

# **The Relationship between Emotional Intelligence and Perfectionism with Resiliency and Quality of Life in Female Students of Azad University of Rasht**

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**Abstract** Resilience and quality of life of students depend on various variables, some of which are internal and some are acquired; in this regard, attention to emotional intelligence and perfectionism of students is necessary. The purpose of this study was to determine the relationship between emotional intelligence and perfectionism with the resilience and quality of life of female students of Rasht University of the Rasht. The research method was descriptive correlational. The statistical population of this study was the statistical population of the study including all married female students, in the second semester of the academic year 2018, there were 3127 students. Among them, 305 people were selected as sample using available sampling method and according to Morgan table and entry and exit criteria and the Schott's Emotional Intelligence Questionnaire (1998), Hilal et al. (2004), Kemer and Davidson's Resilience (2003), and WHOQOL-BREF Quality of Life Questionnaire (WHOQOL-BREF) were completed. The data were analyzed using Pearson correlation coefficient and multiple regression. The findings of the study showed that there is a positive and significant relationship between emotional intelligence with resiliency and quality of life in female students (P

**Keywords :** Emotional intelligence, perfectionism, resilience, quality of life

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