

Emotional Peace, Emotional Intelligence, and Mindfulness: Bridging the Gaps.

The Implication of Life Satisfaction and PTSD on Mental Health Outcomes when Internal Conflicts, Psychopathology, & Justian Emotional Intelligence, Emotional Peace, and Mindfulness are at Play.

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Ex-Tressions

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Ahstract

To understand from the participants' perspectives what role emotional intelligence plays in helping people manage stress and cope with traumatic experiences; we aim to conduct a series of studies. This study is the preliminary exploration of factors such as internal conflicts, psychopathology, trauma experiences, and emotional intelligence that may impact mental health outcomes. This study analyzes whether life satisfaction and post-traumatic stress disorder, PTSD can predict mental health outcomes. Intelligence regulates our emotions and provides a sense of peace in the inner self. EI has long been grouped with cognitive intelligence which is related to IQ (Zeidner et al., 2009). Western perspectives have historically separated reason and emotion from action and passion as argued by Zeidner et al. A few terms refer to the concept of peacefulness. In the context of this study, the concept of emotional peace, EP is an umbrella term to refer to emotional intelligence and mindfulness because determinants of individual peacefulness are related to mindfulness and knowledge (Nelson, 2021). The significant impacts of EI on mental health and overall well-being justify the need to expand the literature on the relationship between EI and emotional peace and the likelihood of developing psychopathology. Hypothetically, emotional disturbance may impact mental health in general and generate psychopathological conditions in certain individuals. A regression analysis was conducted to assess whether life that the predictors of life satisfaction and PTSD add statistically significantly to the prediction of mental health outcomes and PTSD can predict mental health outcomes.

A multinomial logistic regression model was performed. The larger Chi-Square value and p < .05 signal the poor fit of the model. However, the model fitting information indicates that the Final row has a p-

Background/Introduction

of <.05. This indicates that the full model statistically significantly predicts the DV "self-rated

al health" better that the IV "Life is ideal" and "PTSD" model alone. This means s.

Existing Literature on this Topic.

- Mindfulness is a state of consciousness based on insight (Holm & Islam, 2024).
- Mindfulness is the peace of mind (Holm & Islam, 2024).
- Self-esteem is the cause of sustained psychopathology (McAdams, 2020).
- Based on the psychoanalytic approach, internal or external conflicts derive from the lack of ability to create harmonization between events that are perceived, experienced, or believed (Sabbadini, 2021).
- The lack of ability to accept and cope with the events' real outcomes based on mental constructs that the person created of the events generates conflicts
- EI allows researchers to link intelligence with emotions and to study emotions through the lenses of intelligence.
- Trait EI empowers individuals to perceive, communicate, and understand their emotions and the emotions of others and to effectively regulate those emotions (Zeidner et al., 2009).
- Historically, Western perspectives have separated reason and emotion from action and passion as argued by Zeidner et al.
- Those gaps in the literature justify the need to further evaluate the literature on the relationship between EI and emotional peace and the likelihood of psychopathology.
- Evaluating the impacts of trait EI on depressive symptoms, the findings suggest that EI was positively associated with life satisfaction and trait EI negatively impacted depressive symptoms (Evrensel-Inanc et al., 2022).
- Severe depression is associated with psychopathology (Evrensel-Inanc et al., 2022).
- EI may impact mental health leading to internal conflict, maladjustments, acute stress, and eventually psychopathology (Evrensel-Inanc et al., 2022).
- Emotional intelligence serves as a protective factor against the development of secondary traumatic stress (Yazici & Ozdemir, 2023).
- The ability to cope with PTSD and distress was partially moderated by the trait EI (Slanbekova et al., 2017).
 Emotional intelligence allows people to achieve success and emotional
- happiness; it impacts real-life functioning (Zeidner et al., 2009).
 People with higher life satisfaction are free from depressive symptoms
- (Evrensel-Inanc et al., 2022).
 Self-compassion and emotional intelligence serve as a barrier against the development of secondary traumatic stress (Yazici & Ozdemir, 2023).

