtful the insides of emotions and the application of this ability to sympathize with others. The outcomes presented that individuals with limited emotional awareness were less able to have sympathy and empathy with others. Consequently, emotional wellbeing needs an ability to recognize emotions in everyday life.

Updhyaya (2006) has studied the personality of emotionally intelligent student-teachers on a sample of 78 student-teachers. It was found that as compared to low emotionally intelligent student-teachers, high emotionally intelligent student-teachers are more confident, persistent, supportive, enthusiastic and divergent. The research conducted by Besharat (2010) as 'studying the relationship between the aspect of personality and emotional intelligence'. The research results showed that there is a significant positive correlation between emotional intelligence, the dimensions of extraversion, managing the experiences, harmony and conscientiousness and negative relationship between emotional. According to Petrides (2010) a stronger relationship was reported between emotional intelligence and big five personality.

Christopher, et al., (2011) observed the relations among the Big Five personality traits, EI and happiness. The participants were 205 universities students in India. The tools were NEO-PI-R to measure personality traits, a modified version of SSEIT for measuring EI and Oxford Happiness Questionnaire (OHQ) for measuring happiness. The results of the study discovered that there are direct relations between EI and all the personality traits expect Agreeableness. The outcomes also showed that EI is analytical to happiness in Indian culture in India (Christopher et al., 2011).

METHODOLOGY

Aim and Purpose of the study

1. To ascertain students Emotional Intelligence
2. To find out the correlation between personality dimensions of extroversion and neuroticism with Emotional Intelligence.

Objective

- To determine which of the personality dimension has a greater correlation with Emotional Intelligence.

Hypothesis

1. Neuroticism significantly has negative correlation with Emotional Intelligence.
2. Extroversion significantly has positive correlation with Emotional Intelligence.

Sample

Sample for the present study includes second year Medical Students of USM-KLE International Medical College Belagavi, Karnataka, India.

| Sample | Academic year | | |
|--------|---------------|-----------|-----------|
| | 2015-2016 | 2016-2017 | 2019-2020 |
| Male | 4 | 21 | 4 |

A research exploration of the relationship between Personality dimensions and Emotional Intelligence of International Medical Students of Malaysia

| Sample | Academic year | | |
|------------------------|---------------|----|----|
| | Female | 7 | 78 |
| Total | 11 | 99 | 20 |
| Total Sample for Study | 130 | | |

Inclusion criteria: Second year Medical Students are included.

Exclusion criteria: Other Medical colleges

Population under study: Second year medical students of USM-KLE International Medical College Belagavi.

Variables

Independent Variable:

Emotional Intelligence

Dependent Variable:

Extroversion

Neuroticism.

Assessment Tools

Emotional Intelligence Inventory (MEII) of Dr.S. K. Mangal and Mrs.Shubhra Mangal consisting of 100 items measuring the four dimensions of emotional Intra-personal Awareness (own Emotions), Inter-personal Awareness (others emotions), Intra-personal Management (own emotions) and Inter-personal Management (others emotions) Intelligence.

Eysanck Personality Inventory Form-A, 57 item inventory measuring extroversion, neuroticism dimensions with a lie scale.

RESULTS AND DISCUSSION

Table No: 1 Comparison of males and females with Eysanck Personality Inventory and Emotional Quotient.

| | Dimensions | Male | | Female | | t-value | p-value | Significance |
|-------------------------------|--------------|-------|-------|--------|-------|---------|---------|--------------|
| | | Mean | SD | Mean | SD | | | |
| Eysanck Personality Inventory | Extroversion | 11.90 | 3.54 | 11.99 | 3.23 | -0.1346 | 0.8932 | NA |
| | Introversion | 10.83 | 3.84 | 11.24 | 4.44 | -0.4509 | 0.6528 | NA |
| | Lie Score | 3.07 | 1.44 | 3.34 | 1.71 | -0.7679 | 0.4440 | NA |
| Emotional Quotient | Part-I | 16.70 | 4.01 | 17.42 | 3.59 | -0.9011 | 0.3693 | NA |
| | Part-II | 16.52 | 3.86 | 16.87 | 3.56 | -0.4454 | 0.6568 | NA |
| | Part-III | 15.59 | 3.09 | 17.30 | 3.21 | -2.4700 | 0.0149* | S |
| | Part-IV | 16.74 | 3.07 | 18.37 | 3.03 | -2.4759 | 0.0146* | S |
| | Total EQ | 65.56 | 10.48 | 69.97 | 10.50 | -1.9372 | 0.0550 | NA |

