

# Črtová emocionálna inteligencia a životná spokojnosť vysokoškolákov – kroskultúrny výskum (Slováci vs. Ukrajinci)

Trait Emotional Intelligence and Life Satisfaction of University Students – Cross-cultural Research (Slovaks vs. Ukrainians)

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**Abstrakt** Štúdia analyzuje rozdiely a predikciu črtovej emocionálnej inteligencie Petridesa (2009, ďalej EI) a jej faktorov (well-beingu, sebakontroly, emocionality, sociability) vo vzťahu k životnej spokojnosti podľa Dienera (2000) u vysokoškolákov v kros-kultúrnom výskume (Ukrajinci [N=93; 47.3 % mužov, Mvek=21.6, SD=2.8] vs. Slováci [N=100; 51.8 % mužov, Mvek=20.1, SD=1.4]). Črtová EI bola posúdená Dotazníkom črtovej emocionálnej inteligencie-krátka forma (TEIQue-SF, Petrides, 2009) a životná spokojnosť škálou životnej spokojnosti Satisfaction with life scale (SWLS, Diener, Emmons, Larsen, & Griffin 1985). Metodiky boli adaptované na kultúrne prostredie. Signifikantné kros-kultúrne rozdiely na hranici strednej vecnej významnosti sa preukázali v celkovej životnej spokojnosti ( $t=2.68$ ,  $p\leq.01$ ;  $d=.39$ ) a len vo faktore well-beingu z črtovej EI ( $t=2.02$ ,  $p\leq.05$ ;  $d=.29$ ) s vyšším skóre pre slovenských študentov. Črtová EI vstupuje do vysoko signifikantného vzťahu v oboch skupinách so životnou spokojnosťou a umožňuje predikovať istú mieru variability v oboch skupinách (u Ukrajincov do 47 % [ $F(1,91) = 82.63$ ,  $p\leq.001$ ] a u Slovákov do rozsahu 20 % [ $F(1,99) = 25.94$ ,  $p\leq.001$ ]). Jediným signifikantným prediktorom v oboch skupinách pri kontrole všetkých faktorov črtovej EI bol faktor well-being, ktorý zostal v signifikantnom silnom vzťahu s celkovou životnou spokojnosťou ( $r=.56$ ,  $p\leq.001$ ).

Štúdiá zdôrazňuje facilitáciu celkovej životnej spokojnosti determinovanej sociálnymi okolnosťami ako možnosťami zvyšovania úrovne mentálneho zdravia.

**Kľúčové slová** životná spokojnosť, črtová emocionálna inteligencia a jej faktory, TEIQue-SF, SWLS, kros-kultúrne porovnanie, predikcia.

**Abstract Introduction:** Promotion of mental health, prevention and treatment of mental disorders was accepted by WHO, the European Commission and the Council of Europe as their priority in the form of the European Declaration for Mental Health. This declaration is also elaborated in the WHO Action Plan for the European Commission (Health 2020, WHO 2015). These facts become a challenge for psychology in the 21st century, whose main goal is to convey, develop and teach individuals' life skills enabling them to "survive", so that they can effectively cope with life circumstances and become satisfied with their lives. It is beyond obvious, and supported by several researches, that life satisfaction is determined also by the social circumstances and conditions. Generation Z (born 1995–2010) and Generation Alfa (born after 2010) are the wisest generations there have been up to now; knowing more than any other generation, they have access to information on a global scale, but they seem to lack basic life skills to support their own mental health. One of the possibilities is to support facilitation of trait emotional intelligence facets (EI). Our main interest is reflected in trait EI by K.V. Petrides whose EI conceptualization and EI tools for three developmental stages (children, adolescents, adults) were standardized for the Slovak conditions. This model has empirically proved its incremental validity in predicting such variables as life satisfaction, happiness, stress management at work, depression, negative event ruminations, adaptive and maladaptive coping strategies etc. (Kluemper, 2008; Petrides, Perez-Gonzalez, & Furnham, 2007; Petrides, 2009; Russo et al., 2012). In our cultural environment, it was verified with such variables as respondents' overall health, depression, anxiety, post-traumatic stress disorder, general self-efficacy or coping strategies (Kaliská, Heinzová, & Nábělková, 2019). It consists of 15 facets forming four factors (well-being, self-control, emotionality, sociability) and global trait EI level.

*Goal:* The aim was to analyze cross-cultural differences and prediction of trait EI level and its four factors in two nationalities, Slovak and Ukrainian university students, in relation to Diener's life-satisfaction concept (2000). Diener categorized life satisfaction under subjective well-being construct differentiating four individual components: 1) life satisfaction (cognitive part as an information-based appraisal of individual's life in relation to an envisioned 'ideal' life), 2) life satisfaction with important life aspects, 3) positive affect as hedonic evaluation guided by emotions and feelings, and 4) absence of negative affect.

*Methods:* Research groups comprised Ukrainian university students from various universities in Kyjev, Ukraine (N=93; 47.3 % of males, Mage=21.6 years, /SD=2.8/) and Slovak university students from Matej Bel University in Banská Bystrica, Slovakia (N=100; 51.8 % of males, Mage=20.1 years /SD=1.4). Trait EI was assessed by Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF; Petrides 2009) and life satisfaction by the Satisfaction with life scale (SWLS, Diener, Emmons, Larsen, & Griffin, 1985). Both tools were modified and adapted to local conditions.

*Results:* T-test analysis and effect size estimation proved a higher level of life satisfaction with medium effect size for the Slovaks in comparison to the Ukrainians ( $t=2.68$ ,  $p\leq.01$ ;  $d=.39$ ), and only well-being factor significant differences with medium effect size ( $t=2.02$ ,  $p\leq.05$ ;  $d=.29$ ) also in favor of the Slovaks. Correlation and regression analysis revealed that higher level of trait EI and its factors was significantly strongly related to a higher level of life satisfaction, especially in the Ukrainian group. In the Slovak group, the strongest significant relations were between well-being, self-control and global level of trait EI and life satisfaction. Global trait EI level predicted significantly to a certain extent life satisfaction in both groups (for the Ukrainians it was 47 %,  $F(1,91) = 82.63$ ,  $p\leq.001$ ), for the Slovaks it was 20 %,  $F(1,99) = 25.94$ ,  $p\leq.001$ ). Well-being was the only significant strong predictor in both groups ( $r=.56$ ,  $p\leq.001$ ) whilst controlling for the other EI factors.

*Conclusion:* The study emphasizes the need to educate, facilitate and support any man's emotion-related personality traits, especially well-being attitude towards life determined by social life circumstances, as a form of mental health prevention.

**Keywords** mental health, trait emotional intelligence, life satisfaction, Ukraine university students from Ukraine, Slovak university students from Slovakia.