

Article Review on ‘Emotional Intelligence and Personality as Predictors of Psychological Well-Being’

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ABSTRACT

Present paper is a review of an article entitled “Emotional Intelligence and Personality as Predictors of Psychological Well-Being” published by Colin James, Miles Bore and Susanna Zito in Journal of Psycho-educational Assessment. In their study they examined how Emotional Intelligence and Personality Factors contribute in the additional variance in Psychological Well-Being. In the first section background of the study was given. Sufficient numbers of literature reviews were cited in the paper. All standardized tools were used to collect the data. Three alternate hypotheses were framed according to statement of the problem but clear objectives were not mentioned in the paper. To test the hypothesis framed, Pearson product moment correlation and regression analysis was carried out. All correlation coefficients and regression coefficients were explained in detailed followed by discussion section with support from previous researches. Overall this article is orderly, well-worded, detailed and supported extremely well with previous findings.

Keywords: Article Review, Emotional Intelligence, Personality Factors, Psychological Well-being.

“Emotional Intelligence and Personality as Predictors of Psychological Well-Being”

Title of the paper was very precise and it itself gives clear idea about the authors intentions that he is interested in the contribution of emotional intelligence and personality factors in well being.

Authors

- **Colin James** is a senior lecturer and researcher in the areas of clinical legal education, positive psychology, academic integrity and professional ethics at the Newcastle Law School at the University of Newcastle Australia.
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- **Journal title** - Journal of Psycho-educational Assessment

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Analysis of first section of paper

In the first sections all definitions of all the concepts were highlighted. Various models and definitions of emotional intelligence, personality and wellbeing were explained with in text citations. Association between emotional intelligence and Personality, Emotional intelligence and well-being, Personality and well-being were explained with the help of previous findings and in text citations. Sufficient numbers of research articles were taken in the Literature review section.

ANALYSIS OF METHODOLOGY SECTION

Aims, Objective and Hypothesis-

The aim of this paper was to identify the relationship between EI, Personality and an array of indicators of psychological well-being. The aim of the paper was very clear but clear objectives of the study were not mentioned in the article. On the basis of previous findings three alternate hypotheses were framed. In their study they hypothesized that EI would be correlated with psychological health indicators. In addition, they hypothesized that personality traits (e.g., Big Five) would be related to psychological health indicators and that EI would account for additional variance in psychological health indicators over the variance accounted for by the Big Five.

Sample

Sample for the present study consisted of 150 Law students from which 71 were male and 79 being female with mean age of 21.2 years and SD of 6.6.

Psychological Tools

All standardized tools were used to collect the required data. In their study they measured EI by using 16 item questionnaires developed by Wong and Law (2002). Goldberg's international personality item pool (1992) was used to measure personality. The IPIP measures five domains of personality as described by Costa and McCrae (1992). Coping responses and coping skills were measured by The Coping Response Inventory (CRI; Moos, 1990). Performance Based Self – Esteem Scale (PBSE; Hallsten, 2005) was used to measure self-esteem. Psychological well-being was assessed with the Brief Symptom Inventory (BSI). Life satisfaction of participants was measured by the satisfaction with life scale (SWLS; Pavot & Diener. 1993)

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Statistics used to analyze data

Descriptive Statistics, alpha reliabilities, Product moment correlation and hierarchical regression model was used to test the hypotheses.

Tables and Charts

Total four tables were included in the article.

1. First table shows descriptive statistics and gender differences on various variables used in the study. Mean and SD for male, female and total sample were given separately. Along with mean and SD minimum score and maximum score obtained on that particular variable was also mention. Alpha reliabilities were also noted in the descriptive statistics table.
2. In second table correlation between Emotional Intelligence, Personality and Psychological health indicators were given.
3. Third table explains correlation between Emotional Intelligence, Personality Traits and nine subscales of the Brief Symptom Inventory.
4. Last i.e., fourth table shows Hierarchical Regression Model for Psychological Well-being Criteria.

No other graphs, charts or diagrams were given in the article.

RESULTS AND DISCUSSION

Authors in their article explained in detailed with separate sub headings about the descriptive statistics and gender differences, Correlation coefficients and regression analysis. In their study, females were found more agreeable than males; females were also significantly more open to new experiences than males. Females were found to drink less alcohol compared to males. They found no other significant gender difference.

They found out that EI was significantly moderately correlated with all of the big five personality traits except openness. Participants who were high on EI tended to be more agreeable ($r=0.37$), more conscientious ($r=0.51$) more extraverted ($r=0.37$) and less neurotic ($r=-0.52$). Participants high on EI were also more satisfied with life ($r=0.43$) and had lower alcohol use ($r=-0.21$). Neuroticism had stronger relationship with the psychological health indicator scores of the BSI ($r= 0.69$), satisfaction with life ($r=-0.48$) and PBSE ($r= 0.34$) compared with EI and other four personality traits.

In Regression analysis Neuroticism was found to be the only significant predictor of Global Severity Index (GSI) scores from the BSI, conscientiousness the only significant predictor of an approach coping style, and conscientiousness and agreeableness significant predictors of an avoidance coping style. Conscientiousness, extraversion, and neuroticism predicted PBSE, and conscientiousness and extraversion predicted alcohol use. It was only in the prediction of satisfaction with life that EI reached significance in Step 2 with neuroticism and openness also reaching significance.

Discussion section of the articles includes all the findings with supporting findings.

Reference

All the material including texts, previous findings, tools used in the study, supported findings were cited according to APA style. Total of 53 references were listed in the reference section.

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Strengths of the Article

This article is prepared with proper APA style format. In their study they correlated number of variables and explained association between these variables. All the findings were supported with previous researches. Suggestions for future research and implications of the article were given clearly.

Weakness of the Article

Objectives were not mentioned in the article. In literature review they have mentioned articles with mixed findings still instead of null hypothesis they framed all alternate hypothesis from which two got rejected. Which sampling method they used was not mentioned properly. Sample was collected in three settings in 1 and 1 and half year span. Tables were not that impressive. They should have used other format of tabulation.

Overall Impression on the Article

The article was well worded; title of the article was bold and highlighted enough. Author names were bold and address was mentioned in the footer. Times New Roman font was used in the article. Brief overview, background of the study and literature review was given with in text citations. Aim of the study was written precisely. Objectives of the study were not mentioned. Three alternate hypotheses were framed. All standardized tools were used to collect the data. Descriptive statistics, correlation coefficients and regression analysis was tabulated in separate table. Obtained results were discussed properly with support from previous findings. Clear guidelines were provided for future research.

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Conflict of Interest

The author(s) declared no conflict of interest.

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