

Emotional Intelligence and Caring Behaviors of Mental Health Nurses in Greece

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Abstract.

Introduction: Emotional intelligence (EQ) is a personality feature that encompasses moods and perceptions about the ability to understand and use the feelings both of himself and those of others with a useful and efficient way in a personal, social and professional level. The effect of Emotional Intelligence in the field of Mental Health is of particular interest, as it is an intensely emotional field. The nursing staff has as an object the health care of people with mental problems, where emotions and their management are a key factor. For mental health nurses to be effective, it is appropriate and necessary for them to have emotional and communicative skills, which are associated with the level of Emotional Intelligence.

Purpose: The purpose of this descriptive study of correlation of the synchronic type is to investigate the level of Emotional Intelligence (EQ) and Caring Behaviors exhibited by nurses in mental health, as well as the relationship with their individual characteristics.

Methodology: The sample consisted of 191 nursing staff members of the Psychiatric Hospital of Thessaloniki. The participants completed a questionnaire that consisted of three parts: The first part was concerned with the recording of demographic characteristics of the participants; the second part was related to the questionnaire "Trait Emotional Intelligence Questionnaire-Short Form" (SF-TEIQue) for assessing the degree of emotional intelligence. The third part investigated the caring behavior of nurses and it used the Caring Behaviors Inventory scale (CBI). Descriptive statistics such as frequencies, means, percentages and standard deviations have been utilized. Inferential statistics such as pearson r correlation and regression analysis have been used to determine correlations between relevant variables. Level of significance accepted was $p < 0.05$.

Results: The results showed that the majority of participants were female and the average age was 44.69 years. According to the total but also the individual scoring of the TEIQ scale, Emotional Intelligence was found to be at a relatively high level (total mean 4,92) and associated directly ($r = 0,448$, $p < 0,001$) with the frequency of Caring Behaviors of the CBI scale which was found to be at a fairly high level with (total mean 5.08).

Conclusion: The study findings showed, as the overall Emotional Intelligence increased, the frequency of occurrence and the importance of Behavioral Behaviors increased.

Keywords: Emotional Intelligence, Mental Health Nurses, Caring, Caring Behaviors, Nursing.