

# **EFFECT OF EMOTIONAL INTELLIGENCE AND STRESS LEVEL ON THE LIFE SATISFACTION: ÇUKUROVA AGRICULTURE WORKERS SAMPLE**

İlter ERÇİK

PhDStudent Program « Management in Education»  
SOUTHERN UNIVERSITY (IMBL)

## **ABSTRACT**

The aim of this study is to examine the effects of emotional intelligence and stress levels on the life satisfaction of agricultural workers. As a data collection tool; Geleman's "Emotional Intelligence Scale", "Perceived Stress Scale" developed by Cohen, Kamarck and Mermelstein (1983) and the Turkish version of the World Health Organization short form of life quality scale (WHOQOL-BREF-TR) were used. The group of the study consisted of 1,641 insured agriculture workers in Çukurova region. 683 volunteers participated into the study. In the research, the effect of emotional intelligence and stress levels on life satisfaction of agricultural workers was examined.

**Keywords:** Emotional Intelligence, life quality, work satisfaction

## **INTRODUCTION**

Recently, while the restrictive management and executive style become demode, the type of management, which is based on participation, product, service and value production, consist of people who constantly improve themselves, is desired (Yalcin et al., 2014).

Psychologists have defended that intelligence is not only of logical intelligence, but also includes a person's inner complexity (Bar-On and Parker, 1992, 1997; Goleman, 19988), and therefore, it has the capacity to include the emotions as well.

According to Goleman (1995), emotional intelligence is the basic life skill that provides; perseverance, persistence, self-mobilization, understanding of what others feel. Mayer and Salovey (1997) expressed the ability of an individual to perceive their emotions, reach their feelings and help them to create thoughts, understand their feelings and emotional information, and adjust their emotions to improve their emotional and mental development.

## **MATERIALS AND METHODS**

### **Purpose of the Research**

The purpose of this study is to examine the effect of work satisfactions on emotional intelligence and stress levels of agricultural workers working as insured in Adana - Çukurova region.

## The Importance of Research

In the research process, there is no academic study examining the satisfaction of agricultural workers according to emotional intelligence and stress level. Our research has the quality of being the first in terms of capacity and model.

## Sampling and Research Model

The required data for the research were gathered on a voluntary basis by the face-to-face (personal interview) questionnaire as the response rate was high and it allowed the immediate response to the questions asked. It was aimed to reach to 1000 people from 1,641 people who are working as insured workers in Adana Çukurova with simple random sampling method. Yet, due to time constraints and the refusal of workers to participate in the survey, it could be reached out to 689 people. As a result of the validity and reliability analyzes, 683 surveys were included in the study. Since the implementation of the survey was carried out according to the working hours of the workers as well as the difficulty of access to the fields and gardens in different locations, the completion of the interviews took 55 days with the work of 2 poll takers.

In the study; Goleman's Emotional Intelligence Questionnaire, which consists of 5 sub-dimensions, including consciousness, self-assessment, motivation, empathy and social skills, and the perceived stress scale developed by Cohen, Kamarck and Mermelstein (1983) and the Turkish adaptation of World Health Organization life quality scale short form were used. (WHOQOL-BREF-TR).

Multivariate statistical analysis and parametric and nonparametric tests were used to analyze the data acquired from the research. IBM - Statistical Package for Social Sciences (SPSS) 23.0 package statistics program was used. Frequency distribution, arithmetic mean, standard deviation, frequency and percentage calculations and regression analysis were applied with the help SPSS.

## RESULTS

Descriptive statistics of the research as follows.

Table 1: Descriptive statistics

| Age             | Frequency  | Percent      | Working period in agriculture | Frequency  | Percent      |
|-----------------|------------|--------------|-------------------------------|------------|--------------|
| < 25 years old  | 261        | 38,20        | < 10 years                    | 177        | 25,90        |
| 25-40 years old | 258        | 37,80        | 11-20 years                   | 261        | 38,20        |
| >40 years old   | 164        | 24,00        | >20 years                     | 245        | 35,90        |
| <b>Total</b>    | <b>683</b> | <b>100,0</b> | <b>Total</b>                  | <b>683</b> | <b>100,0</b> |

| Working period | Age            |                 |                | Total |
|----------------|----------------|-----------------|----------------|-------|
|                | < 25 years old | 25-40 years old | > 40 years old |       |
| > 20 years     | 0              | 111             | 134            | 245   |
| 11-20 years    | 139            | 92              | 30             | 261   |
| < 10 years     | 122            | 55              | 0              | 177   |
| <b>Total</b>   | 261            | 258             | 164            | 683   |

