

## ORIGINAL PAPER

### Levels of Emotional Intelligence of Nursing Students

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#### Abstract

**Background:** Emotional intelligence is described as the ability to understand one's own emotions, to show empathy towards others' emotions and to organize one's emotions in a way to enrich his life

**Objective** of this study was determined levels of emotional intelligence of Nursing School Students of Health School.

**Methodology:** The present study was descriptively conducted with 183 nursing school students. The data were collected using questionnaire form and Emotional Intelligence Assessment Scale. The analyses of the data were performed using Cronbach Alpha Coefficient, Descriptive Statistics, Shapiro-Wilk test, Mann-Whitney U test, Kruskal-Wallis Variance Analysis.

**Results:** As the result of the research, students' mean score of Emotional Intelligence Assessment Scale was found to be at a normal level. Students' mean score for emotional management, self-motivation, empathy and social skill sub-dimensions were found to be normal whereas mean score for emotional awareness sub-dimension was low. There was statistically significant difference between grades and emotional awareness, marital status and social skill, financial status and self-motivation training provided before nursing-school and empathy, satisfaction with studying at nursing school and self-motivation, training provided about emotional intelligence and self-motivation stress management training and empathy, reading books about emotional intelligence and self-motivation, reading personal development books emotional awareness and empathy, status of want to take the stress management training and empathy sub-dimensions ( $p < 0.05$ ).

**Conclusions:** In light of these findings, it is recommended that trainings and studies be conducted in order to improve levels of emotional intelligence of the students.

**Key Words:** Emotional intelligence, nursing, student.