



## Emotional Intelligence, Mindfulness and Resilience Among Emerging Adults

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### Abstract

*In this workaholic world the emerging adults are dealing with stressful situations. They find difficulty in coping or adapting with successive and challenging routines in daily life including both personal and external factors. Emotional Intelligence refers to a set of experiences, including self-awareness mood management, self-motivation, empathy and managing relationship. Mindfulness is inherently a state of consciousness which involves attending to one's moment to moment experience. Resilience which means the ability to adapt and bounce back from adversity guided by Emotional Intelligence. The prime focus of the study is to find the relationship between Emotional Intelligence, Mindfulness and Resilience. The study consisted of 97 participants of age 18-25 years old and the participants were selected using convenience sampling method. The research instruments used were Brief Emotional Intelligence Scale-10 (BEIS-10), Mindfulness Attention Awareness Scale (MAAS-15), Nicholson McBride Resilience Questionnaire (NMRQ-12) to measure Emotional Intelligence, Mindfulness and Resilience respectively. The data was collected by using Google form. The collected data was analysed using SPSS. The data was not normally distributed. The statistical technique used was Spearman's Rank Correlation. The result obtained shows that there is a significant correlation between Emotional Intelligence and Mindfulness as well as emotional intelligence and Resilience among emerging adults. The result also showed that there is significant relationship between Mindfulness and Resilience among emerging adults. This study could serve as a basis for building and promoting adequate coping strategies and mental health interventions for the emerging adults.*

**Keywords:** Emotional Intelligence, Mindfulness, Resilience, Emerging Adults, Spearman's Rank Correlation.

### 1. Introduction

Emerging adults are at the stage of their life where they are making crucial decisions and building their future. It is the period of transition from adolescence to adulthood. Studies indicate that the transitions they go through during this time make them extremely vulnerable to stress and anxiety (Jimenez Ballester, A. M., et al.,2022) and also emphasized the need of programs that enhance their emotional intelligence which in turn helps promote resilience. Identity exploration, instability, self-focus, feeling in-between, and optimism about the future are characteristics of emerging adulthood. Emerging adults go through a phase of self-discovery during which they frequently deal with uncertainty and changes in their living arrangements, relationships, and professional prospects. This can cause increased stress and anxiety. The independence and

responsibility of this stage can put a strain on their coping mechanisms, and the loss of routine and the uncertainty of feeling torn between adolescence and maturity make these difficulties much worse. But when properly fostered, the optimism that many developing adults have for the future can serve as a basis for resilience. Emotional intelligence is the ability to assess and navigate one's own emotion as well as those around them. As a subset of social intelligence, emotional intelligence (EI) focuses on the capacity to identify, comprehend, and control one's own and other people's emotions. According to (Mayer, J. D., Salovey, P., Caruso, D. R., & Cherkasskiy, L. ,2011) emotional intelligence encompasses a number of essential elements, including self-awareness, the ability to recognize and distinguish between emotions, and the application of



this knowledge to shape decisions and behaviour. By emphasizing the emotional and affective components involved in daily tasks and decision-making, emotional intelligence is distinguished from other types of intelligence. Emotional intelligence supports the development of resilience (Sarrionandia, A., Ramos-Díaz, E., & Fernández-Lasarte, O. 2018) which helps reduce perceived stress. Mindfulness based interventions was found to enhance resilience and overall mental wellbeing of an individual (Souter, B. K. ,2022). Mindfulness is purposefully focusing on the present with a non-judgmental attitude. The definition of mindfulness emphasizes that it is a psychological state rather than a characteristic and is described as an awareness of one's events in the present moment without passing judgment. The majority of the research focuses on mindfulness meditation, but awareness can also be developed through yoga, tai chi, and meditation. Numerous benefits of mindfulness have been scientifically shown, such as decreased stress, emotional reactivity, and rumination. It improves emotional control and cognitive flexibility by boosting cognitive abilities like working memory, focus, and attention. Additionally, mindfulness enhances interpersonal and intrapersonal well-being by encouraging increased empathy and compassion, especially in therapeutic contexts. According to studies, it promotes more self-awareness and helps people break free from automatic emotional reactions, both of which enhance counselling abilities. Furthermore, it has been discovered that mindfulness-based interventions improve mental health and general quality of life by lowering stress, anxiety, and sadness. Mindfulness also enhances adaptability (Ristić, I., & Hizarci-Payne, A. K. ,2020) which helps navigate emerging adults to navigate stressful situations and deal with it more efficiently. Mindfulness enhances both emotional intelligence and resilience with emotional intelligence acting as a mediator between resilience and mindfulness. Resilience is being able to withstand or recover quickly from difficult conditions. (Soanes & Stevenson, 2006). A mix of environmental, biological, and personal factors affects resilience, which is the capacity to preserve or restore mental

