

Abstract

The purpose of this research was to investigate the role of emotional intelligence (EI) in the social competence and psychological well-being of adults with reference to Pakistani culture. Evidence shows that EI is positively correlated with social competence and psychological well-being. Therefore, it was hypothesized that there would be a significant positive correlation among EI, social competence and psychological well-being. Secondly, it was assumed that social competence would mediate the relationship of emotional intelligence and psychological well-being. Further, it was hypothesized that there would be a significant mean age difference in emotional intelligence, social competence and psychological well-being in terms of gender, age and education level. Sample of study consisted of 410 adults (193 male, 217 female) whose age ranged from 20 to 58 ($M = 25$, $SD = 6.15$), taken from GCU through convenient purposive sampling. Data were collected in the form of questionnaire. Four assessment tools; Scale of Emotional Intelligence (SEI, Batool & Khalid, 2009), Interaction Rating Scale Advance (IRSA-Brief) and Well-being Manifestation Measure Scale (WBMMS, Masses et al., 1998) along with Satisfaction-With Life Scale (SWLS, Diener et al., 1985) were employed to collect data. Data was interpreted by using descriptive statistics, reliability analysis, Pearson correlation, ANOVA, MANOVA, post hoc analysis, AMOS model of regression and mediation model for generating results. Findings suggested that EI is positively correlated with social competence and psychological well-being and EI as a source of prediction determine social competence and psychological well-being. Moreover, SC mediates the relationship of EI and PWB. It is also found that EI gets better with age and education but there are no gender differences found regarding EI. The current findings strengthen the study as these results are consistent with previous literature. The theoretical and practical implications of this study were discussed.

Keywords: emotional intelligence, social competence, psychological well-being, life satisfaction, mediation, adults.