

Improving Psychological Wellbeing through Emotion Management in Daily Life

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ABSTRACT

Emotional intelligence (EI) has been identified as an important factor in improving individuals' psychological well-being. This research examines how emotional intelligence affects psychological well-being in everyday life, focusing on emotion management, interpersonal relationships, and mental resilience. Emotional intelligence enables individuals to more effectively manage emotions, which further enhances their ability to deal with stress and strengthens healthy social relationships. Other factors such as social support, stress, life experiences, and personality also play an important role in this relationship. The study also found that individuals with high emotional intelligence are better able to deal with life's challenges and improve their well-being. However, emotional intelligence does not function in isolation from other factors that influence psychological well-being. It is important to assess how a combination of internal and external factors can contribute to an individual's well-being. Further research is needed to identify more effective ways of developing emotional intelligence in various social and cultural contexts to improve psychological well-being.

INTRODUCTION

Emotional intelligence has become an increasingly important concept in the fields of psychology and mental health. Essentially, emotional intelligence refers to an individual's ability to recognize, understand, manage, and utilize emotions in a positive way. As the demands of modern life become more complex, managing emotions is key to maintaining psychological well-being. Individuals with high emotional intelligence are able to deal with stress and life pressures more effectively, which has an effect on their ability to maintain mental and emotional balance (Kobau et al., 2011). Research shows that emotional intelligence is closely related to the quality of interpersonal relationships, life satisfaction, and an individual's capacity to cope with emotional challenges that arise in daily life (Salovey & Mayer, 1990).

The increasing awareness of the importance of psychological well-being in society shows how emotional factors play a role in influencing daily life. Psychological well-being relates not only to a mental state free from distress, but also to an individual's ability to feel happy and satisfied with their life (Mohr et al., 2017). Previous studies have shown that emotional intelligence plays an

important role in this process, as the ability to manage emotions effectively can increase life satisfaction and reduce levels of anxiety or depression. More and more individuals and organizations are recognizing the need to develop emotional intelligence to achieve better overall well-being (Goleman, 1995).

Emotional intelligence is thought to have a positive impact on psychological well-being, but not all individuals have the same level of emotional intelligence (Kahneman & Deaton, 2010). Some people may have difficulty in recognizing or managing their emotions in a constructive way, leading to unmanageable stress or anxiety. This can hinder their ability to deal with challenging life situations, both on a personal and professional scope. One of the main problems is the lack of understanding and development of emotional intelligence in education and daily life training. Many individuals do not acquire the necessary skills to improve their emotional intelligence from an early age, which can result in low psychological well-being later in life (Bar-On, 1997).

While various psychological interventions and training programs have been introduced to help individuals develop emotional intelligence, the

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results often vary. Some individuals may show positive changes in their management of emotions and stress levels, while others may not experience significant benefits (Quoidbach et al., 2015). This suggests that there are still a number of other factors that influence how emotional intelligence can be effectively applied in everyday life. The inability of individuals to improve their emotional intelligence is also related to environmental factors such as upbringing, culture, and life experiences that can shape their ability to manage emotions (Mayer, Salovey, & Caruso, 2004).

The role of emotional intelligence in enhancing psychological well-being needs to be further examined, given the increasing tensions and pressures in modern life. With an increase in stress, anxiety and mental health problems, it is important to explore how emotional skills can serve as a foundation for creating a more balanced and fulfilling life (Galderisi et al., 2015). Improving emotional intelligence is personally beneficial, and contributes to the development of healthier interpersonal relationships and an individual's ability to adapt to life changes and challenges (Zeidner et al., 2012). Further research on this subject is expected to yield more effective approaches in developing emotional intelligence for better psychological well-being.

The purpose of this study is to explore how emotional intelligence affects an individual's psychological well-being, focusing on the constructive management of emotions as a way to improve quality of life and mental balance. The research also aims to identify other factors that influence the extent to which emotional intelligence can be applied in daily life, as well as how it contributes to improving overall psychological well-being.