Gaps in the Literature

- Zeidner et al. (2009) suggested that future studies use quantitative and qualitative research designs such as interviews and observation data from diverse cultures to study the relationship between emotional intelligence and depression.
- Some findings justify the need to investigate the implications of emotional intelligence on mental healt outcomes (Yazıcı & Özdemir, 2023).
- We hope to understand from the participants 'perspectives what role emotional intelligence plays in helping people manage stress and cope with traumatic experiences.
- Thus, we hope to address the topic to provide some answers to those questions and to contribute to the

Research Questions

What is the role of emotional intelligence in managing internal conflicts to reduce the risks of developing psychopathology in individuals with a history of acute stress and trauma experiences?

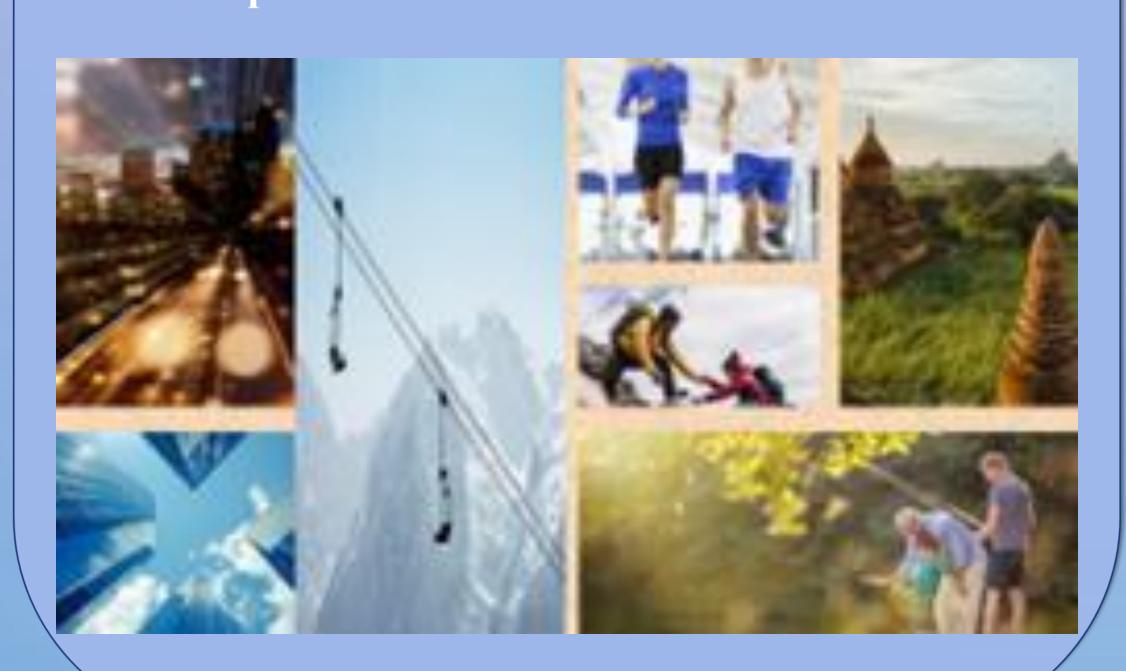
Hypothesis

Extreme emotional disturbance (Kirschner et al., 2004) may impact mental health in general and generate psychopathological conditions in certain individuals.

Methodology: Mixed Methods

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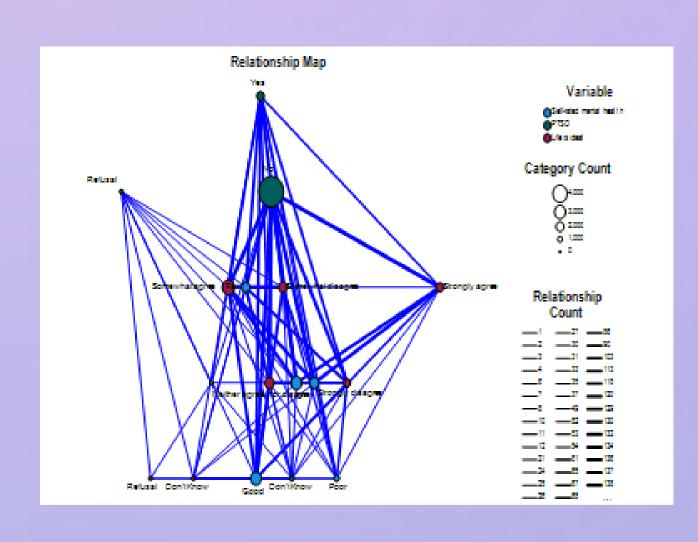
- Quantitative analysis
- In this presentation, only a partial quantitative analysis is presented.
- Multinomial logistic regression model was performed using the lasted *National Wellbeing Survey, United States, 2021* (Monnat & Rhubart, 2024). N= 4014
- Qualitative analysis may include:
- OAn interpretative phenomenological study (Sen Mukherjee & Barr, 2023).
- A descriptive phenomenology study (Giorgi, 2014) to understand participants' lived experiences.