health in the face of hardship. These elements all have a role in emotional intelligence and mindfulness. Optimism, self-efficacy, emotional regulation, and cognitive flexibility are examples of personal qualities that help people adjust well to stress and difficulties by improving their capacity to control their emotions and remain aware of their responses. Resilience is also influenced by biological variables, such as early caregiving and hormone reactions like oxytocin, which control stress reactions, promote trust, and maintain emotional stability. Furthermore, by offering emotional support and constructive coping strategies, safe social ties and nurturing surroundings both within the family and within the community strengthen resilience. Together, these elements enhance emotional intelligence by fostering empathy, emotional awareness, and the capacity to handle challenging social situations. As people get better at remaining in the moment, handling stress, and adapting to difficulties without becoming overcome by negative feelings, resilience also improves awareness. When resilience, emotional intelligence, and mindfulness work together, people may effectively adjust to adversity, which enhances wellbeing and fosters personal development. The present study aims to find the relationship between Emotional Intelligence, Mindfulness and Resilience. If relationship is established, it can be said that enhancement of one variable helps enhance the other two variables [1].

## 2. Review of Literature

A study conducted by Kamath, S. (2015) examined the role of mindfulness-based interventions and how it enhanced resilience, emotional intelligence, and academic adjustment in adolescents. The participants participated in an eight-session course of mindfulness-based program. Comparison was made pre and post intervention program where results showed improvements in emotional intelligence and academic adjustment, but no significant effect on resilience. Sarrionandia,A.,Ramos-Díaz, E., & Fernández-Lasarte,O.(2018), investigated associations between emotional intelligence, resilience and perceived stress in a cross-country context. The participants were undergraduate students and the results obtained indicated that people



with higher emotional intelligence and resilience are more likely to experience lower amounts of stress. Jimenez Ballester, A. M., et al. (2022) emphasized more on effect of emotional intelligence on psychological problems. The study was conducted on emerging adults and the results showed that emotional intelligence was positively associated with happiness, empathy and self-esteem, and negatively with anxiety, depression, stress and somatic complaints. The study suggests that Mindfulness interventions and emotional intelligence training could foster better adaptability in emerging adults. Ristić, I., & Hizarci-Payne, A. K. (2020) did a study on the interplay between mindfulness, emotional intelligence, and resilience. The study was done on individuals in the workspace. The results suggested that mindfulness enhances adaptability to challenges by boosting emotional intelligence and resilience. Whereas emotional intelligence mediates the relationship between mindfulness and resilience. Souter, B. K. (2022) investigated application of mindfulness-based interventions and how it enhances resilience and psychological well-being, especially in high-stress situations. The population of the study was emerging adults who were in stressful settings. The results showed mindfulness meditation training was effective in enhancing resilience and well-being, especially for those in high-stress academic programs [2].

### 3. Method

#### 3.1. Objective

The objective of the study is to find the relationship between Emotional Intelligence, Mindfulness and Resilience among Emerging Adults.

