Perspective vs. Emotional Intelligence

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QUESTION: Does the perspective of a person affect their emotional intelligence? HYPOTHESIS: People who have an optimistic perspective have higher emotional intelligence than those who have a pessimistic perspective. PROCEDURE: First define the problem and conduct research to learn about optimism, pessimism, and emotional intelligence. Then use a standardized Emotional Intelligence Survey (https://www.mindtools.com/pages/article/ei-quiz.htm). For the convenience of digital distribution, transfer the survey questions onto a Microsoft Form, which also gives you the ability to add the research-specific items such as, whether the respondent is an adolescent or an adult, and whether they perceive themselves as an optimist or a pessimist. Send the survey to at least 100 people of diverse geographical areas and ethnicities across the globe. When surveys are collected, use the EQ(Emotional Quotient) criterion as the evaluation tool, to categorize and analyze the data to show the Emotional Intelligence levels as low, average, and high for both optimists and pessimists. DATA: As per the collected data, there are 64% of optimists and the other 36% are pessimists. Among the 36% of pessimists, 2% have low EQ and 34% have average EQ. Among the 64% of optimists there are only 1% have low EQ, 47% have average EQ, and 16% have higher EQ. CONCLUSION: According to the data collected, my hypothesis is proven to be correct. Overall 64% of my subjects are optimists and have average to higher EQ. Whereas, 36% of my subjects are pessimists and have low to average EQ. Therefore, as per my hypothesis, those who are optimists tend to have higher Emotional Intelligence which helps them navigate through unprecedented times and challenges of life and exhibit social and emotional skills.

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