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RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND DEFENSE MECHANISMS

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Background: Emotional intelligence as an ability to manage feelings and emotions plays an important role in individual's life and his or her success. Defense mechanisms occurring unconsciously can influence the emotions and their management and therefore are likely to change the level of individual's emotional intelligence. The aim of this article was to examine the relation between defense mechanisms and aspects of emotional intelligence. **Materials & Methods:** 300 students of Shahed University (147 boys and 153 girls) were included in this study. All students asked to complete Emotional Intelligence scale and Defense Style Questionnaire (DSQ-40). Descriptive analysis, independent samples t test, correlation and multiple regression were used to analysis the data. **Results:** Findings revealed that the correlations between mature defense styles and aspects of emotional intelligence and between neurotic defense styles and aspects of emotional intelligence were significant. Significant gender differences were found in emotional Perception, emotional Regulation and total score of emotional intelligence. Results of regression analysis showed that mature defense styles could significantly predict emotional intelligence and its components in girls while mature and neurotic defense styles did that in boys. **Conclusion:** In general, individuals who used mature defense styles had higher level of emotional intelligence.

Keyword: EMOTIONAL INTELLIGENCE, EMOTIONAL REGULATION, EMOTIONAL PERCEPTION, EMOTIONAL UTILIZATION, MATURE DEFENSE STYLE, NEUROTIC DEFENSE STYLE, IMMATURE DEFENSE STYLE