When Table 1 is examined, it is seen that 38,20% of the respondents are under 25 years old, 37,80% are between 25-40 years old, 24,00% are over 40 years old; It is observed that 25,90% of them work in agriculture sector for less than 10 years, 38,20% for 11-20 years and 35,90% for more than 20 years. When the data in the table are analyzed, it can be said that the agricultural sector in the Çukurova region started to work from a young age, so that people in this region could not find enough employment in non-agricultural sectors.

Table 2: Basic Statistics

| n=683                 | Emotional Intelligence | Consciousness | Self-Assessment | Motivation | Empathy | Social Skill | Stress | Life Satisfaction |
|-----------------------|------------------------|---------------|-----------------|------------|---------|--------------|--------|-------------------|
| <b>Mean</b>           | 3,7496                 | 3,8712        | 3,5927          | 3,5757     | 3,6767  | 3,6279       | 3,3035 | 3,2911            |
| <b>Median</b>         | 4,0000                 | 3,6667        | 3,4000          | 3,4000     | 3,8000  | 3,6250       | 3,3000 | 3,3000            |
| <b>Std. Deviation</b> | 0,4335                 | 0,4458        | 0,3769          | 0,3083     | 0,2979  | 0,3526       | 0,4448 | 0,5522            |
| <b>Variance</b>       | 0,188                  | 0,199         | 0,142           | 0,095      | 0,089   | 0,124        | 0,198  | 0,305             |

When the above table is analyzed, it is seen that the averages are between 3,3291 and 3,8712 and the standard deviation is between 0,2979 and 0,5522.

Table 3: Reliability Test Results of the Surveys

| Dimensions                   | Cronbach $\alpha$ |
|------------------------------|-------------------|
| Emotional Intelligence Scale | ,943              |
| Stress Scale                 | ,967              |
| Life Satisfaction Scale      | ,773              |
| Total of the Survey          | ,960              |

Since the Cronbach  $\alpha$  value was > 70 on all scales, all surveys were accepted as valid and reliable (Hair et al., 1998).

Table 3: Regression analysis for determination of the effect of stress on life satisfaction with emotional intelligence

| Variiances         | B     | t      | p    | F      | Sig.F | R    | R Square |
|--------------------|-------|--------|------|--------|-------|------|----------|
| (Constant)         | 1,933 | 4,125  | ,003 | 18,928 | ,000  | ,379 | ,144     |
| Consciousness      | ,435  | 3,121  | ,002 |        |       |      |          |
| Self-Assessment    | ,234  | 1,637  | ,102 |        |       |      |          |
| Motivation         | ,691  | 4,203  | ,000 |        |       |      |          |
| Empathy            | 1,033 | 7,498  | ,000 |        |       |      |          |
| Social Skill Level | ,815  | 5,249  | ,000 |        |       |      |          |
| Stress             | -,335 | -7,460 | ,000 |        |       |      |          |

Dependent Variable: Life satisfaction

One of the basic reasons for regression analysis is to make predictions about the future. For this situation, the mathematical regression model should be meaningful. When the table above is examined, it is seen that emotional intelligence and stress have an effect on life satisfaction and regression formula showing this effect is given as follows;

**Regression Model Y (life satisfaction)  $= 1,933 + 0,435(\text{consciousness}) + 0,691(\text{motivation}) + 1,033(\text{empathy}) + 0,815(\text{social skill}) - 0,335(\text{stress})$**

## CONCLUSIONS AND RECOMMENDATIONS

According to the research data, emotional intelligence and stress level were found that affecting life satisfaction. People's social skills, consciousness and motivation levels and their ability to empathize affect the life satisfaction of the person along with the stress situation.

In the management processes, the characteristics of the managers will be reflected in the management processes and the individual and organizational characteristics of the workers working in labor intensive sectors such as the agricultural sector should be taken into consideration. Emotional intelligence, which directly affects the working process, such as work satisfaction, alternative approaches should be developed by assessing the additional elements within concepts such as governance.

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