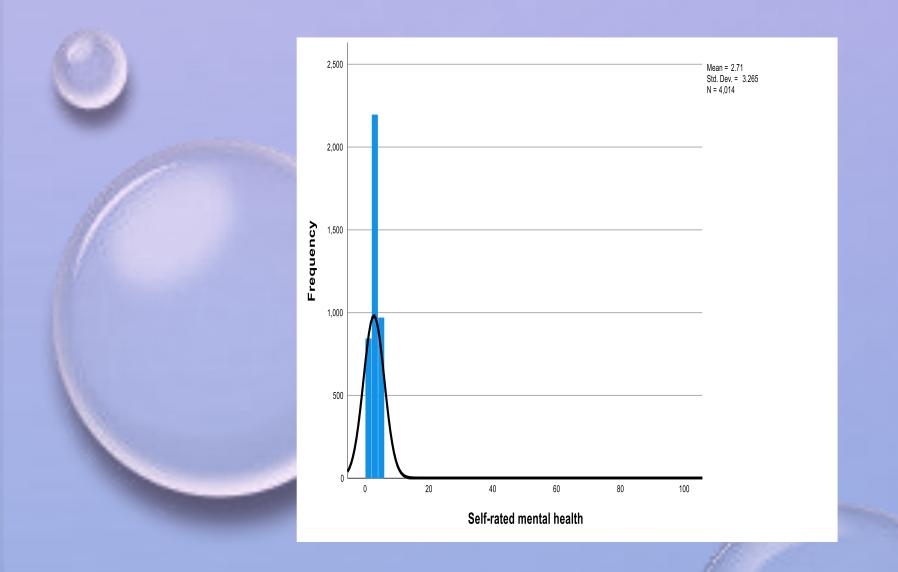


Results

Goodness-of-Fit											
	Chi- Square	df	Sig.					Refus			
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Life is ideal		15	35.930	1	5.257	5	.009				
PTSD 1544.129		23.455		5	<.001		-		1=		
											-
		Pa	rameter E	Estimates							
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Self-rated mental health ^a		В	Std. Error	Wald	df	Sig.	Exp(B)
Excellent	Intercept	6.190	.735	70.994	1	<.001	
	Life is ideal	016	.014	1.357	1	.244	.984
	PTSD	033	.012	7.898	1	.005	.968
Very Good	Intercept	6.500	.734	78.308	1	<.001	
	Life is ideal	028	.014	4.004	1	.045	.972
	PTSD	031	.012	7.288	1	.007	.969
Good	Intercept	6.454	.734	77.233	1	<.001	
	Life is ideal	024	.014	3.042	1	.081	.976
	PTSD	026	.012	5.236	1	.022	.974
Fair	Intercept	6.036	.735	67.452	1	<.001	
	Life is ideal	034	.015	5.395	1	.020	.967
	PTSD	025	.012	4.640	1	.031	.975
Poor	Intercept	5.005	.737	46.145	1	<.001	
	Life is ideal	023	.014	2.504	1	.114	.977
	PTSD	022	.012	3.491	1	.062	.978





Conclusion

Findings

Larger Chi-Square value and p < .05 signal the poor fit of the model.

The model fitting information indicates that the Final row has a p-value of <.05.

This indicates that the full model statistically significantly predicts the DV, self-rated mental health better that the IV "Life is ideal" and "PTSD" model alone.

Discussion/Conclusion

This study

A MANOVA could have yielded better statistical significance and will be explored in subsequent analyses.

Adding "life is ideal" as a mediator did not improve the significance of the model.

Helps identify factors that can compromise mental health.

Helps to prevent psychopathology and improve quality of life leading to wellness Informs that to maintain peace within the self and the community, individuals must manage internal and external conflicts (Sabbadini, 2021). Coping with intense emotions requires some

level of peace (Matthew et al., 2020).

When emotions are adequately managed, they maintain emotional peace within individuals for the welfare of the communities and the people.

References