RESEARCH METHOD

The literature study approach is a research method that relies on the review of various relevant literature sources, including journal articles, books, research reports, and other academic publications, to understand and interpret the research topic. The researcher's approach allows the researcher to explore previous findings regarding the relationship between emotional intelligence and quality of life from the perspective of emotional intelligence and psychological well-being. The researcher can build a more comprehensive understanding of how emotional intelligence contributes to emotion management and improved psychological well-being by collecting and

analyzing existing literature. Literature studies that examine various theories, such as Salovey and Mayer's (1990) Emotional Intelligence Model or Goleman's (1995) Model, provide a solid foundation in understanding the importance of emotional intelligence in individual psychological well-being.

The literature study method also allows researchers to identify gaps in the existing literature, as well as to explore areas that have not been extensively researched. Past research shows that although many theories and models on emotional intelligence have been developed, there are still differences in the application of this concept in everyday life. Some studies have shown positive results related to emotional intelligence and psychological well-being, while others have found no significant relationship. The literature review approach allows researchers to summarize these findings, as well as provide a clearer picture of the factors that influence the relationship between emotional intelligence and psychological well-being, from psychological, social and cultural perspectives (Schutte et al., 2007; Mayer et al., 2008).

RESULT AND DISCUSSION

Emotional intelligence refers to an individual's ability to recognize, understand, and management their own emotions as well as the emotions of others (Goleman, 1995). The importance of cultivating and realizing emotional intelligence for each individual can be seen from various aspects that affect personal and professional life.

First, emotional intelligence plays an important role in building healthy interpersonal relationships. Individuals who have high emotional intelligence tend to be better able to empathize, listen and communicate well. They can understand the feelings and perspectives of others, which helps create stronger bonds and mutual respect. This ability is essential for avoiding conflict and building effective cooperation, both in the work environment and in everyday life.

Secondly, emotional intelligence also contributes to an individual's mental health and well-being. By being aware of and management of emotions, one can reduce stress, anxiety, and depression. Individuals who have high emotional intelligence are better able to deal with life's challenges and pressures in a constructive way. They can recognize negative emotions and take steps to overcome them, increasing their mental resilience and ability to bounce back from failure or adversity.

Third, professionally, emotional intelligence is one of the key factors in career success. Many studies show that individuals with high emotional intelligence are better able to lead teams, motivate others and create a positive work environment. They are also better at making decisions that involve social interactions, as they can consider the emotions and reactions of others. In an increasingly complex and dynamic world of work, the ability to adapt and interact well with others has become invaluable (Kahneman & Deaton, 2010).

Cultivating and realizing emotional intelligence is an important investment for every individual. By improving emotional intelligence, one can improve social relationships and mental health, and increase the chances of achieving success in career and life as a whole (Galderisi et al., 2015). Emotional intelligence is not just about understanding emotions, but also about how those emotions can be used to create a more meaningful and productive life.

Emotional intelligence has long been considered an important factor in improving an individual's psychological well-being. Emotional Intelligence refers to the ability to recognize, understand, manage, and utilize emotions in everyday life (Salovey & Mayer, 1990). Within the scope of psychological well-being, emotional intelligence has great potential to influence how individuals manage stress, interact with others, and deal with life's challenges. Research shows that individuals with high levels of emotional intelligence are better able to maintain their emotional balance, reduce anxiety, and increase their sense of life satisfaction (Goleman, 1995). This can contribute to an overall improvement in psychological well-being.

One of the ways emotional intelligence affects psychological well-being is through better emotion management. Individuals with good emotional intelligence are able to recognize and understand their emotions, and choose more constructive responses to them. For example, someone feeling angry may choose to defuse their anger through effective communication or relaxation techniques, rather than responding impulsively. This good management of emotions prevents negative emotions from developing into more serious psychological disorders, such as anxiety or depression (Salovey & Mayer, 1990). Emotional intelligence can therefore strengthen an individual's capacity to adapt and deal with life's stresses in a healthier way.

