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## The relationship between emotional intelligence and mental health education managers in Khoy city of Iran

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### ABSTRACT

*This study examined the emotional and mental health education managers in khoy city. The study investigated the correlation - is descriptive The research sample included 150 executives (male and female) education Khoy city that were selected using simple random sampling . Questionnaire to collect data needed for Sybrya shryng emotional intelligence and psychological health questionnaire Diener and et.al (1985) was used. Desired data using the Pearson correlation test, T independent and stepwise regression to explain the contribution of each component of emotional intelligence on mental health were analyzed. based on research findings between emotional intelligence and psychological health of women in management education, there is a relationship. Between emotional intelligence and mental health in relation to education, there is no male manager. . Emotional intelligence in education between men and women managers, there is no difference. Between the mental health of women and men in management education, there is no difference. Between components of emotional intelligence and consciousness in relation to mental health and self-motivational relationship was observed.*

**Keywords:** Emotional Intelligence, Mental Health, managers, Education

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### INTRODUCTION

Labor organization as the most important strategic resource, an important role to play in achieving organizational goals and the driving force is considered. Experts think that management science and organizational psychologists , Mental health role in improving health and labor organizations can play And as a matter of mental health issues is fundamental to any organization, The most important factor in leadership and management and is the most valuable role to play in achieving the goals of education , The successful implementation of any program requires strong leadership and efficient , And not the administrators, mental health, income group or organization directly to disastrous results deal with it, will [1].

Emotional intelligence was originally recognized as having its roots in the concept of social intelligence [2, 3, and 4]. Later, researches provided evidence that the two concepts actually represent interrelated components of the same construct [3]. Consequently, this broad construct was accurately referred to as “emotional-social intelligence” [5]. Based on historical reference, traits such as the capacity to navigate through and to adapt to one’s own environment and the possession of social and emotional “skills” are important not only to basic survival, but have implications in the areas of relationships, work, school, and emotional and mental health [4, 3].

Emotional intelligence as the ability to manage emotions and feelings has an important role in life and success of individual. In recent years, emotional intelligence has become more popular for numerous applications in various fields such as education, careers, personal development, differences between individual. [6].all of people has experienced excitements such as love, affection, spite, and hatred, sad and happiness, anger and fear. These are

excitement that are important in life and affect in happiness of individuals and the mental health. Excitement that people feel is the result of assessment information that this evaluation includes cognitive or received information processing environment, body, person memory, tend to respond to specific practices and consider actions result that may be obtained from the emotional mode. We will be successful if think about our feelings and know management and its applications [7].

Therefore research hypotheses presented as follows:

2-2) Main Hypotheses

**H1:** There is relationship between Components of emotional intelligence and mental health managers in education

2-3) Sub-hypothesis

**H2** - There is relationship between emotional intelligence and mental health of male managers in education.

**H3** - There is significant difference the between emotional intelligence of men and women in education managers

**H4**- There is significant difference between the mental health of men and women in education managers

**H5**- There is relationship between Self-Awareness and mental health of female managers in education.

**H6**- There is relationship between Social Consciousness and mental health education managers.

**H7**- There is relationship between Self-Control and mental health education managers.

**H8**- There is relationship between Self-Regulation and mental health of female managers in education.

**H9**- There is relationship between Social skills and mental health education managers.

## MATERIALS AND METHODS

Method correlation study - is descriptive The research sample included 150 executives (male and female) education Khoy city that were selected using simple random sampling .

### Population and sample selection methods:

In this study, 150 people from Khoy city school managers from among 50 primary school (25 female managers and 25 male managers) and 50 of the guidance school (25 female managers and 25 male managers) And 50 of high school (25 female managers and 25 male managers) attended.

### Research tools:

Emotional Intelligence Assessment Questionnaire Sybrya shrink Forum:

In this study, emotional intelligence test has been used Questionnaire Sybrya shrink. The main form of this test is 70 questions with two parts, Part I, contains 40 questions and the second part has 30 questions.

