



Effectiveness of Emotional Intelligence on Increasing the Psychological Dimension of Quality of Life of Mothers of Educable Mentally Retarded Children in Esfahan in 2014-2013

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ABSTRACT

Objective: The birth of the child with mental retardation and challenging in every household can be considered adverse events probably stress, frustration, sorrow and despair will follow. In such situations, although all members of the family and its function, damage however, due to the traditional role of mothers 'care' more responsibility for their ability to take small children as a result, physical and mental problems faced by, and affect the quality of their lives, this study aims to evaluate the effectiveness of emotional intelligence on increasing the psychological dimension of quality of life of mothers of educable mentally retarded children in Esfahan. **Methodology:** The population of the study, all mothers' educable mentally retarded children studying in primary schools related to the education of children is unique city. Sampling for this study was a cluster randomized manner. 30 subjects were randomly selected and randomly divided into two groups were divided and tested. To collect data from the World Health Organization Quality of Life Questionnaire (BREEF) was used. **Results:** After the pre-test, Experimental group participated in 12 sessions of one hour and a half, intervention in the control group, received none. At the end of each post-test was used. The psychological effect of emotional intelligence to manage the quality of life of mothers of children with educable mentally retarded analysis of covariance was used. **Conclusion:** Results indicate approval of the research question) Emotional Intelligence: ($p \leq 0.01$)

1. Introduction

The quality of life in the last twenty years has been challenging and useful. This means that not only the intellectual aspect, but also in terms of practical developments have created and popularized the idea of the quality of life for most people a real purpose and accessible to all individuals (Safari Shirazi, 2004). Because most of these mothers take care of their children ROM and incur additional responsibilities in this regard, that's why they experience more stress and the need for greater attention and support to their children's needs is high, especially in childhood (McConkey et al, 2008). One of the training and support that played an important role in improving the quality of interpersonal relationships and promotion of mental health and reduce stress and life stress plays emotional and social skills training program that has a sense of "strengthening emotional intelligence" called (Ali-Zadeh Darbandi, 2006). Cadman & Brewer (2001) found that emotional intelligence is a mediator in the relationship between mental health and stress. The authors concluded that people with high emotional intelligence than people who have low scores on this variable, better adapted to the demands of their environment. Emotional intelligence has social benefits, is the cognitive and biological. Research shows that people with high emotional intelligence, lower levels of stress hormones and other indicators of emotional arousal possess greater ability to focus on the problem with better emotional competence and the use of

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problem-solving skills that will enhance their cognitive ability (Ghanizadeh & Moafian, 2009). Therefore, the proposed theoretical impact on quality of life for families of children with mental retardation and the importance of emotional intelligence in people's lives, in this study, the effectiveness of management training to enhance the quality of life of mothers of children with emotional intelligence, mental retardation paid. One of the training and support that played an important role in improving the quality of interpersonal relationships and promotion of mental health and reduce stress and life stress plays emotional and social skills training program that has a sense of "strengthening emotional intelligence" called (Moafian & Ghanizadeh, 2009).

2. Materials and methods

2.1 The research goals

Determine the effect of enhancing the social dimension of quality of life, emotional intelligence management (public health) mothers of educable mentally retarded children.

2.2 The hypothesis

EI and social dimensions increases life quality management education mothers of mentally retarded children. A descriptive study of demographic variables.

Table 1. Mean, standard deviation varies according to the age distribution of the sample groups

Group	N	Mean	SD	Minimum	Maximum
Control	15	34.56	7.19	29	54
Experiment	15	33.78	8.41	39	48

As seen in the above table is the average age of the control group (34.56) and experimental group (33.78), respectively. Therefore, the distribution of age groups in a range.

2.3 Inferential statistics and research hypothesis

Table 2. Levine test to measure the assumption of equal variances for all variables

Dependent variable	Steps	Levine statistics	Degrees of freedom 1	Degrees of freedom2	Significance level
Social relations	Pre-test	0.1	1	28	0.74

We can see that the variance of the variables in the pre-test groups there was no significant difference, and the variance is equal groups, the assumption of equal variances for the variables observed parametric tests can be used to analyze the data.

2.4 Hypothesis

Emotional intelligence management training to increase social relationships of mothers with children is educable mentally retarded.

Table 3. Mean and standard deviation of Experiment and control groups according to the stage of social relations

Variable	Step	Statistical index Group	Mean	SD	Number
Social relations	Pretest	Experiment	6.69	3.43	15
		Control	7.98	2.8	15
	Posttest	Experiment	14.81	5.03	15
		Control	8.64	3.25	15

Descriptive measures of central tendency table variable for the pre-test and control groups mean social relations in both groups and the social relations show. As can be seen in relatively close to each other, but posttest mean increased in the experimental group.

