The Relationship Between Trait Emotional Intelligence and Personality Traits

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Background

- **Emotional intelligence (EI):** introduced in the early 1990s and defined as the ability to understand one's own feelings and to use them while thinking about your actions and thoughts
  - **Trait EI (TEI):** assesses self-perception abilities and typical behaviors in emotional situations (O'Connor et al., 2019)
    - trait vs. ability vs. mixed models
- Big Five Personality Model: frequently used in research aimed at **understanding how individual personality traits relate to cognition and emotion** (Li et al., 2023)
  - assesses five traits: agreeableness, extroversion, neuroticism, openness, and conscientiousness (McCrae & John, 1992)
- EI mediates the relationship between the Big Five traits and **envy** (Li et al., 2023) as well as **gratitude** (Szcześniak et al., 2020)
- EI has been **positively linked** to academic performance and quality of social interactions (Song et al., 2010)

Purpose

- Aims to assess the relationship between trait emotional intelligence and:
  - the Big Five personality traits
  - achievement motivation
  - exposure and comfort to discussing emotions
- This research could:
  - be applied to individual personal development
    - interventions used to improve emotional intelligence
      - allows for tailoring of these programs
      - tailoring towards specific aspects of emotional intelligence, such as effective communication and leadership skills

Methodology and Materials

- Participants: adults 18 years or older will be recruited through the Lindenwood Participant Pool and Social Media
- Online surveys will include:
  - Two questions on exposure to discussing emotions in childhood and current comfort on a 4-point Likert scale
  - Mini-Markers (Saucier, 1994): Forty-item measure to assess Big Five traits by rating adjectives on a 9-point Likert scale (extremely inaccurate to extremely accurate)
  - Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF; Petrides, 2009): Thirty questions measuring overall TEI on a 7-point Likert scale (completely disagree to completely agree)
  - Achievement Motivation Scale (Ray, 1979): Fourteen questions to assess an individual's motivation toward achievement-related activities on a 3-point Likert scale (yes, neutral, no)
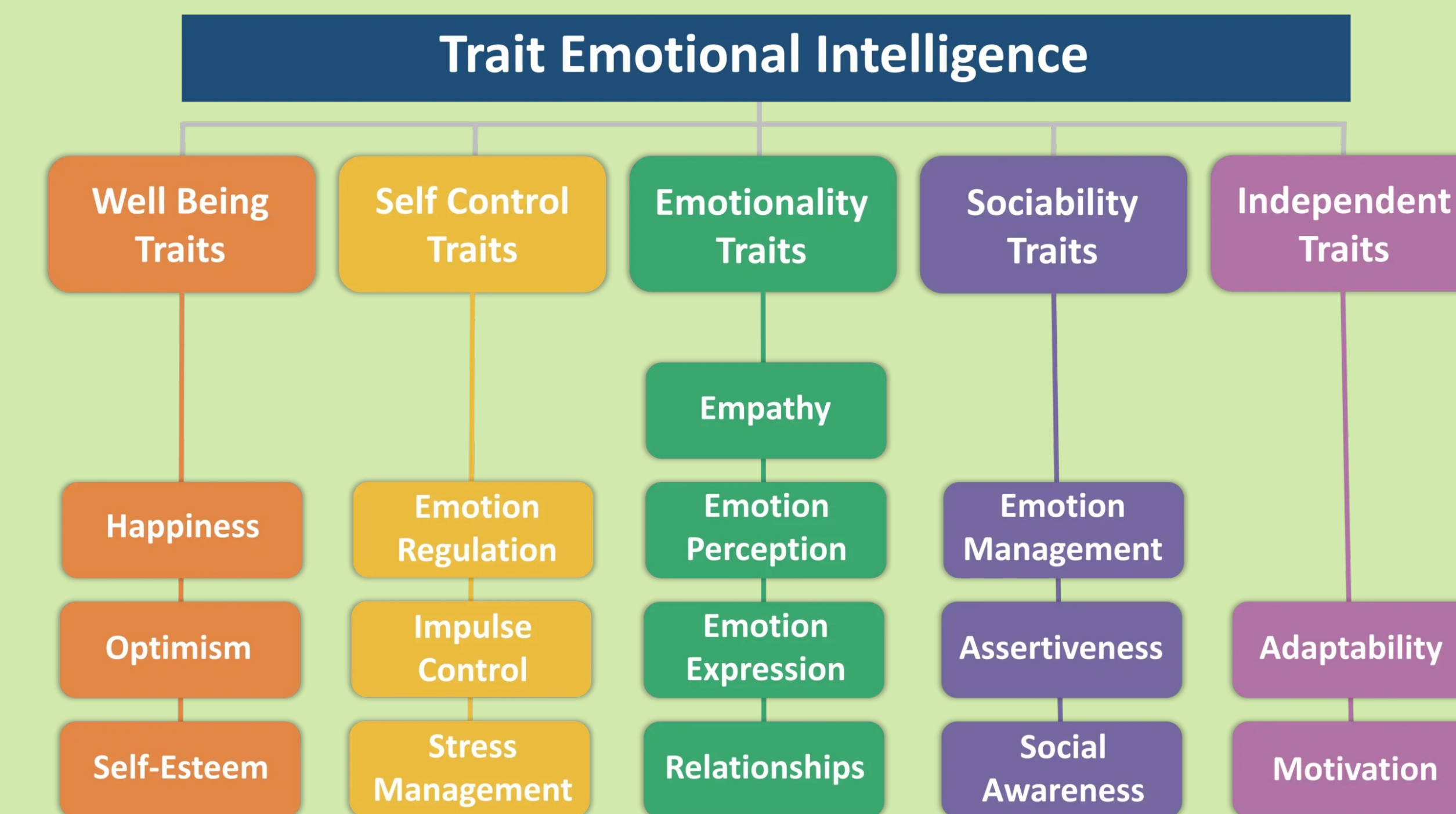
Proposed Hypotheses and Analyses

TEI and Personality

Neuroticism ⬆ , TEI ⬇

Openness ⬆ , TEI ⬆

Conscientiousness ⬌ TEI

Extraversion ⬌ TEI

Agreeableness ⬌ TEI

Analyses: Pearson's *r* correlations

TEI and Achievement Motivation

Achievement Motivation ⬆ , TEI ⬆

Analysis: Pearson's *r* correlations

TEI and Exposure to Emotional Discussion

Question: Growing up, how much did your immediate family (or caretakers) talk about emotions?

Responses: 1- 4: 1= Never, 4 = Always
Split into high and low-scoring groups (1-2 = low, 3-4 = high)

Analysis: *t*-test will be conducted to evaluate whether there are differences between the high and low groups on TEI

Hypothesis: $TEI_{HE} > TEI_{LE}$

TEI and Comfort with Emotional Discussion

Question: How comfortable are you talking about emotions?

Responses: 1- 4: 1 = Very uncomfortable, 4 = Very comfortable
Split into high and low-scoring groups (1-2 = low, 3-4 = high)

Analysis: *t*-test will be conducted to evaluate whether there are differences between the high and low groups on TEI

Hypothesis: $TEI_{HC} > TEI_{LC}$

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