Emotional intelligence also plays an important role in interpersonal relationships. The ability to understand and respond to others' emotions with

empathy allows individuals to build stronger and deeper relationships. The quality of these relationships is directly related to psychological well-being, as good relationships can provide much-needed social support in the face of life's difficulties. Research shows that individuals who have high emotional intelligence tend to have more positive and more satisfying social relationships (Bar-On, 1997). These good relationships, in turn, can increase an individual's sense of belonging and happiness.

Emotional intelligence also plays a role in increasing mental resilience. Mental resilience is the ability to recover and adapt after experiencing adversity or trauma. Individuals with good emotional intelligence are more likely to see life's challenges as opportunities for growth, rather than as threats to be avoided. Research shows that higher mental resilience is directly related to better psychological well-being (Mayer et al., 2004). The ability to remain calm and positive amidst the pressures of life, as well as the ability to learn from experience, can strengthen psychological well-being.

While emotional intelligence plays an important role in psychological well-being, there are a number of other factors that contribute to this relationship. One of these factors is the social environment, such as the support of family and friends. Social support has been shown to be one of the strongest protective factors against psychological disorders, as it provides a sense of security and acceptance. Individuals who have strong and supportive social networks are more likely to have lower stress levels and higher psychological well-being (Cohen & Wills, 1985).

In addition to social support, factors such as upbringing and life experiences may also influence the relationship between emotional intelligence and psychological well-being. For example, individuals who are raised in an environment that supports the development of emotional skills, such as recognizing and managing emotions, tend to have higher emotional intelligence and are better able to cope with life challenges. In contrast, individuals who do not receive sufficient emotional support in childhood may face difficulties in managing their emotions, which may hinder their psychological well-being later in life (Schutte et al., 2007).

Cultural factors can also influence the relationship between emotional intelligence and psychological well-being. In some cultures, expressing certain emotions may not be accepted or even considered a sign of weakness, which can limit the development of an individual's emotional intelligence. Conversely, cultures that support the healthy expression and management of emotions

may facilitate the development of emotional intelligence and enhance an individual's psychological well-being. It is important to consider cultural context when studying the role of emotional intelligence in individuals' lives (Mayer et al., 2004).

Stress is also a factor that influences this relationship. While emotional intelligence can help individuals manage stress, high levels of stress can be detrimental to psychological well-being, even in individuals with high emotional intelligence. Research shows that chronic stress can lead to serious emotional and physical disorders, such as anxiety, depression and sleep disorders (Lazarus & Folkman, 1984). Therefore, although emotional intelligence plays a role in managing stress, other factors such as the level of stress itself and the individual's ability to deal with it also play a role in determining psychological well-being.

An individual's personality can also influence the extent to which emotional intelligence can improve psychological well-being. Individuals with more open and optimistic personalities tend to more easily develop emotional intelligence that can improve their well-being. In contrast, individuals with more closed or pessimistic personalities may have difficulty in managing their emotions, even though they have a good level of emotional intelligence (Schutte et al., 2007). A more open personality allows individuals to more easily accept changes and adaptations in life, which contributes to improved psychological well-being.

Overall, emotional intelligence has a significant influence on an individual's psychological well-being, but this relationship is not simple. Many other factors, such as social support, parenting, stress, culture and personality, influence how emotional intelligence functions in daily life. Therefore, a deeper understanding of these factors is essential for developing more effective interventions to improve individuals' psychological well-being.

Psychological well-being plays an important role in one's happiness and comfort in life. Individuals with good psychological well-being tend to feel happy, have high life satisfaction, and are able to cope with stress, all of which contribute to achieving life comfort. Psychological well-being encompasses various aspects that affect how individuals perceive themselves and the world around them. These include self-acceptance, life purpose, and positive social relationships. When individuals have a positive view of themselves and are able to manage their emotions, they are more likely to feel deep happiness (Quoidbach et al., 2015). Research shows that individuals with high psychological well-being

have lower stress levels and are better able to cope with life's challenges.