Table 4. Results of t-test to compare the means of social communication

Group	Mean	Standard deviation	Difference	Value of t	Degree of freedom	Significance level
Experiment	6.69	3.43	1.29	0.359	28	0.49
Control	7.98	2.8				

The table above Mean and standard deviation of the experimental and control groups in the social interaction test. To a significant means of two independent t-tests was used. As can be seen in the table above, the calculated t-value (0.358) was rejected at a significance level 0.05. In other words, between the experimental and control groups were not significantly different in the social interaction test. The effect of emotional intelligence to manage

social relationships educable mentally retarded children of mothers with analysis of covariance was used. This test can neutralize the effect of the test results.

Table 5. Results of ANCOVA for the effect of maternal education, management, emotional intelligence and social relations

Dependent variable	Sum of squares	Degree of freedom	Mean square	F	Significantly	Size effect	Statistical power
effect pretest	321.13	1	321.13	17.43	0.001	0.37	0.96
Group	269.55	1	269.55	14.69	0.03	0.21	0.88
Error	189.99	27	47.28				
Total	134641	30					

The above table shows that $F = 14.96$ a significant level $p \leq 0.05$ is significant, the difference between the mean scores of social relations in the post-test and control groups, is significant. In other words, emotional intelligence and management training has on social relationships affect educable mentally retarded mothers with children.

The effect is that the group represents 21 percent of the increase in the social relations in the post-test of the effectiveness of management training is emotional intelligence. Statistical power 0.88 indicates that the sample size is sufficient for analysis. The fifth hypothesis is confirmed, training management, emotional intelligence and social relations educable mentally retarded child's mother has been in the post.

3. Discussion and results

The hypothesis was that the management of social relationships, emotional intelligence increases the mothers of handicapped children. The results showed that emotional intelligence management training is effective in enhancing the social relationships of mothers of handicapped children and fourth research hypothesis at $p \leq 0.05$ were significant. Experimental evidence indicates that the subject's health status, social support and quality of life of informal caregivers of children and adults with mental retardation significantly lower than their counterparts in other care these variables can significantly caregiver education level, employment status, family income and social communication network linked (Chou et al, 2011). In addition, studies have shown that taking care of retarded children from their mothers affects two aspects of quality of life. In addition, by enabling people to connect and support other mothers had a positive effect on quality of life but to limit interpersonal relationships and mothers, detract from fun and enjoyable activities and endangering their positions, UCT Journal of Social Sciences and Humanities Research have a negative impact on quality of life of the mother. The retarded child care home and financial risks for the mother to have a fear of the future (Yoong & Koritsas, 2012). Recent studies also suggest that terrible thing that social support and high availability features and support for children with mental retardation and the availability of facilities providing necessary training to families with children with disabilities or mental retardation, opportunity for parents of children with increased life satisfaction and enhancing the quality of life (Bryant, 2012). EI researchers believe that the most fundamental problem is the same clients. They are involved in a relationship or are uncomfortable or do anything that could be called a relationship. Most of the students of their inability to establish a relationship, intimate relationship with others or make satisfactory or successful, or at least one person in their life arises. Leadership Training emotional intelligence with reform expression of emotion, impulse control, and increased emotional consciousness and willingness to communicate actively and the pursuit of happiness humans led to a satisfactory relationship and teaches them how to behave from their current behaviour to be more effective. Whatever people are more likely to interact with others will experience greater satisfaction. Emotional Intelligence indicates that social relationships and emotional and mental me how practical or feasible in certain circumstances be inappropriate. Empathy means being able to help people in different situations, feelings of others to hear, to get a bigger reward, small rewards to ignore, not all the power of his thinking and reasoning interferes with the stability problems, and at all times maintain their motivation (Kawachi et al, 1997).

4. Conclusion

Emotional intelligence is a sentimental gift that will determine how to best possible use of their skills. And even helps behavior or reaction in the right direction to apply (Fletcher et al, 2009). Unlike cognitive intelligence, emotional intelligence is a kind of intelligence that is caused by genetics, through the training, the participants will be institutionalized. Officials hope that the families and education and training, emotional intelligence education from an early age due to the only trained persons studious, educated and lacking in social skills do not pay why emotional intelligence creates and enhances health, prosperity, success and most importantly, love and joy. May (2012) argue that people who can benefit from emotional intelligence emotions and others to control, emotional intelligence Bar is a set of abilities, capabilities and skills to cope effectively with the individual knows, success in life is ready. During these sessions beneficial practices such as: support, encouragement, listening, acceptance, trust, mutual respect and negotiation of differences and destructive practices of communication such as:

Criticism, blame, complain, complain, threaten, punish sticks to control the intent to harm others and to help clients to identify relationships and they will be replaced with the correct etiquette and this can cause an increase in social relationships of mothers of children participating in this study are considered mentally retarded.

4.1 Suggestions

It is recommended to educate families to reduce stress and improve quality of life to a great extent caused Institute and maintenance of children in the center of poverty has been warm family irreparable injury to the other to prevent the children. It is recommended to education and early intervention for mothers and all the organs that are associated in some way with the maintenance and education of children, has helped in reducing parenting stress.

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