An investigation of emotional intelligence in undergraduate nursing students

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PROJECT OVERVIEW:

Emotional intelligence is a concept that identifies attributes that help people more adequately cope with the demands of life. They do this through their ability to recognize, use and manage their emotions and the emotions of others (Stein & Book, 2000). The skills and attributes of emotional intelligence, such as the ability to be self aware, to manage our emotions effectively, and to be empathic have been viewed in the literature as crucially important in nurses.

The aim of this study is thus to examine levels of emotional intelligence in undergraduate nursing students, and commonality of aspects of emotional intelligence prior to the commencement of studies in nursing. These results will then be compared at the end of first session, to examine changes in the level of emotional intelligence after introduction of fundamental teaching in nursing studies. Interviews undertaken with the students who volunteer for feedback will provide further insight into contributing factors that may have impacted on the alteration in emotional intelligence.

A further aim of the study is to build on the researcher’s ability to analyse the Bar-On Emotional Intelligence Quotient (EQi), and to provide feedback from results that are elicited from the scoring.