

The effect of emotional intelligence (EI) training on nurses' resiliency in department of psychiatry

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Introduction: Resiliency capacity as a predictor to prevent and reduce work stress is considered. In this context, one of the most important skills that can predict and improve the resiliency, having emotional intelligence will be discussed. This study aimed to determine the effects of emotional intelligence training on nurses' resiliency in Department of Psychiatry (1393).

Methods: In this semi experimental study, the study population consisted of nurses working in the psychiatric hospital Rouzbeh. 76 persons were selected, that is based on input standards and calculation of volume sample. The people were divided in to two groups, intervention and control groups in sample random method. Data were collected with Demographic, Bar-on emotional intelligence and Conner and Davidson resiliency questionnaires. At first both groups were asked to fill in questionnaires. Then a one-day work shop was held for intervention group then essential training about emotional intelligence and its skill with operational action was represented. After that internalization has been followed with written means such as educational pamphlets about Bar-on emotional intelligence skill for six weeks. At last, both questionnaires were filled again by both intervention and control groups. SPSS statistical software SPSS19 data using fisher, covariance, independent t-test, paired t-test was performed.

Results: Results showed that there was no difference between two group of intervention and control about demographic characteristics. The mean emotional intelligence score was $329/72 \pm 29/91$ in intervention group, and $326/73 \pm 36/55$ in the control group before intervention, which respectively reached to $354/51 \pm 37/27$ in intervention group and $325/92 \pm 34/92$ in the control group after implementation of the intervention and this difference was significant in intervention group ($p=0/003$). The mean resiliency score was $61/71 \pm 12/47$ in intervention group, and $57/70 \pm 15/14$ in the control group before intervention, which respectively reached to $70/40 \pm 13/48$ in intervention group and $58/92 \pm 13/71$ in the control group after implementation of the intervention and this difference was significant in intervention group ($p=0/001$).

Conclusion: The result revealed that emotional intelligence skill training can improve nurse's resiliency in Department of Psychiatry.

Biography

MohammadAli Hosseini is an Associate Professor of University of Social Welfare and Rehabilitation Sciences (USWRS), and completed BSN, RN, MSN, MS in Medical Education, PhD in Higher Education Administration and Post-doctoral Fellow of Knowledge Transfer in Cardiac Rehabilitation from UTS, Sydney, Australia. He is the Head of Rehabilitation Administration department of USWRS. He has published more than 140 articles in Persian and English journals.

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