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ESRA ÇALIK VAR

YILDIRIM BEYAZIT ÜNİVERSİTESİ, TURKEY

HATİCE KUMANDAŞ

ARTVİN ÇORUH UNIVERSITY, TURKEY

ŞÜKRAN KILIÇ

AKSARAY UNIVERSITY, TURKEY

EFFECT OF EMPHATIC TENDENCY ON EMOTIONAL MANAGEMENT IN UNIVERSITY STUDENTS

Abstract:

Empathy can be explained as a skill related with emotion and described understanding the thoughts and feelings of others (Plomin, 1990). Different theories and models trying to explain emotions and emotional competency from birth to adulthood have taken part in the literature. Mayer and Salovey (1997) draws up these concepts as perceiving and expressing the emotion in a correct way, accessing the emotion which gives way to the formation of thought, comprehending emotions and managing emotions. University students have a lot of problem situation like adopting different and stressful setting. Therefore their emotional management and empathic tendency style can be positive effect for coping with stressful conditions (Carnicer & Caldecon, 2014). In this study, it is examined that whether there is an effect of empathic tendency on emotional management skills of university students.

Method

Correlational research model has been used in this research. Multiple regression analysis has been used in the direction of the data obtained from the study for describing the predictor variables of early adults' emotional management skills.

Research group; in accordance with the research study, 166 graduate students have been worked with in Yıldırım Beyazıt, Gazi, Ankara and Hacettepe University in Ankara. It can be stated that the 70% of the participants are females and 30% are males and most of the participants (60%) are in between ages 17-21, the others (%40) are 21-25.

"Emotion Management Skills Scale" developed by Çeçen (2006) has 5 sub-dimensions and "Empathic Tendency Scale" developed by Dökmen (1988) has three sub-dimensions which are empathic tendency, self centered tendency and semphatic tendency have been used as tools for gathering data. Both of the scales are 5 point likert-type.

Findings and Comments

According to the results of the analysis, only two variables predict the emotional management skills of early adults significantly ($F_{3,165} = 23,06$; $p < .01$). These variables, together, explain approximately %29 of the variance. ($R = 0,547$, $R^2 = 0,299$ ve $p < .01$). According to the results of the regression analysis; individuals who have empathic tendency effect the emotional management skills of university students positively and self centered tendency style affect negatively.

Keywords:

EMPHATIC TENDENCY, EMOTION, EMOTIONAL MANAGEMENT