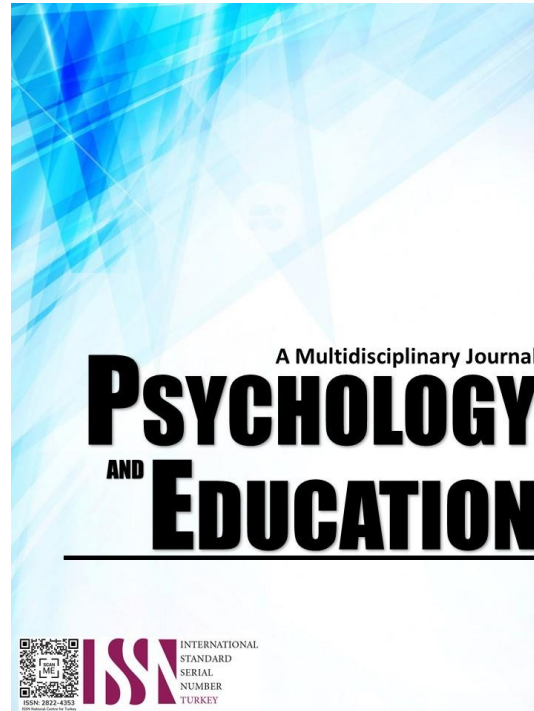


**EMOTIONAL INTELLIGENCE AND MENTAL
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Emotional Intelligence and Mental Health of Senior High School Students: A Correlational Study

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Abstract

Mental health among students is one of the major concerns amidst the pandemic. Employing a correlational design, this study investigates the relationship between emotional intelligence and mental health among 152 senior high school students. Based on the statistical analysis, the r coefficient of 0.82 indicates a high positive correlation between the variables. The p -value of 0.00, which is less than 0.05, leads to the decision to reject the null hypothesis. Hence, a significant relationship exists between emotional intelligence and mental health among senior high school. Implications were discussed in the study.

Keywords: *emotional intelligence, mental health, senior high school students, correlational study*

Introduction

Nowadays, the most contentious topic in knowledge societies is the mental capacity of human minds and how they impact daily life (Drigas & Papoutsis 2020). Psychosocial stress has been identified as a significant contributor to the prevalence of mental health problems among today's students. Mental health is now seen as a public health issue, and the study by Sanchez-Nunez et al. (2020) focuses on preventing and promoting mental health throughout this stage of life and mentions a considerable correlation between emotional intelligence and mental health. Research has demonstrated that emotional intelligence (EQ) protects against mental health problems such as depression, anxiety, and stress. However, the underlying mechanism by which EQ may promote better mental health is poorly understood (Seehuus & PEQsch, 2020). Goleman defined emotional intelligence and its competencies are a prerequisite for maintaining mental health in stressful situations, and a lack of emotional intelligence in such an unstable environment can result in a failing outcome with uncertain future repercussions. In addition, emotional intelligence has been characterized as the capacity to accurately perceive, evaluate, and express emotion; the capacity to access and/or generate feelings when they facilitate thought; the capacity to understand emotion and emotional knowledge; and the capacity to regulate emotions to promote emotional and intellectual growth (Sanchez-Nunez et al., 2020). According to Schutte et al. (2020), the inability to control one's emotions and lack of awareness of emotions are two main signs of mental health issues, supporting the notion that a lack of awareness of emotional processes is correlated with

lower emotional intelligence. He discovered that having less emotional intelligence is related to having greater psychological issues.

In contrast, Abu Nabeel, Al Rashid, Madi et al. (2020) found no significant relationship between EQ and mental health among university students. However, negative correlations were found between negative emotional intelligence and anxiety, depression, and stress levels. The researcher suggests that emotional intelligence may not directly affect mental health outcomes among university students in the Kingdom of Saudi Arabia. Divya et al. (2021) studied the relationship between emotional intelligence and mental health, including depression, anxiety, and stress. The researcher found that although there may be a relationship between emotional intelligence and mental health, the evidence is mixed and insufficient to support a consistent positive association. Therefore, their study suggests that emotional intelligence has no significance in mental health. The researcher cautioned that more research is needed to understand the relationship between emotional intelligence and mental health fully.

These conflicting results suggest a need for further research to explore these research gaps and clarify the relationship between emotional intelligence and stress. As stated by Seehuus and PEQsch (2020), the rising prevalence of mental health issues and the influence of psychosocial factors on students has become increasingly important to understand the role of emotional intelligence among students as researchers and practitioners investigate potential intervention strategies. This study focused on the emotional intelligence of senior high students in private schools. The primary intention of this study is to identify and

determine who is more likely to experience mental health problems, those with high or low emotional intelligence. The secondary goal of this research is to estimate how many of these students are aware of emotional intelligence. Therefore, the researchers investigate the connectivity of emotional intelligence to the mental health of senior high school students in a private school. Specifically, this study sought to answer the following question:

- Is there a significant relationship between emotional intelligence and mental health among senior high school students?

