

UNIVERSITI TEKNOLOGI MARA

**EMOTIONAL INTELLIGENCE ON STRESS MANAGEMENT,
JOB PERFORMANCE AND SOCIAL SKILLS :
A CASE STUDY AT SM SAINS TUANKU JAAFAR, KUALA
PILAH, NEGERI SEMBILAN**

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ABSTRACT

Emotional intelligence is the ability of a person to sense and handle self and others' emotions and feelings. The five components of emotional intelligence are self-awareness, self-regulation, motivation, empathy and social skills. This study is about determining the effect of emotional intelligence on stress management, job performance and social skills. This study was conducted as recently, there is a teacher who suffers from stress at the workplace. The number of sample taken was 52 teachers out of 60 teachers. Umar Sekaran's table was referred in determining the number of samples. The sampling method used was simple random sampling method. The data were collected using self-administered questionnaires then were analysed using descriptive analysis and ordinal regression. The items used were reliable. The results obtained show that age is the only variable that are affected by emotional intelligence.

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TABLE OF CONTENTS

TOPIC	PAGE
ABSTRACT	i
ACKNOWLEDGMENT	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	v
LIST OF FIGURES	vi
LIST OF APPENDICES	vii
CHAPTER 1: INTRODUCTION	
1.1 Background of Study	1
1.2 Problem Statement	4
1.3 Research Objectives	5
1.4 Research Questions	6
1.5 Research Hypothesis	6
1.6 Scope and Limitation of Study	6
1.7 Significance of Study	7
CHAPTER 2: LITERATURE REVIEW	
2.1 Introduction	8
2.2 Emotional Intelligence towards Employee	
2.2.1 Emotional Intelligence	9
2.2.2 Stress Management	11
2.2.3 Job Performance	14
2.2.4 Social Skills	17
CHAPTER 3: METHODOLOGY	
3.1 Introduction	19
3.2 Research Design	19
3.3 Population and Sample	20
3.4 Sampling Method	20
3.5 Research Instrument	21
3.6 Data Collection Methods	22
3.7 Theoretical Framework	23
3.8 Method of Analysis	
3.8.1 Descriptive Analysis	24
3.8.2 Ordinal Regression	24
3.8.3 Model Evaluation for Ordinal Regression	25
3.8.4 Summary of Data Analysis	27

CHAPTER 4:	RESULTS AND DISCUSSION	
4.1	Introduction	28
4.2	Reliability Test	28
4.3	Descriptive Analysis	
	4.3.1 To Describe the Demographic Characteristics of the Teachers	29
4.4	Emotional Intelligence Among Teachers	32
4.5	Factors Affecting Emotional Intelligence	
	4.5.1 Testing Assumptions	33
	4.5.2 Constructing The Dummy Variables For Categorical Variables	35
	4.5.3 Model Evaluation for Ordinal Regression	36
CHAPTER 5:	CONCLUSIONS AND RECOMMENDATIONS	
5.1	Conclusions	40
5.2	Recommendations	41
REFERENCES		43
APPENDICES		48