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The impact of emotional intelligence on psychological well-being: A review of current literature

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Emotional intelligence (EI) is a multifaceted construct that encompasses the ability to recognize, understand and manage one's own emotions, as well as the ability to perceive and respond to the emotions of others. Over the past few decades, research has increasingly highlighted the significant role of EI in influencing psychological well-being. This review aims to provide a comprehensive overview of the current literature on the impact of EI on psychological well-being, drawing upon empirical studies from various disciplines including psychology, neuroscience, and social sciences. The review begins by elucidating the key dimensions of EI, including emotional awareness, emotional regulation, empathy, and social skills, and their relevance to psychological well-being. Empirical evidence consistently demonstrates that individuals with higher EI tend to have better psychological well-being, including higher levels of life satisfaction, subjective well-being, and positive mental health outcomes.

Moreover, EI has been found to be a protective factor against various negative psychological outcomes, such as depression, anxiety, and stress. The review further explores the underlying mechanisms through which EI is associated with structural and functional changes in brain regions implicated in emotional processing and regulation, such as the prefrontal cortex and the amygdala. Additionally, EI influences cognitive processes, such as attention, memory, and decision-making, which in turn impact psychological well-being. Furthermore, the review discusses the practical implications of EI in various settings, including education, workplace, and interpersonal relationships. In conclusion, this review underscores the significant role of EI in influencing psychological well-being. Future research could further investigate the longitudinal and casual relationships between EI and psychological well-being and explore potential cultural and contextual factors that may moderate these associations.

Biography

Tonya is certified in NLP and hypnotherapy. She coaches at Chainbreakersmindsetcoaching.com. Her book "The Real Pandemic: Mentally Thrive Through Psychological Warfare," became an international best seller in 10 categories. She has appeared on several different podcasts sharing her expertise on tips for rewiring the subconscious mind. She uses NLP models such as the human communication model, anchoring positive beliefs, positive self-talk, and the concept of internal representation systems when working on emotional intelligence for her clients.

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