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## The Mediating Role of Resilience and Health Behaviors on the Relationship of Emotional Intelligence and Social Adjustment

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### Extended Abstract

#### Aim

Socialization involves a complex interplay of communication between individuals and society, encompassing various aspects. Social adjustment, identified as a key characteristic of socialization (Parasamehr and Haddad, 2017), has garnered significant attention in recent years due to its crucial role as an indicator of mental health (Beikverdy & Jafari, 2016). Emotional intelligence, as one of the patterns associated with social adjustment, plays a fundamental role in enhancing adaptation, coping with stress, and achieving future goals (Chan, 2006). Bar-An (1999) conducted extensive research to explore why certain individuals excel in diverse life aspects and concluded that success is not solely determined by general intelligence but also involves another factor—emotional intelligence. Unlike earlier times when psychology contributed minimally to happiness and health, positive psychology has emerged today, with a primary focus on human well-being and happiness. Resilience is a core component of positive psychology, contributing to the biological-psychological balance of individuals in challenging situations (Samani et al., 2007). As noted by Whitner et al (2009), resilience plays a crucial role in maintaining equilibrium during risky situations. Another factor influencing mental health and contributing to individuals' adjustment is a healthy lifestyle, encompassing behaviors that safeguard one's health and exert influence over it (Neymotin & Nemzer, 2014). Considering these factors, along with theoretical and research foundations on the relationship between the variables in the current study and social adjustment, it becomes imperative to explore and understand all relationships simultaneously. The researcher posits that resilience and health behaviors may act as mediators in the relationship between the components of emotional intelligence and social adjustment. Hence, this study aims to examine the mediating role of resilience and health-promoting lifestyle behaviors in the relationship between emotional intelligence and social adjustment through a proposed model. It is hypothesized that high emotional intelligence can enhance social adjustment by mediating increased resilience and fostering health-promoting behaviors. This study investigates the mediating effects of resilience and health-promoting lifestyle behaviors on the correlation between emotional intelligence and social adjustment among university students.

#### Methodology

This research employed a descriptive and correlational methodology. The statistical population comprised all male and female students enrolled at Shahid Beheshti University in Tehran during the first semester of the 2019-2020 academic year. A sample of 400 students, including 222 girls and 178 boys, was selected using convenience sampling methods. To assess the variables of interest, the research utilized the Resilience Questionnaire (CD-RISC) second revised version, the Health Promoting Lifestyle Profile Questionnaire (HPLP-II), the Emotional Intelligence Shring Scale (EISS),

and the Social Adjustment Questionnaire (BAI). Participants completed the questionnaires within the allocated time frame. Data analysis was performed using the structural equation modeling method, employing a combination of path analysis and confirmatory factor analysis through AMOS version 20 and SPSS version 24 software.

### **Findings**

The results obtained from structural equation modeling revealed a complete mediation effect, indicating that the association between Emotional Intelligence and Social Adjustment is entirely mediated by resilience and health-promoting lifestyle behaviors. In the hypothesized model, emotional intelligence explained 49% of the variance in health behaviors and 36% of the variance in resilience. Additionally, 37% of the variance in social adjustment was predicted by a combination of emotional intelligence, health behaviors, and psychological resilience.

### **Conclusion**

In summary, the conceptual frameworks of psychological resilience and health-promoting lifestyle behaviors play a substantial role in connecting emotional intelligence with social adjustment. The outcomes of this study suggest that intervention and educational initiatives, such as a resilience training program, could positively influence the relationship between emotional intelligence and social adjustment due to the mediating role of resilience.

Keywords: Emotional Intelligence, Resilience, Social Adjustment.

### **Ethical Considerations**

Prior to commencing the research, participants were informed about the research objectives, expected duration, and methodology. Participants were notified of their right to withdraw and discontinue participation in the research at any time. Assurance was given to participants that information regarding their identity and their responses would remain confidential. Moreover, the research results would be sent to them via email if they wished to receive them. This research adhered to the religious and cultural norms of the community without any deviations.

### **Acknowledgment**

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### **Conflict of Interest**

There is no conflict of interest in t

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