

EMOTIONAL INTELLIGENCE AND LIFE SATISFACTION: AN EMPIRICAL STUDY ON ITALIAN NURSES

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ABSTRACT

The aim of this study was to take a more in-depth look at the role of emotional intelligence (both self-reported and ability-based) and personality traits in life satisfaction, verifying the existence of incremental validity of the emotional intelligence dimensions over personality variables. Three hundred and twenty-six Italian nurses were given the Satisfaction With Life Scale (SWLS), the Big Five Questionnaire (BFQ), the Bar-On Emotional Quotient Inventory (Bar-On EQ-i) and the Mayer Salovey Caruso Emotional Intelligence Test (MSCEIT). The results highlight the influence exercised by personality and emotional intelligence on life satisfaction, underlining the role of emotional intelligence.

Keywords: *life satisfaction; self-reported emotional intelligence; ability-based emotional intelligence; organizational health psychology; nurses.*