

The Intermediate Role of Emotional Intelligence in the Relationship between Psychological Flourishing and Quality of Life among Riyadh Metro Users

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Abstract

The aim of this research is to explore the possibility of the intermediate role of Emotional intelligence in the relationship between Psychological Flourishing and quality of life among Riyadh Metro users. The sample consisted of (400) males and females. The researcher used the emotional intelligence scale (Schutte et al,1998), the quality-of-life scale prepared by Al Sayed (2018), and the psychological Flourishing scale prepared by (Mesurado, et al, 2018) The results showed that they have a high level of quality of life and work. Also, The results showed that there are statistically significant differences between males and females in emotional intelligence in favor of females, and the results indicated that there are statistically significant differences between males and females in the quality of life in favor of males, and the results showed that there are statistically significant differences between age groups in emotional intelligence and quality of life in favor of the category (56 years and older), and it turned out that there are statistically significant differences between occupational categories in emotional intelligence, quality of life in favor of those working in academic, health and administrative professions. Furthermore, the results showed that there are statistically significant positive correlations at the level of (0.01) between the dimensions of quality of life and the dimensions of psychological prosperity among Riyadh metro users. The results also indicated that emotional intelligence plays a pivotal role in explaining the relationship between quality of life and psychological Flourishing.

Recommendations: In view of the findings, the researcher recommends the following:

1. The need to conduct more research on the variables of Positive Psychology in this category.
2. Working on educating and developing programs that explain the mechanism of using the Riyadh Metro and encouraging the use of public transport to improve the quality of life.
3. The need to develop an assessment of the performance of workers in the stations in order to improve the quality of work.
4. Paying attention to increasing the number of train stations at vital places in Riyadh in order to reduce the dependence on cars as a means of Transportation.
5. Paying attention to measuring the satisfaction of the beneficiaries and taking their suggestions about the service provided to them.

Keywords

Emotional intelligence, Psychological Flourishing, Quality of life, Riyadh Metro.