### Psychological health questionnaire:

This questionnaire has 17 questions that into two parts test (T1) and test (T2) is divided.

(T1) consists of 5 questions and accurate translation of the life satisfaction scale [8].

### Methods of data analysis:

For data analysis, both descriptive and inferential statistics were used to investigate. The descriptive statistics such as mean, Variance, standard deviation and t-test, Pearson correlation coefficient was used.

### Findings

150 managers participated in this study those education Khoy city managers of 75 male and 75 female managers.

**Table 1: Distribution of sample**

Gender	Age (years)	Experience (years)	Abundance
	M±SD	M±SD	
Men managers	34-53	11-30	75
Women managers	36-50	14-30	75

- Managers abundance surveyed in the study of gender segregation and age are presented in Table - .

**Table 2: core indicators and descriptive variables**

Variables	Mean	Std. Error	Min	Max	Normality test	
					Kolmogrov-Smirnov	Sig
Mental health	98.81	24.11	62	119	1.51	0.128
Emotional Intelligence	108.76	11.89	79	137	0.705	0.702
Self-Awareness	28.62	3.72	19	37	1.23	0.096
Self-Regulation	20.63	3.23	14	32	1.48	0.124
Self-Control	22.04	4.22	10	31	1.13	0.156
Social Consciousness	19.6	3.51	12	28	1.08	0.188
Social skills	17.74	3.19	9	25	1.23	0.096

**Table 3: The information obtained from research**

	variables	N	Pearson Correlation	Sig.( 2-tailed)
H1	Emotional Intelligence-mental health	150	0.299	0.009
H2	Emotional Intelligence-mental health (men)	75	0.160	0.171
H5	Self-Awareness-mental health	150	0.210	0.010
H6	Social Consciousness- Mental health	150	0.065	0.430
H7	Self-Control- Mental health	150	0.119	0.148
H8	Self-Regulation - Mental health		0.187	0.022
H9	Social skills - Mental health		0.143	0.081

**Table 3 : Results from independent t-test**

	Indicators variables	gender	N	Mean	Std. Deviation	t- test		
						t	df	Sig
H3	Emotional Intelligence	male	75	109.7	13.04	0.968	148	0.335
		femal	75	107.82	10.61			
H4	mental health	male	75	98.6	10.87	0.232	148	0.817
		femal	75	99.02	11.67			

**Test the research hypotheses:**

This study examined the hypothesis that Significant level ( $p \leq 0 /05$ ) have been studied.

H1 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be confirmed , So between emotional intelligence and mental health of female managers in education are related.

H2 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be rejected , So between emotional intelligence and mental health of male managers in education, there is no significant relationship.

H3 : As in Table (3) will be considered The quantities t and t-test significance level, therefore Research is to be rejected , So the emotional intelligence of men and women in education managers , there is no significant difference.

H4 : As in Table (3) will be considered The quantities t and t-test significance level, therefore Research is to be rejected , So the mental health of men and women in education managers , there is no significant difference.

H5 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be confirmed , So between Self-Awareness and mental health of female managers in education are related.

H6 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be rejected , So between Social Consciousness and mental health education managers , there is no significant relationship.

H7 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be rejected , So between Self-Control and mental health education managers , there is no significant relationship.

H8 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be confirmed , So between Self-Regulation and mental health of female managers in education are related.

H9 : As in Table (2) will be considered The Pearson correlation coefficients and significance levels, therefore Research is to be rejected , so between Social skills and mental health education managers , there is no significant relationship.

