

HOSSEIN FAKORIHAIYAR

Department of Education, Azadshahr Branch, Islamic Azad University, Azadshahr, Iran, Iran

ALIREZA HOMAYOUNI

Department of Psychology, Bandargaz Branch, Islamic Azad University, Bandargaz, Iran, Iran

HOSSEIN DAEZADEH

Department of Education, Bandargaz Branch, Islamic Azad University, Bandargaz, Iran, Iran

BABAK HOSSEINZADEH

Department of Education, Babol Branch, Islamic Azad University, Babol, Iran, Iran

**SURVEYING RELATIONSHIP OF EMOTIONAL INTELLIGENCE AND
MENTAL HEALTH WITH ACHIEVEMENT MOTIVATION IN
UNIVERSITY STUDENTS**

Abstract:

Introduction & Aim: Emotional intelligence (EQ) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others. So, the present research investigated the relationship of emotional intelligence and mental health with achievement motivation in university students. Method: The sample comprised of 382 university students was taken from the university. Participants completed validated measures of Shutte self report emotional intelligence test (SSREIT), Goldberg general health questionnaire (GHQ) and Kamkar & Bahari achievement motivation scale. Results: Findings revealed positive significant correlation between emotional intelligence with achievement motivation. Although, there is correlation between mental health with achievement motivation, but the correlation was not significant. Conclusion: It means that increasing of emotional intelligence increase achievement motivation. Findings of the present research can have important psychological implications in the area of student counseling, adolescent and youth counseling, and personality development. Helping students and youth in regarding of emotional intelligence can improve their emotional competencies, decrease mental illness and help improving their quality of life and academic achievement.

Keywords:

Emotional Intelligence, mental health, achievement motivation, university students