

Emotional Intelligence and its Relation to the Coping Skills of the
Crippled Residents of Tahanang Walang Hagdanan

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Athena Elizadora K. Bañares

Aizza G. Diosomito

Elizabeth T. Nillos

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ABSTRACT

NAME OF INSTITUTION : De La Salle University-Dasmariñas

ADDRESS : Dasmariñas, Cavite

TITLE : Emotional Intelligence and its Relation to the
Coping Skills of the Crippled Residents of
Tahanang Walang Hagdanan

AUTHORS : Athena Elizadora K. Bañares, Aizza G.
Diosomito and Elizabeth T. Nillos

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OBJECTIVES OF THE STUDY:

A. General

This study was conducted to determine the level of emotional intelligence and the level of coping skills of the crippled handicaps and to propose an intervention program for them.

B. Specific

The researchers aim to determine the relationship of Emotional Intelligence and Coping Mechanisms. Moreover, it aims to answer the following:

1. What is the demographic data of the participants of the

study?

- a. Gender
- b. Age
- c. Civil Status
- d. Educational Attainment

2. What is the Emotional Intelligence profile of the crippled handicaps as revealed by the emotional intelligence test?

- a. Self- awareness
- b. Self- regulation
- c. Motivation
- d. Empathy
- e. Social skills

3. What is the Coping Skills profile of the crippled handicaps as revealed by the coping skills test?

- a. Adaptive reaction to stress
- b. Ability to asses situation
- c. Self- reliance
- d. Adaptability and flexibility
- e. Ability to relax

4. Is there a relationship between Emotional Intelligence and Coping Skills?

Scope and Limitations

Although this study covers a wide variety it only focuses on crippled handicaps of the institution. At the same time, this study deals with the emotional intelligence and coping skills of these individuals. This study does not cover all aspects of coping skills. Moreover, it only centers to one formal institution and does not intend to include the other disabilities found in other institutions.

Methodology

Research Design

The research method used in the study is descriptive method in attempting to determine if there is any relationship between emotional intelligence and coping skills. The collected data is summarized as scores by computing the average. It is also a technique that takes raw scores and categorized or summarized in a systematized format that is more convenient. This research design is very useful in terms of gathering data. Descriptive statistics makes the result of an investigation understandable.

Procedure

The researcher used a Non- random Sampling called Purposive Sampling which is defined as the kind of non-random sampling that is based on certain criteria laid down by the researcher.

Research Respondents

The population of the study was composed of 30 adult male and female crippled residents of Tahanang Walang Hagdanan in Cainta Rizal with age ranging from 18-40.

Research Instruments

In the research, the researcher made use of the Emotional intelligence test derived from the works of Daniel Goleman, Peter Salovey, John Meyer, Howard Gardener, Robert Sternberg and Jack Block. The test was taken from previous researches made by other researchers. The test was composed of 5 (five) aspects and was composed of 5 (five) items for each aspect of emotional intelligence. Each item of the test has 5 (five) options or choices. The modified emotional intelligence test was composed of 25 items and was validated by three experts to make sure that it really serves its purpose.

To evaluate the coping skills or coping ability of the participants, the researchers made use of a self-made coping skills test modified from the work of S. Agustin and a downloaded test from the internet which was originally written in English. It was composed of

40 items and was brought to the Filipino department for translation and was once again validated by three experts.

MAJOR FINDINGS

The majority of the respondents are under the age of 30-39 years old (36.7 percent) and the greater number of the respondents are female (63.3 percent) than male (36.7 percent). Their Emotional Intelligence is High (83.33 percent) so as their Coping Skills with 76.67 percent that proves that the respondents are able to express their feelings clearly in situations and are able to adapt in different situations whether it be stressful for them or not, they still know how to deal with life's stressful encounters and are able to cope up by being adaptable or flexible.

Base on the descriptive statistics Emotional Intelligence and Coping Skills with correlation and coefficient mean of 0.736 denote that there is a high positive relationship between the two.

CONCLUSIONS

Based from the findings of the study presented, the following conclusions were drawn:

1. Majority of the respondents are adult ranging from 30 to 39 yrs of age. Most of them were female and single in their civil status and are able to study and are literate.

2. The Emotional Intelligence profile of the crippled resident of the Tahanang Walang Hagdanan is at High level. Therefore it is state that the majority of them are able to have high level in all aspects base from the emotional intelligence test. Based from the test interpretation that they are able to manage their emotions and can relate to other peoples feelings as well. They can interact harmoniously making them able to set goals and motivate them selves.
3. The Coping Skills Profile of the crippled resident of the Tahanang Walang Hagdanan is at the high level. Consequently, it states that majority of them are able to have high level in all aspects based from the result of the Coping Skills Test and it is evident that the respondents are able to adapt in different situations especially those difficult for them. They know how to deal with life's stressful encounters and are able to cope up by being adaptable, flexible or simply calming down resulting to precise positive actions.
4. There is a significant relationship between Emotional Intelligence and Coping Skills of the crippled resident of the Tahanang Walang Hagdanan.

RECOMMENDATIONS

In the light of forgoing conclusions, the following recommendations are hereby forwarded.

1. The present Administrators of private and public institutions, and other professionals who deal with people with special cases may make use of Emotional Intelligence and Coping Skills test in their residence in order to evaluate their residents' emotional status and their ability to cope up. These administrators may make use of the results of the said tests in making program that will help for the improvement, development and growth of those people who are physically and emotionally challenged.
2. Since Emotional Intelligence and Coping Skills were one of the important factors to consider in life of every individual, most especially to the handicaps; it is best for people who understand best and are more gifted than the physically and emotionally challenged people to put considerable attention to their EI and Coping Skills.
3. Research about disabilities or any special cases must be continued and be encouraged especially those that can provide help for people with disabilities to gain progress in their lives and give them hope.
4. Further studies must be made to ensure that Emotional Intelligence and Coping Skills are significant since there are some other studies that show contradiction.