

Trait Emotional Intelligence as a Predictor of Subjective Well-Being in Male and Female University Students

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Abstract

This study is aimed to examine the predictive relationship between emotional intelligence and subjective well-being in university students. For this purpose a sample was taken from different Universities of Karachi-Pakistan. It contained 300 participants (150 male and 150 female), with age of 19 to 30 years. Emotional intelligence was measured through Trait Emotional Intelligence questionnaire adolescence short form (TEIQue- SF; Petrides&Furnham, 2003) and Satisfaction with life Scale (Diener, Emmons, Larsen, & Griffin, 1985) was used to measure the subjective well-being of the participants, because satisfaction with life is cognitive component of subjective well-being (Diener, 1984). Subjective well-being can assess through life satisfaction scale. (Andrews & Withey, 1976; Pavot, Diener, Colvin, & Sandvik, 1991). To investigate variables of present study Linear Regression Analysis was computed which depicted that trait emotional intelligence is significant predictor subjective well-being in male [$R^2 = .091$, $F(1, 149) = 14.870$, $p < .000$] and female [$R^2 = .103$, $F(1, 149) = 16.975$, $p < .000$] university students.

Key words: Trait emotional intelligence, subjective well-being, male and female university students

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