

THE RELATIONSHIP BETWEEN RESILIENCE, EMOTIONAL INTELLIGENCE AND THEIR INFLUENCE ON PSYCHOLOGICAL WELLBEING: A STUDY WITH MEDICAL STUDENTS

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ABSTRACT

Objective: To find out the predictive relationship between resilience, emotional intelligence and psychological well being in medical students.

Study Design: Cross sectional correlational study.

Place and Duration of Study: Study was conducted at the department of Psychology, University of Gujrat, Sialkot Sub-campus, from Mar 2017 to Dec 2018.

Methodology: A total of 200 medical students were recruited from different private and government medical colleges of Sialkot, Pakistan. The students of first professional year to final professional year between age ranges 19 years to 27 years were selected for the study. Connor Davidson Resilience Scale, Trait Emotional Intelligence, Questionnaire-Short Form and psychological wellbeing scale-CPI, were used to find out the predictive relationship between resilience, emotional intelligence and psychological well-being in medical students.

Results: Linear regression analysis was determined by using SPSS-21. Results showed significant predictive relationship between resilience and psychological well-being ($R=0.315$; $R^2=09$; $p<0.001$), and resilience and emotional intelligence with psychological well-being of medical students ($R=0.224$; $R^2=05$; $p<0.001$).

Conclusion: The current research maintained the predictive relationship between resilience and emotional intelligence with psychological well-being in medical students. This study will provide the vital information about the role of positive growth and psychological health of the medical students in their healthy professional development.

Keywords: Emotional intelligence, Medical students, Psychological well-being, Resilience.

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INTRODUCTION

Student life is considered to be the most pleasant, learning and demanding time. Especially, in the medical education, to meet the academic demands the student has to work very hard. However, there are some factors in the life that bounce back to the normal life and provide strength to cope with these problems or challenges. This factor to recuperate from the difficulties is called "resilience". The researcher proposed that resilience is the ability to express your positive qualities and talent through developmental progresses and cognition and in distress, tragedy or significant stress situations resilience is a well adapted process to cope with the situation^{1,2}.

Further, resilient people are considered confident, insightful, well adjusted and socially adept; they also possess good coping strategies with difficult problem solving skills and in every feature of life having logical sense³.

It is an essential expectation and challenge of modern health professional education in developing professionalism. As a medical professional they need to maintain their working life and must withstand high level of demand, hard work and manage high levels of demand and responsibility, ever-changing environments, responsibility, public care and expectations of others⁴.

Due to the fact that health professionals are always at risk in which emotional demands and workload may create severe stress. For coping with these stressors good health, stamina, suitable skills and ability to respond positively to these challenges are required. In this scenario, in

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order to provide best care to the patients the medical students need to take care of themselves⁵.

The term resilience, which appears to relate to the long-term ability of individuals to survive in and thrive on adversity, has relatively little representation in the medical education. Rutter points out that there is evidence that challenging experiences assist the development of resilience, and that people need to have some exposure to risk to allow their coping mechanisms to mature. Similar findings in medical students show links between passive distress (caused by the inability to intervene in events that students find emotionally disturbing) and poor levels of resilience⁶.

Medical professionals need to be persistent, adaptable, committed and resilient during training years⁷. Antonovsky says, resilient people have an ability to manage stress and stay well and remain irresistible from psychological stress⁸. Generally, it is observed that the medical field is assumed to be a prestigious field. Hence, this field demands a lot of hard work, extra potentials and paying of comprehensive concentration for getting more objectivity⁹.

Therefore, these students experience all such types of hurdles, face many adversities and learn that how to cope with these adversities which may increase their tolerance level and make them more resilient which ultimately leads to enhanced psychological health and wellbeing. A positive mental health theory formulated by Allport¹⁰, reports that personal growth and individual's optimal functioning displays another feature of wellness which brings the person's abilities and positive qualities to the surface. The main aspect of psychological well-being is that it prepares the person for different challenges and adversities during life. Resilient and helping individuals are positively associated with Wellbeing and show are negative link with emotional distress.

Further, emotional intelligence is allied with characteristics involving their management, intelligence and emotional information skills and other numerous values of life which included

occupational accomplishments, appropriate lifestyles, healthy and positive relationships with others. These qualities arise forms emotional intelligence which is a key factor and essential for professionals and mental health. Self-awareness, self and social intelligence are aspects of emotional intelligence. Emotionally intelligent people have a positive approach, good problem solving abilities, confidence with better insight and helping attitude. Further, they have an ability to understand the emotions of others and ability to convey their emotions properly as well and are psychologically flexible.

Studies explained that in the medical profession resilience and emotional intelligence are significant protective and leading factors against poor health and enhancing the psychological wellbeing. Thus, emotional intelligence helps professionals for their career building, strengthens the development of accuracy and serves with passion. It is important for the medical professionals they should be more resilient, emotionally stable and have a good command for management of everyday difficulties regarding the field because this field requires more potentials and responsibilities for getting good outcomes. Further, the medical professionals deal with human sufferings. Positive, resilient and optimistic medical professionals deal with sufferings effectively and ultimately these qualities enhance the psychological well-being of the individuals.

METHODOLOGY

The entire sample comprised 200 medical students of medical first professional year to final professional year. The age range of the participants was 19 years to 27 years. Cross sectional convenient sampling was done from government and private medical colleges in Sialkot, Pakistan.

