The Effect of Emotional Intelligence and Its Components on Creativity
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Abstract

The aim of this study was predicting creativity and its components based on emotional intelligence and its components. The sample comprised from 548 students (281 boys and 267 girls) in four secondary grades and pre-university level from Shiraz high schools. Who were selected via multi stage cluster sampling procedure with class as sampling unit? Method: Regression analysis procedure was used for analyzing the date. General finding of the study indicated that emotional intelligence positively predicts creativity. Result: creativity was positivity predictable through two components of emotional intelligence including emotional perception and optimism General emotional intelligence can positively predict dynamic and extension as two components of creativity. In addition findings indicated that boys and girls were significantly different in terms of general emotional intelligence (as well as two emotional perception and optimism components) and creativity a whole and its components. But this was not true for social skills and emotional control components of emotional intelligence. Finally, the findings were discussed with respect to the research literature and suggestion for further investigations was set forth.

Keywords: emotional intelligence, creativity, Boy & Girl, High students

1. Introduction

In recent years, positive psychology-oriented approach to human talents to be shown. Approach emerged in recent decades to prevent the problem from the treatment had to rely on. This approach is called positive psychology oriented. Because the factors that lead to more consistency in human life are the most important structures of this approach are studied. (Campbell, Sills & Cohan, & Stein, 2006). Issues based on positive psychology, human focus primarily on positive experience and will be reviewed. (Csikszentmihalyi, 1990, 1998, 1999). Issues in this approach are examined, including love, joy, growth, creativity, talent and optimism. (Lovecky, 1998; bem, 1972, Simonton, 1988) The relationship between positive emotions and physical health (Taylor, 1963; Ganon, Ranzijn, 2005 & Bastin, Burns, Nettelbeck, 2005), tact (Sternberg, 1988) among the structures that our country grew in recent years, positive psychology oriented development, much attention has been Research, is emotional intelligence. This type of intelligence, adaptability and success in how people will play an important role. People with high emotional intelligence can better solve problems more efficiently and to control their emotions Emotional intelligence can, at least some of the problems that life term, the conflict between what the person feels that it thinks. Execution called
to resolve (Ciarrochi, Chan, Caputi, 2000; Mayer, Salovey, 1997; Salovey, Mayer, 1990). Emotional intelligence can be increased mental health (Mayer, Caruso & Salovey, 1999; Brakett, Mayer, Warner, 2004). As long as the human soul is at peace, everyone is a potential that there will not flourish, it is possible that much more time to develop creative people, in dealing with the challenges, self-efficacy in managing their emotions. So as was suggested, given the importance of creativity in human life that can present a significant impact on the neck, people can live better. This study sought to examine the emotional intelligence can be whether it would be an effective agent for creativity.

2. Methods

Participants

Participants of the study were 548 high school students (267 girls & 281 boys) where selected by multi-stages cluster random sampling; from different high school of Shiraz (a southern city of Iran).

Measures

2.1.1. Emotional intelligence Scale

The emotional intelligence is a 30 items scale and comprises four subscales: Emotional control, emotional understanding, social skills and Optimistic. The reliability of the measure examined by Chronbach alpha method. Alpha coefficients for Emotional control, emotional understanding, social skills and Optimistic were 0.89, 0.85, 0.81 and 0.78 respectively. Validity of the measures verified by factor analysis method. The results of exploratory and confirmatory factor analysis confirmed the validity of the measure for use in Iran.

2.1.2. Creativity Scale

The creativity is a 60 items scale and comprises four subscales: Fluid, initiative, flexibility and expandability. The reliability of the measure examined by Chronbach alpha method. Alpha coefficients for Fluid, initiative, flexibility and expandability were 0.78, 0.67, 0.71 and 0.68 respectively. Validity of the measures verified by factor analysis method. The results of exploratory and confirmatory factor analysis confirmed the validity of the measure for use in Iran.

3. Results

To describe the research variables relationship. The correlations between measured variables were calculated. The Pearson correlations between all the measures are shown in table 1. The results revealed the significant correlations between emotional intelligence subscales and the creativity subscales in most cases.

| Variable                  | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     |
|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. creativity             | 1     |       |       |       |       |       |       |       |       |
| 2. emotional intelligence | 0.23**| 1     |       |       |       |       |       |       |       |
| 3. emotional understanding| 0.25**| 0.51**| 1     |       |       |       |       |       |       |
| 4. Optimistic             | 0.03  | 0.52**| 0.36**| 1     |       |       |       |       |       |
| 5. Emotional control      | -0.22**| 0.43**| -0.37**| 0.56**| 1     |       |       |       |       |
| 6. social skills          | 0.19**| 0.81**| 0.36**| 0.27  | 0.08  | 1     |       |       |       |
| 7. Fluid                  | 0.84**| 0.21**| 0.32**| -0.13**| 0.39**| 0.17**| 1     |       |       |
| 8. initiative             | 0.83**| 0.08  | 0.31**| 0.09  | 0.48**| 0.10  | 0.56**| 1     |       |
| 9. flexibility            | 0.73**| 0.09  | 0.08  | -0.25**| 0.39**| 0.09  | 0.58**| 0.34**| 1     |
| 10. expandability         | 0.78**| 0.35**| 0.19**| 0.32**| 0.08  | 0.39**| 0.45**| 0.61**| 0.25**|

