

Emotional Intelligence and Psychological Adjustment of Nurses Serving in Emergency and Non-emergency Wards

Aamir Yasin Ranjha

Department of Psychology, University of Sargodha, Pakistan

Sultan Shujja*

Department of Psychology, University of Sargodha, Pakistan

The study investigated the relationship between emotional intelligence and psychological adjustment in nurses serving in emergency and non-emergency wards of private and government hospitals. Sample comprised of nurses ($N=200$) with the age range 20-30 years ($M= 25.6$, $SD=3.4$). EQ-i 125 (Bar-On, 1997) and Psychological Adjustment Scale (Sabir, 1999) were administered on designated sample to measure emotional intelligence and psychological adjustment respectively. A demographic form was used to collect data on other variables i.e., wards, hospitals, professional experience. Findings indicated the positive correlation between emotional intelligence and psychological adjustment of nurses. Simple regression analysis indicated that psychological adjustment, hospitals (private/government) and professional experience emerged as significant predictor of EQ while wards (emergency/non-emergency) were neither correlated with other variables of interest nor significantly predicted EQ. In addition, nurses of private hospital were more emotionally intelligent and psychologically adjusted than their counterparts in government hospitals. Nurses with low experience (less than 5 years) were found to be more emotionally intelligent and psychological adjustment compared to nurses with high experience (greater than 5 years). Findings have been discussed with reference to Pakistani cultural and social context.

Keywords: Emotional Intelligence, Psychological Adjustment, Nurses