#### 3.2. Hypotheses

- H1: There is a significant relationship between emotional intelligence and mindfulness among emerging adults
- H2: There is a significant relationship between Mindfulness and Resilience among emerging adults
- H3: There is a significant relationship between emotional intelligence and Resilience among emerging adults

#### 3.3. Sample

This study is intended to find the relationship

between Emotional Intelligence, Mindfulness and Resilience among emerging adults. The sample included 97 participants of age 18-25 years old from the emerging adult population through convenience sampling method and both male and female participants were included [3].

#### 3.4. Data collection techniques

The participants were asked to complete the google form questionnaire. The collected data was analysed using SPSS. Spearman Rank Correlation was used to identify relationship between variables [4].

#### 3.5. Research Instruments

##### 3.5.1. Brief Emotional Intelligence Scale-10 (BEIS-10)

The tool used for measuring emotional intelligence was Brief Emotional Intelligence Scale-10 (BEIS-10). The BEIS-10 was developed by Kevin. A. Davies, Andrew M. Lane, Tracy J. Devonport, and Jamie A. Scott (2010). It is a 10-item self-report questionnaire to measure emotional intelligence of a person. This questionnaire is designed to measure people's emotional intelligence associated to themselves and others. The participants were asked to rate their responses by using a 5-point Likert Scale. The response format for the scale is 1- strongly disagree to 5- strongly agree. The total score is ranging from 10-50, higher the score higher will be the emotional intelligence. The validity was established. It indicates a good test-retest reliability ( $r=0.35$  to  $0.48$ ) as well as internal consistency with Cronbach's alpha coefficient =  $0.75$  [5].

##### 3.5.2. Mindfulness Attention Awareness Scale (MAAS-15)

The tool used to measure mindfulness was Mindfulness Attention Awareness Scale (MAAS-15). The MAAS-15 was developed by Kirk Warren Brown and Richard M. Ryan (2003). It is a 1-6 Likert scale with a response format of 1- Almost always, 2- very frequently, 3- somewhat frequently, 4- somewhat infrequently, 5- very infrequently, 6- Almost never. The high scores reflect more mindfulness. This questionnaire is designed to measure one's awareness on the present moment. The validity was established and it is validated among college students, community adults and cancer patients. This questionnaire has been translated to at



least five different languages. The reliability estimated by Cronbach's alpha coefficient was 0.76.

### 3.5.3. Nicholson McBride Resilience Questionnaire (NMRQ-12)

The used to measure Resilience was Nicholson McBride Resilience Questionnaire (NMRQ-12). The NMRQ-12 was developed by McBride (2010). The participants were asked to rate their responses in a 5-point Likert scale with 12-items ranging from 'strongly disagree' to 'strongly agree'. The participants with scores from 0-37 show a developing level of resilience, if the scores range from 38-43 it determines an established level of resilience, if the score ranges from 44-48 determines a strong level of resilience and if the scores range from 49-60 an exceptional level of resilience is established. This questionnaire is designed to measure a person's capacity to adapt immediately from difficulties. It shows high validity based on the version. The reliability estimated by Cronbach's alpha coefficient analysis was 0.80 which shows high internal consistency [6].

## 4. Results and Discussion

**Table 1 The Correlation Between Emotional Intelligence and Mindfulness Among Emerging Adults**

Variables		Mindfulness
Emotional Intelligence	r-value	0.410
	p-value	0.000

Table 1 shows the correlation between emotional intelligence and mindfulness among emerging adults. The Spearman Rank correlation (r value) between emotional intelligence and mindfulness is 0.410 and the corresponding p value is 0.000 which indicates that there is relationship between emotional intelligence and mindfulness which is significant at 0.01 level. This means that H1, there is a significant relationship between emotional intelligence and mindfulness among emerging adults is accepted. Emotional intelligence has a favourable impact on mindfulness. The ability to stay present and nonjudgmental two essential components of

mindfulness is improved in those with high EI because they are better able to identify and comprehend their emotions in real time. Their ability to better control their emotional responses enables them to keep their minds clear and composed, which promotes greater awareness of the here and now. People with high EI are better able to develop the emotional equilibrium and consciousness required for long-term mindfulness. The research study on the topic "Mindfulness, emotional intelligence and stress" by Chhabra, H. K., & Kaur, S. (2013), aimed at exploring mindfulness in relation to emotional intelligence and stress. Results highlighted interesting trends in relation to mindfulness, emotional intelligence and stress, which is in favour with the findings of current study [7].