*P < 0.05  **P < 0.01
In order to answer to the main question of the study a series of simultaneous multiple regression of creativity subscales on emotional intelligence subscales were administrated (Table 2).

| Criterion Variable | Prediction Variables | R   | R²  | F      | β     | Sig |
|--------------------|----------------------|-----|-----|--------|-------|-----|
| Fluid              | emotional understanding | 0.35 | 0.11 | 10/82  | 0.17  | 0.001 |
|                    | Optimistic            | 0.09 | NS  |        |       |     |
|                    | Emotional control     | 0.04 | NS  |        |       |     |
|                    | social skills         | 0.04 | NS  |        |       |     |
|                    | emotional understanding | 0.04  | 0.001 |        |       |     |
| Initiative         | Optimistic            | 0.51 | 0.001 |        |       |     |
|                    | Emotional control     | -0.5 | 0.001 |        |       |     |
|                    | social skills         | -0.05 | NS  |        |       |     |
|                    | emotional understanding | -0.02  | NS  |        |       |     |
| Flexibility        | Optimistic            | 0.31 | 0.09 | 7/71   | 0.25  | 0.001 |
|                    | Emotional control     | 0.19 | 0.001 |        |       |     |
|                    | social skills         | 0.42 | NS  |        |       |     |
|                    | emotional understanding | 0.07  | NS  |        |       |     |
|                    | Optimistic            | 0.36 | 0.001 |        |       |     |
| Expandability      | Emotional control     | 0.51 | 0.26 | 30/77  | -0.22 | 0.001 |
|                    | social skills         | 0.12 | 0.001 |        |       |     |

4. Discussion

Results showed that overall emotional intelligence score predicted positive and significant creativity these results with the results of (Andersson, Ryhammer, 1998; Luther, Cicchetti, & Becker, 2000; Aljosscha, Andreas& Roland, 2006; Reindel &Robert, 2006 & Batsteni, 2001) that people with higher emotional intelligence have more creative power, is to align. According to specialists in neurology, in fact, reasoning, decision making can intersect with each other affection, excitement in the brain. Collection systems in the brain that are targeted to the thought process that we call it the argument that the choices that we answered the call decision, is dedicated. The total brain systems of emotions, feelings and emotions are so excited to have a large impact on the reasoning of our mental life interact. (Wentzel, 1997) The results showed that the two dimensions of emotional intelligence to understand the emotions of the projected picture is generally positive and significant predictor of creativity are other words that others can better understand their sentiments and emotions, may higher than the creativity. Another finding was that the creativity is a significant negative predictor of emotional control. These results with findings reported by (Rego, Sosa, Pynchon, saver, Correa, 2007; Moore, 2007; Salovey, Stroud, Woolery& Epel, 2002) Is consistent. The results showed that overall emotional intelligence in predicting fluid is developed to explain these findings can be said of (Mayer, Caruso, & Salovey, 1999; Salovey, Bedell,, Detweiller, & Mayer, 2000). Later facilitated by emotion as a source for creative thinking, decision making, problem solving. The Salovey, Caruso, Mayer, & Salovey (1997) because people think they can take good decisions, it is necessary that the dimensions of emotional intelligence in order to be high. It should be emotional intelligence as an important principle in strengthening families, schools, place of work was developed with. Also be pointed out that because people with high emotional intelligence emotional parts of their brains are thinking centres These centres are closely related, as was said, so much to think about their work and generate ideas for . The results showed that fluid through small-scale creativity to understand the emotions are positive and significant predictable. Also optimism scale retail initiatives through perceived positively by controlling the negative emotions are predictable. Another dimension of flexibility as well as creativity, emotional intelligence is merely the means to control emotions by the projected picture was predictable, Piirto (1991) states that one of the significant predictors of creativity, self-empathy, is that the person has the motivation, optimism, happiness, self-
regulation is a high image. People with high ability in the brighter aspects of life, their positive attitude even when they are inconvenient to maintain their negative feelings, better able to operate various methods of problem solving. Other findings related to the dimensions of creativity through the development of social skills subscales optimism as the dimensions of emotional intelligence, positive or negative emotions control subscales that also has significant. Based on the results with the emphasis on cultural differences in emotional intelligence can be the overall score for creativity score to predict a significant positive, Many researchers from (Williams, Saizow, Ross,L,& Deci, 1997; Torrance 1997; Sternberg, 1988; Derksen , Kramer, Katzko, 2002) curiosity, engagement with ambiguity, imagination, risk taking ability of the most controversial issues in the emotional creativity - are recognized. (Amabile, 1990, 1996, 2001) noted that one of the barriers to creativity is limited. People who want to control your emotions, in turn, will have limited options, so the details will be reduced. So we can say the findings in this study because brain regions are the source of emotional thinking centres are closely, Emotional centres of power to influence the thinking centres are fibbers, resulting in people with high emotional intelligence are more likely to have used the centres of their lives thinking they are more creative.

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