

STRESS APPRAISAL, EMOTIONAL INTELLIGENCE AND MARITAL ADJUSTMENT AMONG MENTAL HEALTH PROFESSIONALS

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ABSTRACT

The current research was to examine the relationship between Stress Appraisal, Emotional Intelligence and Marital Adjustment among Mental Health Professionals and to explore stress appraisal and emotional intelligence impact on Marital Adjustment among Mental Health Professionals. Correlational research design was used. A total of one hundred and fifty participants were collected through purposive sampling strategy. Stress Appraisal Measure, Emotional Intelligence Scale and Marital Adjustment Test were used to measure variables under study. Correlational analysis showed significant positive association between Stress Appraisal and Marital Adjustment, and highly significant positive association between Emotional Intelligence and Marital Adjustment among Mental Health Professionals. Findings also showed significant prediction between Stress Appraisal, Emotional Intelligence and Marital Adjustment among Mental Health Professionals. Results indicated that mental health professionals who have positive stress appraisal and have high emotional intelligence which leads them towards high marital adjustment.

Keywords: Stress appraisal, emotional intelligence, marital adjustment, mental health professionals.