

# **The Effectiveness of Emotional Intelligence Education on Resonance, Stress and Satisfaction of Students in the Sixth Primary School of Rasht District**

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**Abstract** This study aimed to investigate the effectiveness of emotional intelligence training on stress relief and education satisfaction of sixth grade boy students of elementary school in District 2 of Rasht City. The method of this research is quasi-experimental research. The statistical population of this study includes all male students of sixth grade of district 2 of Rasht city. The number of the students is 450 people. The sample consisted of thirty boy students of the sixth grade of elementary school ( 15 people for experimental group and 15 people for control group) who were selected according to the criteria of entry by purposeful sampling. And perceived Stress Questionnaire of Cohen et al. (1983), Resilience Questionnaire of Connor-Davidson (1979-1991) and Educational Satisfaction Questionnaire of Bohrani and Jokar (1378) were distributed among them. The results were studied using multi-variate and single-variate covariance analysis. The results showed that emotional intelligence training was effective on the components of resilience, stress and student satisfaction ( $p < 0.01$ ). The results of single-variable variance analysis for sub-hypotheses indicate the effect of emotional intelligence training on the components studied, while these changes were not significant in the control group. According to the obtained results, emotional intelligence education has led to increased resilience and the use of effective problem solving styles and academic satisfaction in students.

**Keywords :** Keywords: Emotional Intelligence, Perceived Stress, Psychological Resilience, Satisfaction with Education.

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