

Is emotional intelligence involved in appraisal, coping, and emotion processes?

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LECTURE SERIES

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Emotional intelligence is the ability to perceive, understand, and regulate emotions. High emotional intelligence is associated with high levels of wellbeing, mental health, and performance at both school and work. In this talk, I describe a series of studies examining possible appraisal, coping, and emotion processes that may account for the links between emotional intelligence and these positive outcomes. A first set of studies shows that coping strategies significantly mediate the relationship between emotional intelligence and valued outcomes (wellbeing, mental health, and school performance). Task-focused coping is important for performance, whereas avoiding ineffective coping is important for wellbeing and mental health. A second set of experience sampling studies show that emotional intelligence predicts differences in situation appraisals, coping, and the emotions experienced in daily life. A third line of research looks at whether emotional intelligence predicts coping with stress in the lab, with preliminary results indicating that emotional intelligence predicts smaller increases in stress. Taken together, results indicate that the appraisal and coping processes that lead to emotions and longer-term outcomes differ as a function of a person's emotional intelligence ■

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