The demographic form included name, age, education, professional year, gender. The Connor-Davidson Resilience Scale, consists of 25 items that, measure the level of resiliency.

Responses were indicated on a five-point Likert scale. Higher scores indicate more resilience¹¹⁻¹³.

Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF; Petrides, 2009) consists of 30-item and includes two items from each of

Table-I: Descriptive statistics of demographic.

Variables	Frequency	Percentage
Gender		
Males	48	24
Females	152	76
Education Professional Years		
1 st year	49	24.5
2 nd year	44	22
3 rd year	54	27
4 th year	35	17.5
5 th year	18	9

the 15 facets of the TEIQue. It measures the emotional intelligence of the participants¹⁴.

Psychological wellbeing (CPI)¹⁵, The scale of psychological wellbeing (CPI) developed by Ghough (1957). This scale consists of 38

Table-II: Regression analysis with resilience and emotional intelligence as predictors of psychological well-being in medical students.

	R	R Square	Adjusted R Square	F	p-value
Resilience Psychological Well-being	0.315	0.099	0.095	21.80	<0.001
Emotional Intelligence Psychological Well-being	0.224	0.050	0.046	10.49	0.001

Note. $p < 0.01$, 0.001, Table shows resilience and emotional intelligence as a significant predictor of psychological well-being among medical students.

monosyllable questions. Psychological wellbeing scale comprises of 38 true/false items. Item no. 1-38 were false items, whereas item no. 6, 9, 10, 12, 19, 33 were true items were used in the study.

The procedures and materials used were approved and reviewed by advanced studies and research board (ASBR), University of Gujrat, Pakistan. All recommendation's and suggestions regarding amendments in the research procedure were followed. Core ethical principle respect for rights anonymity and dignity of respondents, competence, integrity, responsibility and confidentiality were strictly followed. Data were analyzed by using SPSS-21. For data collection

permission was taken from Universities and medical college authorities. Ethical approval were ensured accordingly.

RESULTS

Linear regression analysis was analyzed by using SPSS-21. Result showed significant predictive relationship between resilience and psychological well-being ($R=0.315$; $R^2=0.09$; $p < 0.001$), and resilience and emotional intelligence with psychological well-being of medical students ($R=0.224$; $R^2=0.05$; $p < 0.001$).

DISCUSSION

The objective of the current research was to evaluate the predictive relationship between resilience and psychological wellbeing in medical students ($R=0.315$, $F=21.806$, $p < 0.001$). The results were in link with previous researches that both variables, resilience and psychological well-being, are positive in nature. So these constructs produced positive results in almost every condition^{16,17}. A previous research indicated that

the student's psychological well-being will be enhanced by such dimensions in educational settings. Generally, resilience is required for educational success and problem solving abilities related to academic period and also prepare the individual for future planning positively. Medical students are more vulnerable to mental illnesses because they experience many significant challenges in their learning environment. Literature support that resilience is an essential factor to moderate the effects of traumas and to enrich the wellbeing of medical students¹⁸.

Resilience is the term which describes the individual's positive reaction in complex and

adverse situation which shows their high psychological wellbeings¹⁹. Additionally, resilience plays a crucial role in psychological well-being²⁰. Some previous studies also inline that resilience and psychological wellbeing are directly proportional to each other²¹. In the early medical career, the risk of mental disturbance and psychological distress is high because during this period medical students are more vulnerable to psychological sufferings. These elements are in line with Mezirow's²², Transformative Learning Theory. This theory describes when an individual passes through a learning journey he/she has independence and can also review the aspects critically which produce autonomy and self-awareness.

Moreover, different studies indicated that there is a causative relationship between resilience and psychological well-being. Both of these variables work collaboratively in adverse events. Resilience results in psychological well-being and optimistic change to resilience²³.

The second hypothesis was "emotional intelligence would be a significant predictor of psychological well-being among medical students ($R=0.224$, $F=10.491$, $p=0.001$). These findings are consistent with previous researches that the understanding of emotions is more important predictor of psychological well-being than the regulation of emotions²⁴. Besides, emotional intelligence is able to predict the variables of psychological wellbeing and happiness. Therefore, considering the emotional intelligence as "the capacity to perceive, assimilate, understand and manage emotion".

Summing up, this study found that those medical students who are more resilient and emotionally intelligent having higher score on psychological wellbeing because medical students face a lot of hurdles and adversities to join this field and finally they become able to accept these challenges and fully deal with these issues with competence, which makes them more resilient and emotionally stable to manage their own emotions, convey their emotions outside and

understand the others as well which will lead to psychological well-being in life.

LIMITATION AND RECOMMENDATIONS

Resilience and emotional intelligence are directly related to the well-being of individuals. The focus of this study was to target the medical students to explore their resilience which may lead to psychological well-being. In Pakistan, little research was available to support current research.

Implementation: The medical institutes should design programs, workshops and seminars to enhance the resilience of medical students because of an increasing need of these qualities.

CONCLUSION

The psychological well-being of medical students depends upon their resiliency level and emotionality. For proper and effective functioning in the social and academic areas, medical students have to possess physiological, environmental and psychological resources this way a student can show a good performance in their respective domains.

It has been noted that medical student may face more hurdles in order to which that it is a high competitive field, if these individual having low level of resilience and emotional intelligence can lead to mental illness or psychopathology.

CONFLICT OF INTEREST

This study has no conflict of interest to be declared by any author.

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