

Gender Differences in the Relationship of Emotional Intelligence with Impulsivity and Self-Control

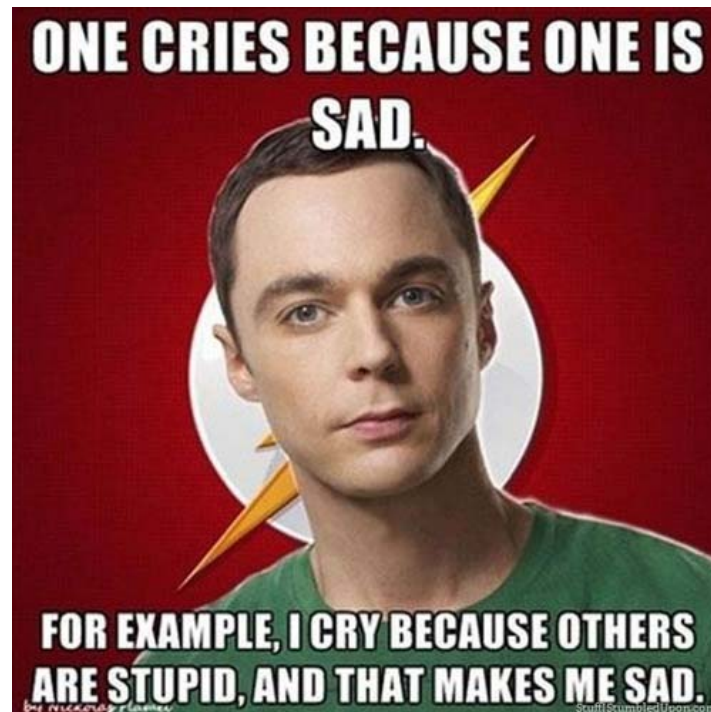
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Introduction

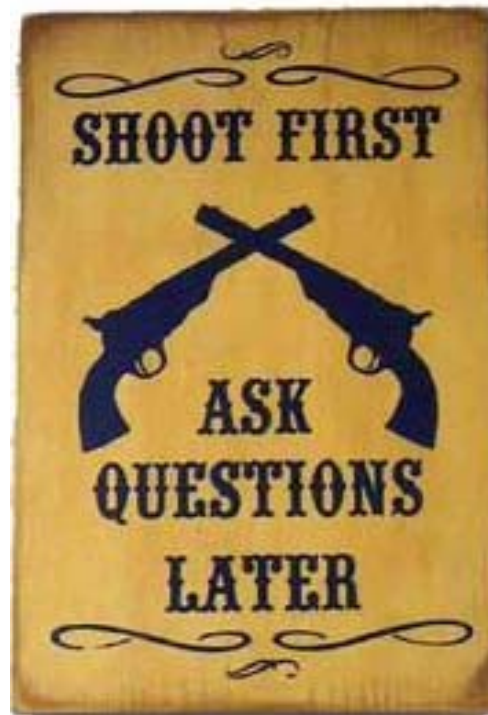
Emotional Intelligence (Mayer & Salovey, 1997):

- Ability to **Perceive & Understand** emotions
- Ability to **Express & Label** emotions
- Ability to **Manage & Regulate** emotions



Impulsiveness

- Personality trait
- Lack of planning, making up one's mind quickly, acting without considering the consequences (Whiteside & Lynam, 2001)



Self-control

- Capacity to change and adapt the self to produce a better, more optimal fit between the self and the world



Gender Differences

- **Women tend to score higher on dimensions of emotional intelligence than men** (Taksic & Mohoric, 2006)



- Emotional intelligence predicts higher self-control and lower impulsiveness (West, 2013)

Are there gender differences in these effects?

- No past studies have examined this possibility

Research Goals

- 1. To explore gender differences in mean levels of emotional intelligence, impulsiveness and self-control**
- 2. To explore if gender moderates the relationship of emotional intelligence with impulsivity and self-control**

Methods

- Correlational survey study
- 582 Croatian young adults completed a survey containing questions concerning :
 - **Emotional Intelligence** (EISCQ; Takšić, 1998)
 - **Impulsiveness** (BIS-11; Patton, Stanford, & Barratt, 1995)
 - **Self-control** (SCS; Tangney et al., 2004)
 - **Demographic information** (sex, age, SES)

Results

Table 1. Descriptive statistics and reliability indices for the scales of interest.

