

The Relationship between Emotional Intelligence, Self-Esteem and Mental Health of Staff at the Health Center of Ghaemshahr City

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Abstract. The purpose of this study was to survey the relationship between emotional intelligence, self-esteem and mental health in personnel of hygiene center. It was a correlative descriptive study. To achieve the purpose of this research from total number of 100 personnel in hygiene center, a group of 80 personnel (40 female and 40 male) were chosen randomly using krejcie and Morgan's table. Bar-On's emotional intelligence questionnaire, Cooper Smith's self-esteem questionnaire and Golberg and Hiller's general health questionnaire were selected as instruments of this research. Data was analyzed by SPSS software, using descriptive (frequency table) and inferential (Pearson's correlation coefficient) statistics. The results obtained from this study showed that: It was a significant relation between emotional intelligence and self-esteem. It was a significant relation between emotional intelligence and mental health. It was a significant relation between self-esteem and mental health. Emotional intelligence between women and men was similar. Self-esteem between women and men was different. Mental health between women and men was similar.