

Effect of Emotional Intelligence Training on Quality of

Life of Nursing Students



By

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BAHRIA UNIVERSITY
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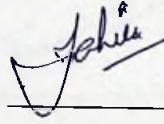
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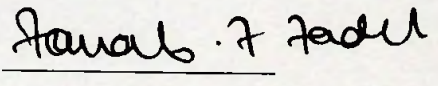
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DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis, to the best of my knowledge, is my own.

All sources used and any help received in the preparation of this thesis have been acknowledged.

I hereby declare that I have not submitted this material, wither in whole or in part, for any other degree at this or any other institution.

Signature: _____

A handwritten signature in black ink, consisting of a series of loops and a final flourish that ends in a dot.

ACKNOWLEDGMENT

All glory and praises to Allah, the Almighty, the greatest of all, the one on whom ultimately we all depend for sustenance and guidance. Indeed, words alone are not enough to express my gratitude to Almighty Allah for giving me an opportunity, determination and strength to complete my research. And as a matter of fact, without his continuous grace and mercy throughout my life I would never have been reached to the level I am today right now.

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DEDICATION

To my parents,

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Who never restrict me to unfold new horizons and dream big in my life. Thank you for presenting me with opportunities, you were never presented with. Thank you for all the exemplary love, care and teachings that no textbook could ever give me. These are the lessons that will stay with me as I continue to grow in my life. Thank you for being my protective shield that any daughter can ever wished for in her life, Thank you for preparing me for the real world with all of the wise words you've provided me over the last several years and all of the incredible strength you've forced me to see in myself. Thank you for making sure I never lost track of my hopes and dreams. Last but certainly not the least, Thank you for being my parents... May ALLAH (SWT) rewards you abundantly for everything you both have done for me.

(Ameen)

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Abstract

The present study aimed to explore the efficacy of Emotional Intelligence training on the quality of life of nursing students. It was hypothesized that 'Participant's level of emotional intelligence will be significantly increases after the intervention phase of emotional intelligence training, Participant's level of quality of life will be significantly increases after the intervention phase of emotional intelligence training and there would be a significant difference between the EI and QOL levels of male and female nursing students after the intervention of emotional intelligence training. The sample consisted of 12 participants selected through purposive sampling from the college of Nursing, Jinnah Postgraduate Medical Centre Karachi. To assess the participant's pre and post levels of emotional intelligence and quality of life, The Schutte Self-Report Emotional Intelligence Test (SSEIT) and World Health Organization Quality of Life (WHOQOL-BREF) questionnaires were used. The present study has a single group quasi-experimental design in which the group participants received eight session based training on Emotional Intelligence. To determine the change in participant's levels of emotional intelligence and quality of life, pretest and posttest were statistically analyzed. The obtained results shows significant improvements in the participant's level of emotional intelligence and quality of life. However, the mean scores of emotional intelligence were relatively higher than the mean scores of quality of life. The findings also showed that no significant differences were found between the quality of life levels of males and females yet greater levels of EI were found in females than their male counterparts. Therefore, the outcome suggest significant implications of emotional intelligence training in preventing general health problems of young adults.