

Exploring RQ-EQ Relations among Psychology Majors

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Abstract : The illustrious estimation that psychology majors, psychologists and allied psychology practitioners as expert behavior analysts, if not, “life enthusiasts” spurred two essentially linked endeavors. First, the reconsideration of the time-honored ingenuity and expectations from psychologists such as the ability to perceive ways to undertake a range of difficulties, the ability to apply psychology in order to self-regulate and to display personal integrity, and among others. Second, is to ascertain solid support to uphold aforesaid expectations. This study achieved its goals by having explored how two burgeoning constructs- RQ and EQ play parts in the lives of psychology people. Having involved the total population of psychology majors in Cagayan State University along with the use of Emotional Quotient Test and Resilience Assessment Questionnaire, the study provides a précis of how perceived “champions” of psychological well-being respond emotionally to different situations and deal effectively with and even thrive on the demands of frequently changing environmental circumstances. Significant findings about how the major variables correlated with the population’s demographic profile (e.g. age, sex, and year level) were also accounted. To realize a more academic concept with the present study, significant connections between RQ (self-assurance, personal vision, flexible and adaptable, organized, problem solver, interpersonal competence, socially connected, and active) and EQ (e.g. emotional maturity, emotional sensitivity, and emotional competency) dimensions were uncovered.

Keywords : emotional quotient, resilience quotient, psychology majors, exploring

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