*p<0.05

A research exploration of the relationship between Personality dimensions and Emotional Intelligence of International Medical Students of Malaysia

Table No: 1 shows the mean score for males on extroversion dimension (11.90 SD: 3.54) and for introversion dimension it is (10.83 SD: 3.84) on the other hand the mean for females it is (11.99 SD: 3.23) for extroversion dimension and for introversion it is (11.24 SD: 4.44). We can observe from the mean scores that females are scoring to some extent the mean scores are more on the neuroticism dimension. Neuroticism terms the propensity to experience negative emotion and connected processes in response to perceived danger and punishment; these comprise anxiety, depression, anger, self-consciousness, and emotional accountability. Women have been found to score higher than men on Neuroticism as measured at the Big Five trait level, as well as on most facets of Neuroticism included in a common measure of the Big Five, the NEO-PI-R (Costa et al., 2001).

The obtained ‘t’ and ‘p’ values are not significant for personality dimensions of extroversion and neuroticism. But the ‘t’ value for the two dimensions of emotional quotient are significant at 0.05 level of significance. For the third dimension Intra Personal Management the ‘t’ value is (-2.47) and ‘p’ values is (0.014*) and the ‘t’ and ‘p’ values are (-2.47) and (0.014*) respectively for the fourth dimension of Inter personal management. It shows that students are good at managing emotions of self and others.

Table No: 2 Correlation between EQ and dimensions of extroversion and neuroticism of Eysanck Personality Inventory by Karl Pearson’s correlation coefficient method.

| Variables | Sub | Summery | Eysanck Personality | | | Emotional Quotient | | | | |
|---------------------|--------------|---------|---------------------|-----------------|-----------------|--------------------|-----------------|-----------------|-----------------|----------|
| | | | Extroversion | Introversion | Lie Score | Part-I | Part-II | Part-III | Part-IV | Total EQ |
| Eysanck Personality | Extroversion | r-value | - | | | | | | | |
| | | p-value | - | | | | | | | |
| | Introversion | r-value | -0.0792 | - | | | | | | |
| | | p-value | 0.3780 | - | | | | | | |
| | Lie Score | r-value | -0.0922 | -0.3218 | - | | | | | |
| | | p-value | 0.3050 | 0.0001,S | - | | | | | |
| Emotional Quotient | Part-I | r-value | 0.2354 | -0.4391 | 0.1668 | - | | | | |
| | | p-value | 0.0080,S | 0.0001,S | 0.0620 | - | | | | |
| | Part-II | r-value | 0.1781 | -0.3401 | 0.1943 | 0.6161 | - | | | |
| | | p-value | 0.0460,S | 0.0001,S | 0.0290,S | 0.0001,S | - | | | |
| | Part-III | r-value | 0.1130 | -0.1086 | 0.1449 | 0.4277 | 0.4634 | - | | |
| | | p-value | 0.2080 | 0.2260 | 0.1060 | 0.0001,S | 0.0001,S | - | | |
| | Part-IV | r-value | 0.0317 | -0.1299 | 0.2482 | 0.4644 | 0.4252 | 0.4063 | - | |
| | | p-value | 0.7250 | 0.1470 | 0.0050,S | 0.0001,S | 0.0001,S | 0.0001,S | - | |
| | Total EQ | r-value | 0.1861 | -0.3393 | 0.2409 | 0.8233 | 0.8202 | 0.7314 | 0.7225 | - |
| | | p-value | 0.0370,S | 0.0001,S | 0.0070,S | 0.0001,S | 0.0001,S | 0.0001,S | 0.0001,S | - |

From the table No.2 we can observe that there is positive correlation (0.0370, S r-0.1861) between Emotional Quotient and Extroversion dimension of personality and there exists negative correlation (r- value -0.3393 0.0001, S) between Emotional Quotient and Neuroticism dimension of personality. On the other hand there is positive correlation between the extroversion and Intra personal Awareness (Part-I), Inter personal Awareness (Part-II) the two dimension of Emotional Quotient. And there exists negative correlation between neuroticism and Intra personal Awareness (Part-I), Inter personal Awareness (Part-II) the first two dimension of Emotional Quotient. Hence higher the extroversion better the EQ and higher the neuroticism less is the EQ as depicted from the correlation analysis in the above table.