### CONCLUSION

1-The results of the first hypothesis of this study show that the relationship between emotional intelligence and mental health in female managers, there are significant The findings of this study was to investigate By Fazeli (2011), Firouzi (2011) and Petrides, Furnham,,(2002), Ahmadi zadeh (2008), Hashemian deloei (2006), Hendabady (2010), Poursaeid (2007), Coordinated and is consist between emotional intelligence and mental health of male managers in education and with research conducted by Kakalvand (2009) has been inconsistent.[9,10,11,12,13,14,15,16]

2- The results of the second hypothesis of this study show that the between emotional intelligence and mental health of male managers in education, This study investigated Kakalvand (2009) has a consistent and align, with research Khosrojerdi (2004), Ciarrochi et al (2000) are inconsistent and discrepancies.[16,17,18] Person who that Ability to control their emotions, and others have better social support and satisfaction. Such a condition may help improve their mental health

3-The results of the third hypothesis of this study show that the emotional intelligence of men and women in education managers, there is no significant difference. This study investigated Kakalvand (2009), bar-on (2000), Simmons (2001) has a consistent and align. Some minor differences in relation to age, The same process of interaction with teachers, Students and their parents, and similar administrative functions; Financial, educational and training face, And this in turn is one of the possible reasons , No difference emotional intelligence is one of them.[16,5,19]

4-The results of the forth hypothesis of this study show that the mental health of men and women in education managers, there is no significant difference. This study investigated bageri yazdi & et al (1992), javidi (1993) Suggests that the mental health of men and women is inconsistent with the findings of the present study. [ 20 , 21 , 22,23,24]

probably In recent decades, Increasing social conflict, women Their entry into professional circles, Science, Political and socio – economic And support of the community, The life expectancy and Improve the mental health of women This is perhaps that The new findings There was no significant difference between gender and mental health.

5-The results of the fifth hypothesis of this study show that the between Self-Awareness and mental health of female managers in education are related. there are significant The findings of this study was to investigate By Ahmadi zadeh (2008), Poursaeid (2007), Hendabady (2010) Coordinated and is consist and with research conducted by Fazeli (2011) has been inconsistent.[12,15,14,9]

6-The results of the Sixth hypothesis of this study show that the between Social Consciousness and mental health education managers, there is no significant relationship. Research by Fazeli (2011) and Poursaeid (2007) has been inconsistent. .[9,15]

Probably the industrial world today, People Due to the high material preoccupations, no have Opportunity to get together that it takes them away from each other emotionally. One way to achieve mental health that individuals has increased its communications and enhance their social consciousness Look at the world from a different angle and your Sadnesses And share their joys.

7-The results of the Seventh hypothesis of this study show that the between Self-Control and mental health education managers ,there is no significant relationship ,This study investigated Fazeli (2011) has a consistent and align , with research dehshiri(2003) , Poursaeid (2007) are inconsistent and discrepancies.[9,25,15]

Control and monitoring And especially self-control Including a variety of The cultural influences have essential Possibility that Values, beliefs, Understanding and Perception And ways of thinking, Their assumptions and attitudes towards self and others, Predisposing factors are controlled Should be given the necessary training to be developed. .

8-The results of the Eighth hypothesis of this study show that the between Self-Regulation and mental health of female managers in education are related. there are significant The findings of this study was to investigate By dehshiri(2003), Poursaeid (2007), Coordinated and is consist and with research conducted by Fazeli (2011) has been inconsistent.[25,15,9]

9-The results of the Sixth hypothesis of this study show that the, there is no significant relationship. , This study investigated Fazeli (2011) has a consistent and align , with research, Poursaeid (2007) are inconsistent and discrepancies.[9,15]

Probably People who can Note to Their feelings they should understand and to rebuild their mood states, they could minimize the impact of stressful events and it's easier to deal with. Those attention Reconstruction and differentiated are slightly, to understand the emotions experienced Mental conflicts. Given the absence of mental conflict, Differentiation and regeneration Leads to Prolonged excitation the physiological And will be followed by negative consequences.

*Applied Suggestions*

- Due to the urgency and importance of mental health and its role in solving the complex problems the phenomenon intertwined Health - Diseases And thanks to the high costs of such research It is recommended that the relevant funding bodies And special credit to devote to research in this area.
- It is clear that the educational institutions, particularly schools In order to improve the quality of education for the election of director's effective Emotional and mental health characteristics be considered. This is because the Manager could emotions and thinking applied to the production of true beliefs, updated a feel and enhance the spirit of cooperation among staff and understand their emotions And gain insight into the motivations of others in the workplace.

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