

## Emotional Intelligence in the Modern World: A Quantitative and Qualitative Study of the UMCS Students

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**Abstract :** Taking Daniel Goleman's (1994) belief that success in life depends on IQ in 20% and in 80% on emotional intelligence, and that it is worth considering emotional intelligence as an important factor in human performance and development potential, the aim of the paper is to explore the range of emotions experienced by university students who represent Society 5.0. This quantitative and qualitative study is meant to explore not only the list of the most and least experienced emotions by the students, but also the main reasons behind these feelings. The database of the study consists of 115 respondents out of 129 students of the 1st and 5th year of Applied Linguistics at Maria Curie-Skłodowska University, which constitutes 89% of those being surveyed. The data is extracted from the anonymous questionnaire, which comprises young people's answers and discourse concerning the causes of their most experienced emotions. Following Robert Plutchik's theory of eight primary emotions, i.e. anger, fear, sadness, disgust, surprise, anticipation, trust, and joy, we adopt his argument for the primacy of these emotions by showing each to be the trigger of behaviour with high survival value. In fact, all other emotions are mixed or derivative states; that is, they occur as combinations, mixtures, or compounds of the primary emotions. Accordingly, the eight primary emotions, and their mixed states, are checked in the study on the students.

**Keywords :** emotions, intelligence, students, discourse study, emotional intelligence

**Conference Title :** ICLLL 2024 : International Conference on Languages, Literature and Linguistics

**Conference Location :** Rhodes, Greece

**Conference Dates :** July 18-19, 2024