One of the key factors in psychological well-being is the ability to set and achieve goals. Individuals who have clear goals tend to feel more motivated and have direction in life. These goals provide meaning and help individuals to focus on achieving what they want. When an individual succeeds in achieving those goals, they feel a sense of satisfaction that contributes to their happiness. Therefore, setting realistic and achievable goals is an important step in achieving psychological well-being.

Positive social relationships are also an important element in psychological well-being. Good interactions with family, friends and coworkers can provide the emotional support needed to overcome adversity. Individuals who have strong social networks tend to feel happier and have a higher sense of connectedness. The quality of these relationships has a direct effect on feelings of happiness and overall life satisfaction.

Psychological well-being is also related to an individual's ability to manage emotions and stress. Individuals who are able to recognize and cope with negative emotions, such as anxiety and depression, are better able to maintain mental balance. Techniques such as mindfulness and meditation can help in managing stress and improving psychological well-being. By reducing the negative impact of emotions, individuals can focus more on the positive things in their lives (Quoidbach et al., 2015).

Achieving comfort in life also involves physical and environmental aspects. A supportive environment, such as a comfortable place to live and a positive work environment, can improve psychological well-being. When individuals feel safe and comfortable in their environment, they are better able to focus on self-development and goal achievement. Therefore, creating a supportive environment is an important step in achieving psychological well-being.

Psychological well-being plays a very important role in determining one's happiness and comfort in life. It includes various dimensions, such as an individual's ability to set clear life goals, manage emotions, and build positive social relationships. Research shows that people who are able to set realistic and meaningful goals tend to feel more satisfied with their lives, as these goals provide a sense of direction and motivation in living their daily lives (Ryan & Deci, 2000). In addition, strong social relationships also contribute greatly to psychological

well-being, where positive interactions with family, friends and community can provide an important sense of emotional support. When individuals feel valued and have deep connections with others, they are more likely to feel higher happiness and lower stress. On the other hand, the inability to manage emotions or stress can undermine psychological well-being and hinder the achievement of happiness. Therefore, individuals who are able to manage their emotions well, both in facing life's challenges and in interacting with others, tend to experience higher levels of happiness.

However, achieving optimal psychological well-being does not happen automatically, but is the result of continuous and proactive efforts in self-development. Individuals must actively engage in the process of evaluating and planning their lives, as well as adjusting their goals and expectations over time. According to Ryff (1989), the development of psychological well-being requires a process that involves self-acceptance, environmental control, and the search for meaning in life. One important step in achieving this is seeking social support when needed. Recognizing that no individual can cope alone is the first step in achieving better well-being. This social support can come from various sources, including friends, family, and mental health professionals. In addition, investing in deep and supportive social relationships is also a crucial component to improving psychological well-being. Meaningful social relationships not only increase the sense of connectedness, but also help individuals feel more protected and better able to cope with stress. This process must be carried out continuously, with evaluation of existing life goals and adjusting actions and behaviors to suit personal development. With the right, mindful and proactive approach, individuals can create happier, fulfilling and sustainable lives, and improve their psychological well-being in the long run.

CONCLUSION

Emotional intelligence plays a significant role in improving individuals' psychological well-being, especially in everyday life. Emotional intelligence enables individuals to better recognize, understand and manage their emotions, which in turn helps them to manage stress, build healthier relationships and increase mental resilience. This suggests that more effective management of emotions, which is at the core of emotional intelligence, can be a protective factor against psychological disorders and improve individuals' quality of life. However, the relationship between emotional intelligence and

psychological well-being is not mutually exclusive. Other factors such as social support, stress, life experiences and personality also influence the extent to which emotional intelligence can contribute to a person's psychological well-being.

Therefore, it is important to conduct further research to identify other factors that may moderate or strengthen the relationship between emotional intelligence and psychological well-being. Interventions that focus on developing emotional intelligence could be considered as part of efforts to improve psychological well-being, especially in groups that are more vulnerable to stress or mental disorders. Researchers also need to look further into how cultural context and social environment influence this relationship, as well as how emotional intelligence can be applied in everyday life to support the well-being of individuals in different social and cultural backgrounds.

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