**Table 2 The Correlation Between Mindfulness and Resilience Among Emerging Adults**

Variables		Resilience
Mindfulness	r-value	0.501
	p-value	0.000

Table 2 shows the correlation between Mindfulness and Resilience among emerging adults. The Spearman Rank correlation (r value) between mindfulness and resilience is 0.501 and the corresponding p value is 0.000 which indicates that there is significant between mindfulness and resilience. This means that H2, there is a significant relationship between Mindfulness and Resilience among emerging adults is accepted. By emphasizing present-moment awareness and nonjudgmental acceptance, mindfulness helps people better manage their stress and emotions, which strengthens their resilience. Emerging adults who practice mindfulness are better able to handle difficulties, bounce back from failures, and keep their emotions stable when faced with hardship. Resilience's essential elements of flexibility and optimism are fostered by this mental clarity and emotional control. Because mindfulness practices strengthen psychological resilience, developing people are more equipped to handle life's challenges with confidence and ease. The research



study on the topic “A correlational study of happiness, resilience and mindfulness among nursing student” by Benada, N., & Chowdhry, R. (2017) aimed to determine relationships between like resilience, happiness and mindfulness. Results highlighted a moderate positive relationship in happiness, resilience and mindfulness among nursing college student, which is in favour with the findings of current study [8].

**Table 3 The Correlation Between Emotional Intelligence and Resilience Among Emerging Adults**

Variables		Resilience
Emotional Intelligence	r-value	0.625
	p-value	0.000

Table 3 shows the correlation between emotional intelligence and Resilience among emerging adults. The Spearman Rank correlation (r value) between emotional intelligence and resilience is 0.625 and the corresponding p value is 0.000 which indicates that there is significant between emotional intelligence and mindfulness. This means that H3, there is a significant relationship between Emotional Intelligence and Resilience among emerging adults is accepted. Emotional intelligence is positively linked to resilience by enabling individuals to effectively manage their emotions, cope with stress, and adapt to adversity. People with higher emotional intelligence are better able to regulate their emotions, maintain optimism, and make thoughtful decisions in difficult situations. Their self-awareness allows them to recognize when they need support, while their empathy fosters strong social connections that provide a safety net in difficult times. These emotional and social skills improve their ability to cope with setbacks, overcome obstacles, and recover more quickly from adversity, promoting greater resilience. The research study on the topic “The Relationship among Emotional Intelligence, Spiritual Intelligence and Resilience” by Keshtegar, M., & Jenaabadi, H. (2015) aimed to examine the

relationship among emotional intelligence, spiritual intelligence and resilience of students at University of Zabol. Result highlighted resilience was significantly and positively correlated with emotional intelligence and spiritual intelligence, which is in favour with the findings of current study [9].

### Conclusion

The objective of the study was to find the relationship between Emotional Intelligence, Mindfulness and Resilience among Emerging Adults. It was found that a positive significant relationship exists between emotional intelligence and mindfulness, mindfulness and resilience, and, emotional intelligence and resilience in emerging adults. Higher emotional intelligence improves consciousness, improves emotional adjustment and self-awareness, enhances stability, and helps people face stress and recovery after failure. In addition, mindfulness interventions contribute emotional stability and mental clarity, so that people can deal effectively by disasters. Overall, these results highlight the importance of emotional intelligence and mindfulness as key factors in promoting resilience, equipping emerging adults with the emotional and psychological tools necessary to navigate challenges successfully.

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