



НАЦИОНАЛЬНЫЙ ИССЛЕДОВАТЕЛЬСКИЙ
УНИВЕРСИТЕТ

EMOTIONAL INTELLIGENCE AS THE BASIS FOR EMPLOYEE PSYCHOLOGICAL WELL-BEING

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Nizhniy Novgorod, 2020



EMOTIONAL INTELLIGENCE

is “the ability to perceive and understand information contained in emotions, use it to guide thinking, facilitate problem-solving and decision-making”

P. Salovey and J. Mayer 1990



EMOTIONAL INTELLIGENCE

Components:

- Emotional Perception and Expression
- Emotional Facilitation of Thought (Using Emotional Intelligence)
- Emotional Understanding
- Emotional Management

P. Salovey and J. Mayer, 1997



PSYCHOLOGICAL WELL-BEING

is an integral mental phenomenon, a holistic experience that reflects the success of an individual's functioning in a social environment, accompanied by a favourable emotional background, a functional state of the body and psyche, a positive self-attitude, and a trusting attitude to the world

Bessonova Yu.V. O, 2003



EMOTIONAL INTELLIGENCE & PSYCHOLOGICAL WELL-BEING

- Job satisfaction
- Job performance
- Burnout levels
- Work engagement
- Turnover intentions



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