

**Emotional intelligence and its relationship to depression for a sample
Of Saudi teenage girls in the light of some demographic variables**

Prepared by



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Abstract

The present study aims at investigating the levels of emotional intelligence and depression among members of a sample of teenage female students at the College Of Science and Arts-Sharurah. The study also aims at detecting a correlation between emotional intelligence and the reduction of the severity of depression among students, from their own perspectives. The researcher adopts the correlational descriptive approach as the research methodology and uses the Emotional Intelligence Scale and Depression Scale (designed by the researcher) as the research instruments. The sample of the study includes (60) female students from the first and second grades at the Imam Shatby Institute in Jeddah for preparing preschool and Holy Quran teachers. The study has yielded several results—such as: Levels of emotional intelligence have been rated (high); by sample members, levels of depression have been rated (high); by sample members, and there is a negative relationship between the levels and development of emotional intelligence and levels of depression. In other words, the higher the levels of emotional intelligence are the lower the levels of depression among students are.

The researcher provides several recommendations, the most important of which are the following: the necessity to improve the levels of emotional intelligence among adolescents as well as the communication between families and schools to achieve that goal; and the necessity of working on limiting the problems and challenges that are encountered by teenagers and increase their levels of depression.

Keywords: emotional intelligence - depression - female adolescents.

Research problem:

1. What is the relationship between emotional intelligence and feelings of depression among a sample of teenage girls who are students at the College of Science and Arts?
2. What are the levels of emotional intelligence among the sample members of the teenage girls at the College of Science and Arts?
3. What are the levels of depression among the sample of teenage girls who are students at the College of Science and Arts?

4. Is there a significant correlation between the average scores of emotional intelligence and feelings of depression in a sample of teenage girls who are students at the College of Science and Arts?

5. Are there statistically significant differences between the average scores of emotional intelligence among the sample members of the teenage girls at the College of Science and Arts, according to the variables (scientific specialization - chronological age)?

6. Are there statistically significant differences between the average degrees of depression among the sample members at the College of Science and Arts according to the variables of (scientific specialization - chronological age)?

Research objectives:

1. Identifying the levels of emotional intelligence among the sample members of the teenage girls at the College of Science and Arts.

2. Identifying the levels of depression among the sample members of the teenage girls at the College of Science and Arts.

3. The detection of a significant correlational relationship between average scores of emotional intelligence and feelings of depression in a sample of teenage girls from the College of Science and Arts.

4. Detecting the existence of statistically significant differences between the average degrees of emotional intelligence among the sample members of the teenage girls at the College of Science and Arts, according to the variables of (scientific specialization - chronological age).

5. Disclosure of statistically significant differences between the average degrees of depression among the sample members at the College of Science and Arts students, according to the variables of (scientific specialization - chronological age)

The importance of research:

Disclosure of the relationship between emotional intelligence and the feeling of depression in the sample of students at the College of Science and arts and its importance is evident in the theoretical and practical fields, as follows:

First: The theoretical importance

1.The current research helps in educating the family and educational institutions of recognizing the importance of emotional intelligence and its role in facing psychological problems among teenagers and working to enhance its levels in them.

2.The researcher hopes to make a scientific addition to Arab knowledge and libraries with regard to revealing the relationship between emotional intelligence and feeling depressed among the sample members of Saudi teenage girls.

Second: The practical importance

1.The results of the current research help administrators and officials in determining the levels of depression in a sample of students at the College of Science and Arts and work to support them socially and cognitively in line with the capabilities available to reduce their levels of depression.

2. The results of the current research contribute to stimulate many researchers to prepare training and guidance programs to develop emotional intelligence because of its effective role in reducing many behavioral problems among teenagers of from both sexes.

Research determinants:

First: Objective Determinants: This research is limited to knowing the relationship between emotional intelligence and feeling depressed in a sample of Saudi teenage girls in the College of Science and Arts.-.

Second: Temporal determinants: This research is applied in the first semester of the academic year 1441 AH.

Third: Spatial Determinants: This research was limited to the geographical scope specified for the field study in the Kingdom of Saudi Arabia at the College of Science and Arts.

Fourth, human determinants: The research community consists of all students at the College of Sciences and Arts and the researcher will choose (60) students from them as a random sample for field study.

Research hypotheses

1. There is a (negative) correlational relationship between average scores of emotional intelligence and feelings of depression in a sample of Saudi teenage girls.

2. There are statistically significant differences between the average scores of emotional intelligence among the sample members of Saudi teenage girls according to the variables of (scientific specialization - chronological age)

3. There are statistically significant differences between the average degrees of depression among the sample members of Saudi teenage girls according to the variables (scientific specialization - chronological age).

Research Terminology

Emotional Intelligence

It is the human ability to observe what he and others have in terms of feelings and emotions, and to distinguish between them.

Depression:

It is a mental illness in which the patient enters into a state of continuous severe sadness and upset for reasons of unknown origin.

Teenage

It is the stage of transition from childhood to adulthood, and the period of transition from adulthood begins and ends with reaching maturity and independence.

Research methodological procedures

Research methodology

The researcher uses the descriptive-analytical method, which is "one of the forms of structured scientific analysis and interpretation to describe a specific phenomenon or problem and portray it quantitatively by collecting data and specific information about a phenomenon or problem, classifying it, analyzing it and subjecting it to careful study."

Research community and sample:

The current research community included a sample of (60) students from the first and second grades to represent the study population.

Results

- 1.The levels of emotional intelligence among teenage girls of the Faculty of Science and Arts came with a (high) degree.
- 2.The levels of depression among teenage girls of the College of Science and Arts were (weak).
- 3.There is an inverse relationship between the total score on the emotional intelligence scale and the total score on the depression scale that reached 0.81
- 4.There are no statistically significant differences at the significance level (0.05) in the opinions of the research sample about the total score of the emotional intelligence scale according to the variable of specialization.
- 5.There are no statistically significant differences at the significance level (0.05) in the opinions of the research sample about the total score of the depression scale according to the specialty variable.
- 6.There are statistically significant differences at the level of significance (0.05) in the opinions of the research sample about the total score of the depression scale according to the chronological age variable in favor of female students of (18) years with an average of (2.47).
- 7.There are statistically significant differences at the level of significance (0.05) in the opinions of the research sample about the total score of the emotional intelligence scale according to the chronological age variable in favor of female students of (19) years with an average ranks of (4.15).

Research recommendations

- 1.The need to increase the role of families and educational institutions in educating students about how to divide problem-solving methods into two main methods, namely the adaptive and rational method for developing their emotional intelligence.
- 2.The necessity of the work of both the family and educational institutions to spread the culture of dealing with life and study pressures for teenagers to reduce levels of depression.

- 3.The necessity of developing counseling programs to reduce levels of depression among teenage students, and applying them in educational institutions.
- 4.The necessity of providing more counselors of all kinds in all educational institutions to guide students and support them psychologically and socially, and to implement student activities that raise their social competence.
- 5.The need to provide adequate awareness for adolescent students.
- 6.Students must be supported intellectually, culturally, behaviorally, physically and socially.

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