Literature Review

Kamaruddin et al. (2020) found a significant positive relationship between emotional intelligence and mental health. The study indicates that individuals with higher emotional intelligence are likelier to have better mental health outcomes than those with lower emotional intelligence. Khan et al. (2020) found that students with higher emotional intelligence scores reported better mental health outcomes, including lower levels of stress, anxiety, and depression and higher levels of well-being. The study suggests that college students who possess higher levels of emotional intelligence are better able to regulate their emotions and manage stress, which can lead to better mental health outcomes. Therefore, their study found a positive relationship between emotional intelligence and mental health. According to Gayathri Krotha et al. (2020), the results showed a significant relationship between emotional intelligence and mental health in a study that aims to measure emotional intelligence and mental health among Doctors, Lawyers, and Teachers.

Furthermore, María Angeles Peláez-Fernández et al. (2021) suggest that EQ is key in promoting and contributing to mental health during unemployment. The findings also demonstrated that higher levels of EQ were negatively correlated with depressed symptoms and positively correlated with resilience and self-esteem, which are mental health variables. According to Sepideh Rezvani et al. (2020), there was a direct, positive, and positive linear relationship between emotional intelligence and mental health. This study also demonstrated that students' academic success increased as their emotional intelligence and mental health in the required educational levels increased. Yuanyi Wang (2020) explored the relationship between emotional intelligence and the mental health of college students in a study. The results showed that emotional

intelligence somewhat reflects their mental health and vice versa; in certain cases, the latter also exemplifies emotional intelligence—a study exploring the relationship between emotional intelligence and mental health. Mohd Norden et al. (2022) found no significant relationship between emotional intelligence and mental health in the study sample. The researcher suggests promoting emotional intelligence among university students could help reduce academic stress and improve mental health outcomes.

However, MR Wapaño (2021) examined the connection between emotional intelligence and mental health. Anxiety, depression, self-efficacy, and resilience are the mental health factors that this study has found. The results revealed that Emotional intelligence is a negative and poor predictor of anxiety, sadness, and reactivity, which are mental health variables. Abu Nabeel, Al Rashid, Madi et al. (2020) found no significant relationship between EQ and mental health among university students. However, negative correlations were found between negative emotional intelligence and anxiety, depression, and stress levels. The researcher suggests that emotional intelligence may not directly affect mental health outcomes among university students in the Kingdom of Saudi Arabia. Divya and Meenakshie et al. (2021) studied the relationship between emotional intelligence and mental health, including depression, anxiety, and stress. The researcher found that although there may be a relationship between emotional intelligence and mental health, the evidence is mixed and insufficient to support a consistent positive association. Therefore, their study suggests that emotional intelligence has no significance in mental health. The researcher cautioned that more research is needed to understand the relationship between emotional intelligence and mental health fully.

Methodology

This study employed a correlational design to determine if there is a significant relationship between emotional intelligence and mental health among 152 senior high school students. Hence, the primary tool for gathering data was survey questionnaires: Brief Emotional Intelligence Scale and Mental Health Inventory. Moreover, ethical considerations were strictly observed, and the Pearson correlation coefficient was utilized to compute the relationship between the variables.



Results and Discussion

This study investigates the relationship between emotional intelligence and mental health among senior high school students. Specifically, it sought to test the following claim:

Ho: There is no significant relationship between emotional intelligence and mental health among senior high school students.

The relationship between the emotional intelligence and mental health of the study's respondents is shown in Table 1. The r coefficient of 0.82 indicates a high positive correlation between the variables. The p -value of 0.00, which is less than 0.05, leads to the decision to reject the null hypothesis. Hence, a significant relationship exists between emotional intelligence and mental health among senior high school. Moreso, these findings were supported by the study of Kamaruddin et al. (2020) that there is a relationship between emotional intelligence and mental health.

Table 1. *Test of Significant Relationship of Emotional Intelligence and Mental Health Among Senior High School Students*

Variables	r	p -value	Decision	Interpretation
Emotional Intelligence and Mental Health	0.82	0.00	Reject H_0	Significant

Conclusion

This study examines the relationship between emotional intelligence and mental health among senior high school students. The statistical analysis reveals a significant relationship between the respondents' emotional intelligence and mental health. Thus, this suggests that having good mental health among students relates to good emotional intelligence. Hence, it is highly recommended that schools continue creating programs promoting well-being among students while learning.

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