

Evaluating the Role of Emotional Intelligence Behind the Application of Coping Strategies Among Nurses

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ABSTRACT

This review paper aims to delve into the profound realm of emotional intelligence and coping strategies among nurses. It thoroughly examines the existing literature to extract findings from different studies in order to provide a greater understanding of the notion that emotional intelligence is a key factor enabling nurses, especially those new to the oncology field. The review underscores the value of understanding and implementing appropriate coping mechanisms. By critically analyzing the available existing knowledge, this paper aims to explore the importance of fostering emotional intelligence and implementing appropriate coping strategies to support the mental and emotional well-being of nurses. Findings from various studies also indicate the potential benefits of implementing programs and interventions aimed at enhancing emotional intelligence skills, which may ultimately improve nurses' capacity to manage occupational stress. This review paper will provide a basis for research scholars, psychologists, and practitioners to further investigate, explore, and integrate emotional intelligence and coping strategies among nurses.

Keywords: *Emotional Intelligence, Coping Strategies, Nurses*

Firstly, it's pretty hard to define intelligence itself. It is not something that can be physically measured, like height or weight. It's an abstract concept. One of the most researched topics in psychology is intelligence, although there is no agreed-upon definition. According to some conceptions of intelligence, intelligence is made up of a variety of abilities, skills, and capabilities. There has been a dramatic increase in attention paid to the study of emotional intelligence in recent years. Courses on developing the skills of emotional intelligence have been developed in businesses, universities, and other institutions, and programs to boost emotional quotient have been implemented in a wide range of contexts. However, there remains the question of what exactly constitutes emotional intelligence.

Emotional intelligence is really essential in forming relationships, not with others but first with oneself. We need to be emotionally available for ourselves, as if we are not available for ourselves, we won't be able to understand and interpret our own emotions, thoughts, and feelings. Which will result in an irritable behavior first towards ourselves and then towards

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Evaluating the Role of Emotional Intelligence Behind the Application of Coping Strategies Among Nurses

our surrounding people. If we are unable to understand our emotions, we won't be able to express our feelings, thoughts, views, and opinions on different topics or places, such as school, college, the workplace, or even in our homes. If we don't express our emotions, views, or opinions, all of these things will pile up in our brains, causing us to be irritable and frustrated, which leads to overthinking of the same unsaid thoughts, views, opinions, and judgments. Overthinking leads to depressing thoughts and self-doubt among individuals, leading them to question their own capabilities. Once we start having depressing thoughts, it gets harder to live a normal, healthy life as it affects our day-to-day functioning. Then it affects everything. Individuals don't feel like getting out of bed, taking a shower, cleaning the bed, and eating healthy. Basically, it ruins their life. Emotional intelligence (EI) is defined as the capability to perceive, use, understand, manage, and handle feelings. Principally an existent's own capability to assay, understand, and manage their own feelings. Being apprehensive that their as well as other people's feelings can impact and affect the best of people around them (appreciatively as well as negatively).

Secondly, we, as mortal beings, have a lot of problems in our day-to-day lives. These problems give birth to stress, which results in multitudinous conditions. Every individual faces their own amount of stress, which can be caused by that individual, their peers, advanced authority, surroundings, or indeed, their mate as well as their children. Stress is inexorable; we humans so desperately want to run from it in every possible way, but the more we try to run from it, the more it follows us. We humans, irrespective of our age, have accepted the hard reality that no matter what, we cannot hide or escape from our own share of stress. Wherever we go, it follows us like our shadow, not only in the daylight but also in the darkness, so we ultimately learned that if we want to reduce the amount of our stress or just get over that stressful situation, all we need to do is look eye-to-eye and face the stress with all the strength an individual has in herself to fight it and in order to live harmoniously. To fight the stress, or just to indeed face the stress, all we need to do is manage the stress. Managing refers to conscious strategies used to reduce unpleasant passions. Managing will not only help us to face the stress, but it will also help us reduce the amount of stress, which eventually results in zero stress. For an individual to manage stress, there are management strategies to help them manage the stress better. Managing strategies are nothing but actions that an individual takes to tolerate, master, reduce, or minimize the effects of stressors, and these stressors can include both cerebral strategies and behavioural strategies.