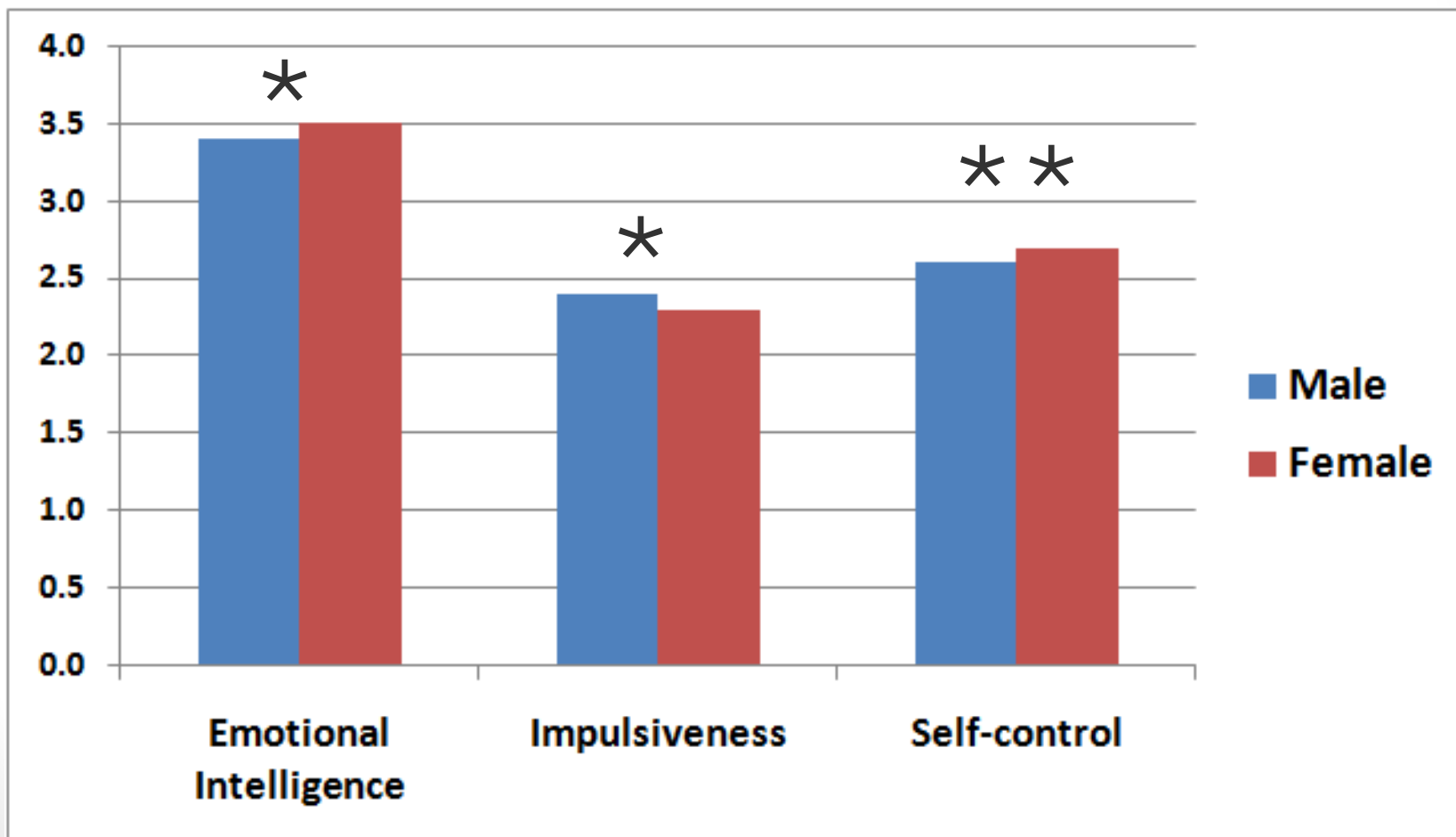
| | Scale | <i>M</i> | <i>SD</i> | <i>Cronbach's Alpha</i> |
|----|------------------------|----------|-----------|-------------------------|
| 1. | Emotional Intelligence | 11.01 | 1.20 | 0.90 |
| 2. | Impulsiveness | 12.19 | 3.46 | 0.90 |
| 3. | Self-control | 2.18 | 0.31 | 0.79 |

Table 2. Bivariate correlations among measures of interest.

