

Emotional Competence and Satisfaction with Life as Predictors of Psychosocial Well Being among Young Adults

Shilpa Kamboj*, Varsha Rani*, SarvdeepKohli** and Anjali Malik**

Abstract

Emotional competence enhances our personal, relational and professional performance, and ultimately helps us attain an overall increase in our quality of life. Thus, emotional competence is considered to be essential to achieve satisfaction with life which in turn would enhance psychosocial well being of individuals. Although there is a growing interest in identifying the psychological processes that enhance positive emotions and life satisfaction, but still the relationship of emotional competence and satisfaction with life with psychosocial well being is largely unexplored. So, the present study examines these relationships among young adults. For this purpose, a total sample comprising of 60 subjects (30 males and 30 females) within the age range of 22-26 years was selected. Tools utilized were emotional competence scale, satisfaction with life scale and Mental Health Continuum Short Form (MHC-SF). The data was analyzed with the help of Pearson's product moment method of correlation and stepwise multiple regression. Results indicate that there is a positive and significant relationship between emotional competence, satisfaction with life and psychosocial well being. Emotional competence emerged as a strong predictor of psychosocial well being.

Keywords: Emotional competence, Satisfaction with life, Psychosocial well being

* Research Scholar, Department of Psychology, M. D. University, Rohtak, Haryana
** Professor, Department of Psychology, M. D. University, Rohtak, Haryana