REVIEW OF LITERATURE

Ebstein et al. (2018) delves into the connections between coping strategies, occupational stress and emotional intelligence specifically among newly hired oncology nurses. The study reveals that effective coping strategies and higher emotional intelligence can help mitigate the experience of stress in this particular nursing specialty. By understanding and utilizing appropriate coping mechanisms, newly hired oncology nurses can navigate the challenges of their role more effectively. Angelina E Raghbir (2018) focuses on to clarify the understanding of the concept emotional intelligence, its antecedents, consequences, related terms and intelligence implications to advance nursing practice. It concluded that emotional intelligence is widely endorsed across various fields due to the shared agreement on its significant influence on job satisfaction, stress level, burnout and helps to facilitate a positive environment.

Katarzyna Markeiwicz (2019) focuses on the relationship between emotional, burnout and stress coping strategies in nurses. The research suggests that emotional intelligence can

Evaluating the Role of Emotional Intelligence Behind the Application of Coping Strategies Among Nurses

influence the use of effective coping strategies, but burnout can mediate this relationship. In other words, when nurses experience high levels of burnout, the positive effects of emotional intelligence may be diminished. This highlights the importance of addressing burnout in order to fully leverage the benefits of emotional intelligence among nurses. Ebstein et al. (2021) focused on newly hired oncology nurses and examined how their emotional intelligence, occupational stress, and coping strategies change over the years of their nursing experience. The researchers found that emotional intelligence played a significant role in managing occupational stress and that nurses with higher emotional intelligence tended to have better coping strategies.

Cichon et al. (2022), explored how emotional intelligence relates to coping strategies among intensive care unit nurses. The study found that nurses with higher emotional intelligence tend to utilize more effective coping strategies to manage the stress and demands of their work in the intensive care unit. This suggests that emotional intelligence plays a crucial role in helping nurses navigate the challenges they face in this high-pressure environment. Lu et al. (2022) specifically examined Chinese psychiatric nurses in the Shandong province. It explored the relationship between emotional intelligence, self-acceptance and positive coping styles. The findings indicated that higher emotional intelligence and self-acceptance were associated with the adoption of positive coping styles among Chinese psychiatric nurses. This suggests that cultivating emotional intelligence and self-acceptance can contribute to better coping mechanisms in this specific group of healthcare professionals.

Zumaeta et al. (2023) focused on healthcare workers in general and investigated how emotional intelligence influences their coping strategies. The researchers discovered that healthcare workers with higher emotional intelligence were more likely to utilize adaptive coping strategies, such as problem-solving and seeking social support, to manage work-related stress. This highlights the importance of emotional intelligence in promoting effective stress management among healthcare professionals. Sarabi et al. (2023) examines the relationship between emotional reactions and coping strategies of nurses during the COVID-19 outbreak in Ganjavian Hospital in Dezful. It explores how nurses emotionally responded to the pandemic and the coping strategies they employed to manage the challenges they faced.

Park et al. (2014) investigates the relationship between emotional intelligence and stress coping among nurses. It explores how emotional intelligence influences their ability to effectively manage stress and employ coping strategies in the demanding healthcare environment. Thundiparambil et al. (2023) explores how emotional intelligence impacts the coping ability of nursing students in specific settings in Kerala, India. The researchers investigate the relationship between emotional intelligence and spiritual intelligence and the coping strategies employed by nursing students to deal with the challenges they face during their education. By examining these factors, the study aims to shed light on the importance in enhancing coping abilities among nursing students.

CONCLUSION

Based on the review of existing literature, it is evident that emotional intelligence and effective coping strategies play a significant role in the well-being of nurses. The evidence strongly supports the notion that emotional intelligence is a key factor in enabling nurses, particularly those new to the oncology specialty, to utilize adaptive coping mechanisms to overcome the difficulties and pressures that are naturally part of their jobs. Addressing

Evaluating the Role of Emotional Intelligence Behind the Application of Coping Strategies Among Nurses

emotional intelligence development should be a priority for supporting the well-being and resilience of the nursing workforce. By understanding and utilizing appropriate coping mechanisms, nurses can navigate their roles more effectively and enhance their overall well-being. Furthermore, the research indicates that cultivating emotional intelligence and self-acceptance can contribute to the use of more effective coping strategies among healthcare workers in general. This highlights the value of implementing programs and interventions aimed at enhancing emotional intelligence skills, which may ultimately improve nurses' ability to manage occupational stress. Overall, these findings emphasize the importance of fostering emotional intelligence and implementing appropriate coping strategies to support the mental and emotional well-being of nurses in their demanding roles.

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Evaluating the Role of Emotional Intelligence Behind the Application of Coping Strategies Among Nurses

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Conflict of Interest

The author(s) declared no conflict of interest.

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