CONCLUSION

In the present research the hypothesis has been accepted as there is positive correlation between extroversion and EQ and negative correlation between neuroticism and EQ.

Significance of the Study

EI is well-thought-out to be necessary for health workers as they are essential not only to deal with the health complications of patients but also to give feedback on etiology, epidemiology, prognosis, treatment choice of patients' illnesses and importantly to manage and recognize their feelings and that of others which will then increase efficiency. Hence it is very much essential for us to extent our research in relation to these two aspects of EQ and Personality so that it will be vital in comprehensive understanding of the self, patients etc. and it will also be beneficial in providing interventions (meditation, breathing exercises, relaxation etc) to students who face emotional imbalances in their everyday life.

REFERENCES

- Beer, M & Nohria, N. (2000). Cracking the code change. Harvard Business Review, May/June, 133-141.
- Christopher, H., Kamlesh Singh & Brett, L., (2011). The Happy Personality in India: The Role of Emotional Intelligence. Journal of Happiness Study, 12, 807-817.
- Costa P. T., Jr., Terracciano A., McCrae R. R. (2001). Gender differences in personality traits across cultures: robust and surprising findings. J. Pers. Soc. Psychol. 81, 322–331.10.1037/0022-3514.81.2.322 [PubMed] [CrossRef] [Google Scholar]
- Duran, A. Extremera, N. & Rey, L. (2004). Self-reported emotional intelligence burnout and engagement among staff in service for people with intellectual disabilities. Psychological Reports, 95(2):386-390.
- Goleman, D. (1995). Emotional Intelligence: Why it can matter more than IQ. New York: Bantam Books.
- Hudani, M. N., Redzuan, M., & Hamsan, H. (2012). Inter Relationship between Emotional Intelligence and Personality Trait of Educator Leaders. International Journal of Academic Research in Business and Social Sciences, 2(5):223-237.
- Mahasneh AM (2013). Investigation relationship between emotional intelligence and personality traits among sample of Jordanian University students. Cross-Cultural Communication 9(6):82-86.
- Mayer, J. D., DiPaolo, M., & Salovey, P. (1990). Perceiving affective content in ambiguous visual stimuli: a component of emotional intelligence. Journal of Personality Assessment, 54, 772-781.
- Mayer, J.D. & Salovey, P. (1995). Emotional intelligence and the construction and regulation of feelings. Applied and Preventive Psychology, 4:197-208.
- Mayer, J.D. & Salovey, P. (1997). What is emotional intelligence? Cited in P. Salovey & D. Sluyter (Eds), Emotional Development and Emotional Intelligence: Implications for Educators. New York: Basic Books.
- McCrae, R. R., & Costa, Jr, P. T. (1987). Validation of the five-factor model of personality across instruments and observers. Journal of Personality and Social Psychology, 52, 81-90.
- Pervin, L. A., & John, O. P. (1997). Personality: Theory and research (7th ed.). New York: John Wiley & Sons.
- Phares EJ (1991). Introduction to psychology (3rd. ed.) New York: Harper Collins Publishers.

A research exploration of the relationship between Personality dimensions and Emotional Intelligence of International Medical Students of Malaysia

Piderit, S. K. (2000). Rethinking resistance and recognizing ambivalence: a multidimensional view of attitude towards an organizational change. *Academy of Management Review*, 25, 783-94.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: R. D. Nayak (2020). A research exploration of the relationship between personality dimensions and emotional intelligence of international medical students of Malaysia. *International Journal of Indian Psychology*, 8(3), 309-315. DIP:18.01.038/20200803, DOI:10.25215/0803.038