



ASEAN-Turkey ASLI Conferences on Quality of Life 2015
AcE-Bs ver. 2: AicQoL2015Jakarta
AMER International Conference on Quality of Life
Millenium Hotel, Sireh, Jakarta, Indonesia, 25-27 April 2015
“Quality of Life in the Built & Natural Environment 3”

Emotional Intelligence and Personality Traits in Relation to Psychological Health among Pharmacy students in Malaysia

Che Noriah Othman^{a*}, Muhammad Saiful Bahri Yusof^b, Adawiyah Md Din^a,
Lily Azuwani Zakaria^a

^aFaculty of Pharmacy, UiTM Pulau Pinang, Bertam Campus, 13200, Kepala Batas, Pulau Pinang, MALAYSIA

^bMedical Education Department, School of Medical Sciences, USM, 16150, Kubang Kerian, Kelantan, MALAYSIA

Abstract

Emotional Intelligence describes one's ability to manage behavior. This research explored the relationships of emotional intelligence and personality traits with the psychological health of pharmacy students in Malaysia during the stressful academic environment. Personality traits and emotional intelligent were measured by USMaP-i and USMEQ-I while stress, anxiety and depression with DASS-21. At the less stressful period, stress, anxiety and depression levels were associated with emotional control, emotional conscientiousness, and extraversion. However at the most stressful period the levels were associated with neuroticism. **Conclusion:** Neuroticism affects psychological health during a stressful period while many other factors contributed during a less stressful period.

© 2016 The Authors. Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Peer-review under responsibility of AMER (Association of Malaysian Environment-Behaviour Researchers) and cE-Bs (Centre for Environment- Behaviour Studies, Faculty of Architecture, Planning & Surveying, Universiti Teknologi MARA, Malaysia).

Keywords: Emotional intelligence; personality traits; psychological health; pharmacy education environment

1. Introduction

The World Health Organization (WHO) has stated, “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” (WHO, 1948), and “mental health

* Corresponding author. Tel.: +60134885485; fax: +6045623568.

E-mail address: chenoriah.othman@ppinang.uitm.edu.my.

can be defined as a state of well-being enabling people to realize their abilities, cope with normal stresses of life, work productively and fruitfully, and make contributions to their communities.” (WHO, 2003).

To sustain healthy mind is a vital aspect to a pharmacy student since university students often experience an undue amount of stress, which can lead to adverse consequences on academic performance, emotional wellbeing, physical and mental health (Marshall et al., 2008) therefore their quality of life. Moreover based on research conducted on medical students, the top stressors were related to academic requirements such as test and examinations (Yusoff et al., 2011). The majority of stress research has been conducted in medical, nursing, or dental students. However, only a few studies examined psychological health in pharmacy students specifically to find the relationship between the student personality traits and emotional intelligence with psychological health.

Emotional Intelligence is described as ability to perceive, express, understand, motivate, control, and regulate emotion as cited by Yusoff et al., (2013) from the book ‘Emotional Intelligence’(1995) written by Goleman (Saiful Bahri (2013); Emotionally intelligent people are self-aware, able to control their emotions well from overwhelming stress, depression, anxiety, or anger and delay their enjoyment in pursuit of long-term rewards, rather than being overhauled by immediate desires (Yusoff et al., 2011). They can face changes of the environment without harming their daily life. Becoming aware of one’s emotional intelligence is an important step in understanding how to manage one’s behavior in the world where there are full of demands. As far as pharmacy students are concerned understanding how to control their behavior in relation to environment changes can pursue them to be positive pharmacist and can perform their job better. So far, few studies have been reported on emotional intelligence related to psychological health among pharmacy students or pharmacists specifically during stressful periods (Romanelli, Cain & Smith, 2006) in other countries. However, no study was conducted to see this relationship among pharmacy students in Malaysia.

Lockenhoff (2011) cited that five dimensions of personality have been proposed by personality researchers, which are extraversion, conscientiousness, agreeableness, neuroticism and openness. The definitions that were quoted by Lockenhoff (2011) define that extraversion is correlated with high levels of activity, sociability, and a greater tendency to experience positive emotions. Conscientiousness refers to features such as high levels of thoughtfulness, with good impulse control and goal directed behavior, being organized and mindful of details. On the other hand, agreeableness is commonly characterized by trustworthiness, helpfulness, kindness, sympathy, generosity and cooperativeness (Yusoff et al., 2013). People who score high on neuroticism are characterized by negative emotions and feel easily overwhelmed by stressful experiences while open individuals may facilitate adjustment to novel situations and thus promote cognitive, emotional, and physical well-being (Lockenhoff, 2011). Yusoff et al., (2013) cited that many studies shown personality traits predict individuals performance in various non-medical and medical occupation settings (Lockenhoff, Duberstein, Friedman & Costa, 2011).

In summary, a range of evidence has consistently supported the favorable relationships between emotional intelligence and personality with various areas of individual performance, which include job performance, mental health, academic success, career success, positive personal qualities and wellbeing either in medical or pharmacy context or other (Yusoff et al., 2013).

This study was conducted to explore the relationships of emotional intelligence and personality traits with the psychological health of pharmacy students at a government university in Malaysia. The study objectives were to: (1) examine the emotional intelligence of Pharmacy Students using University Sains Malaysia Emotional Quotient Inventory (USMEQ-I); (2) examine the personality trait of Pharmacy Students using University Sains Malaysia Personality Inventory (USMaP-I) ; (3) measure the psychological health (depression, anxiety and stress levels) of Pharmacy Students using Depression Anxiety Stress Scale 21-item (DASS-21); (4) and to correlate between emotional intelligence, personality trait and psychological health of Pharmacy Students using SPPSS at different level of stress.

Download English Version:

<https://daneshyari.com/en/article/1107697>

Download Persian Version:

<https://daneshyari.com/article/1107697>

[Daneshyari.com](https://daneshyari.com)