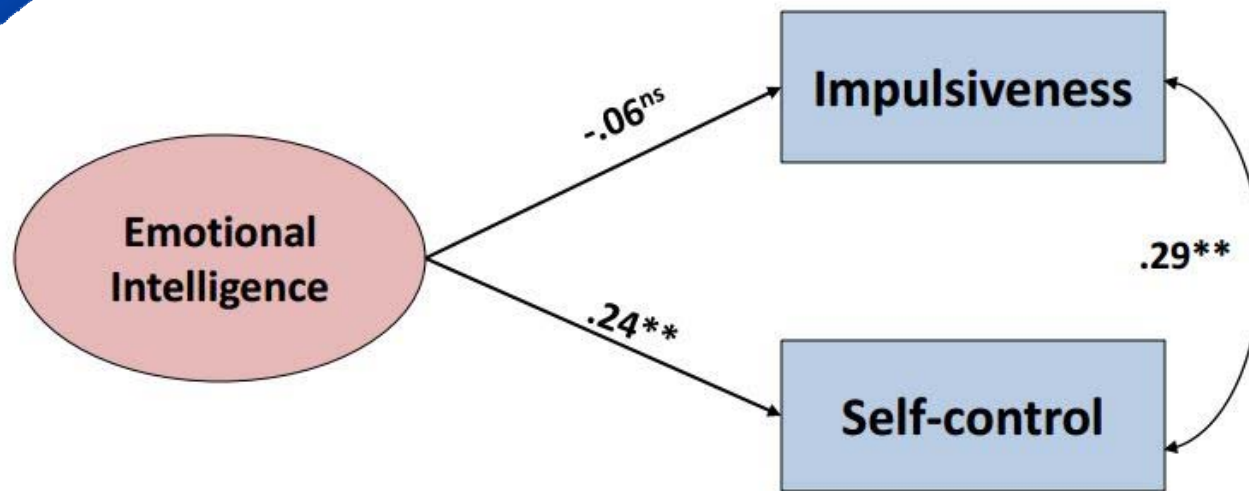
| | 1 | 2 | 3 |
|---------------------------|--------|--------|---|
| 1. Emotional Intelligence | 1 | | |
| 2. Impulsiveness | -.25** | 1 | |
| 3. Self-control | .15** | -.12** | 1 |

* $p < 0.05$, ** $p < 0.01$

- Small but significant gender differences were found in mean levels of emotional intelligence ($t(354) = 2.23, p < 0.05$), impulsiveness ($t(579) = 2.28, p < 0.05$) and self-control ($t(579) = 2.70, p < 0.01$)

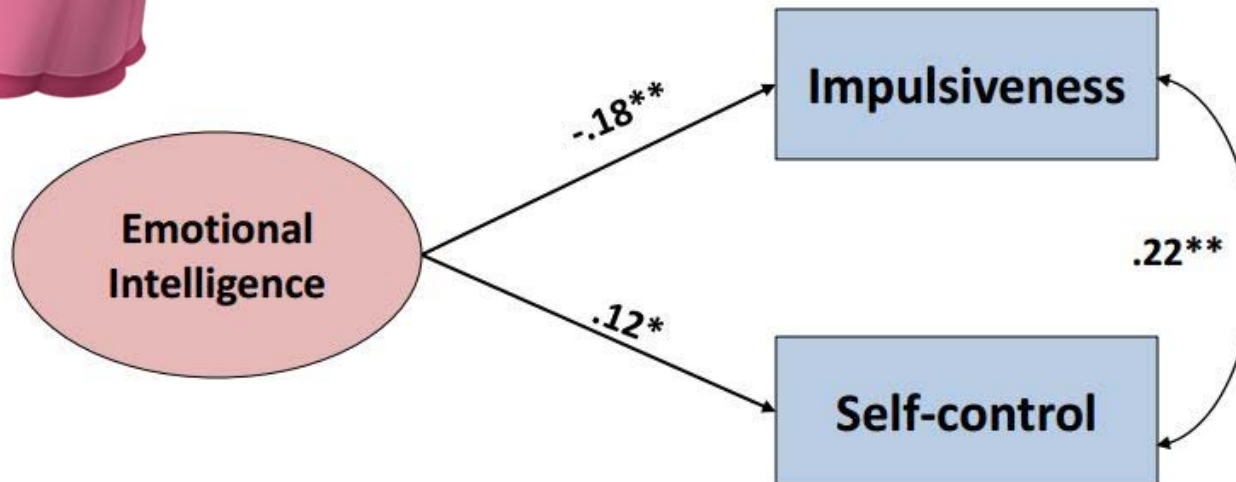


- Structural equation modeling in Mplus was used to explore whether emotional intelligence predicts impulsiveness and self-control
- **Multigroup modeling was used to compare results among men and among women**



Men (185 Croatian college students)

* $p < 0.05$, ** $p < 0.01$, ^{ns} nonsignificant



Women (396 Croatian college students)

* $p < 0.05$, ** $p < 0.01$, ^{ns} nonsignificant

Main Findings

Gender differences in mean levels of EI, impulsiveness and self-control

On average, women scored higher on emotional intelligence and self-control, lower in impulsiveness (small differences)

Emotional Intelligence Predicted Higher Self-control

both among men and among women

Emotional Intelligence Predicted Lower Impulsiveness

among women but not among men

Conclusions

1. Past findings of gender differences in mean levels of EI were replicated (Taksic & Mohoric, 2006)
 - **May be a result of social learning processes**
2. **Novel finding:** Gender moderated the relationship of EI with impulsiveness and self-control
 - **Suggests that impulsiveness relates to lower EI skills among women, not among men**

Future Directions

- **Replication** of novel findings from his study is needed
- Because this is a correlational study, it is not possible to establish causality
- **Longitudinal studies** are needed to determine the direction of effects between these variables

References

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Thank You!