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INVESTIGATION THE RELATIONSHIP BETWEEN TEST ANXIETY AND EMOTIONAL INTELLIGENCE (EQ) IN BOYS AND GIRLS OF HIGH SCHOOLS OF TEHRAN CITY

M. Farahati, A. Mahdavian, S. Agahi

Psychology, Science and Culture University, Tehran, Iran

Introduction: The aim of this study is to investigation the relationship between test anxiety and emotional intelligence (EQ) in boys and girls of high schools of Tehran city.

Methods: In this study 100 boys and 100 girls were selected via multi stage cluster sampling from the mentioned high schools. The participants were asked to answer two questionnaires. The beck anxiety inventory and bar- on emotional quotient inventory were used to measure anxiety and emotional intelligence.

Results: The result of this study suggested that test anxiety has a negative effect on EQ and therefore all EQ parameters have reverse correlation with amount of test anxiety. Such correlation was not seen between anxiety and phenomenon such as self expression, inter personal affairs and sympathy.

Conclusion: Emotional intelligence is defined as the awareness and ability to manage emotions in a healthy and productive manner, By providing a suitable educational environment in schools and families, we can help students learn how to control their emotions and thereby increase their EQ to be able to manage their emotions while encountering exams or other difficult situations in life.