

**Emotional Intelligence, Resilience and Mental Health Problems in University Students**

**By**

**Amna Iftikhar**

**Reg No: Sp15-bpy-002**

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COMSATS UNIVERSITY ISLAMABAD LAHORE CAMPUS**

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## **Declaration**

I, Ms. Amna Iftikhar , Student ID: SP15-BPY-002, Student of BS in the subject of Psychology , session of 2015 – 2019 , hereby declare that the material printed in this thesis titled “ Emotional Intelligence, Resilience And Mental Health Problems” is original work and has not been printed , published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

\_\_\_\_\_  
Amna Iftikhar

## **Dedication**

This thesis is dedicated to my beloved parents, siblings, the in-charge of department Dr. Ammad ul Haq for their care and support my supervisor Ms. Zainab Raza for the effort and guidance provided me to complete the work and the students who participated in the study.

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## **Abstract**

The present study investigated that relationship between emotional intelligence, resilience and mental health problems in university students. Correlational study was conducted with sample size of n=250 both male (n=139) and female (111) from COMSATS university Islamabad Lahore campus. The data was collected by using convenient sampling. It was hypothesized that there is likely to be a relationship between emotional intelligence, resilience and mental health problems (stress, anxiety and depression) of university students. It was also hypothesized that emotional intelligence and resilience are likely to predict mental health problems of university students. 3 scales were used in the study Brief Emotional Intelligence Scale (Kirk, Schutte, & Hine, 2008), Nicholson McBride Resilience Questionnaire (Davies, Lane, Devonport & Scott 2010) and Depression, Anxiety and Stress Scale - 21 Items (DASS-21) (Lovibond & Lovibond, 1995). Pearson Product Moment Correlation was used to find out the relationship between emotional intelligence , resilience and mental health problems among university students. Moreover, Hierarchical Regression was used to evaluate that mental health problems are predicted by emotional intelligence and resilience. The results showed that there is a significant negative relationship between emotional intelligence, resilience and mental health problems. The results elaborates that if the emotional intelligence score is higher the student have less mental health problem and is resilient. The results also shows that when resilience is low mental health problems are more predicted. The study implies that more work can be done on students to make them more emotional stable and resilient to cope with hard situations and bounce back to the ordinary.

**Key Words:** Emotional intelligence, Resilience and Mental Health Problems