



## Case Note

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# CHARACTERISTICS OF THE EMOTIONAL INTELLIGENCE OF YOUNG PEOPLE WITH DIFFERENT ACCENTUATIONS OF CHARACTER

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### Abstract

*The purpose of the work* is to show the results of a theoretical and empirical study of the features of the emotional intelligence of young people with different accents and styles of humor.

*Methodology.* 88 young men of late adolescence took part in the study - students of Kyiv secondary schools. Methods: 1) theoretical analysis and generalization of scientific literature on research issues; 2) diagnostic standardized methods: diagnostic test of character accentuation types (A.E. Lychko); emotional self-awareness test (O.I. Vlasova); questionnaire of emotional intelligence (D.V. Lusin); empathy questionnaire (Mehrabiana); questionnaire "Styles of humor" (Martin); 3) Descriptive statistics and the Pearson correlation coefficient were used to analyze the relationships between the results of the empirical study.

*The results.* The researchers found that the most developed interpersonal emotional intelligence is characteristic of young people with a labile accentuation type, who are characterized by low self-awareness and high mood variability. High intrapersonal emotional intelligence is significantly associated with the astheno-neurotic type of accentuation, which is characterized by increased mental and physical fatigue and irritability in everyday life. This type of accentuation of the character turned out to be predominant among the researched (22%).

Regarding the use of humor by the researched people, it was found that young men with demonstrative and hyperthymic types of character accentuations prefer an aggressive style of humor, which is destructive in content and directed at others. This significantly distinguishes them from young men of the age-standard development, for whom the most characteristic is a self-supporting style of humorous attitude to life events, which has a constructive meaning and productively affects the personality of the young man and his environment.

**Keywords:** *emotional intelligence, character accentuations, empathy, humor styles.*

### Relevance

The concept of "emotional intelligence" (EQ) in psychology appeared relatively



recently, and interest in it is growing every day. Numerous studies conducted by theoreticians and practitioners of psychology have shown that the level of a person's personal achievements is largely determined not by the classical indicator of intelligence IQ, but rather emotional abilities. In other words, "being smart" does not mean "being successful" at all, it is important to understand your own and other people's emotions and be able to control them. (Derevyanko, 2009)

In a broad sense, emotional intelligence refers to the ability to know, understand and manage emotions; at the same time, both the subject's own emotions and the emotions of other people are implied. (Dmytriyuk, 2010)

Emotional intelligence is a group of mental abilities that are involved in a person's awareness and understanding of their own emotions and the emotions of others. The authors understand emotional intelligence as a component of a person's social intelligence, which involves his ability to be aware of his own and other people's emotions and feelings, distinguish between them and use this information to regulate people's thinking and behavior. As leading psychological qualities of emotional intelligence, we define empathy, the ability of a person to understand his their own feelings, to understand the emotions of others and to manage emotional states.

The relationship between emotional intelligence and empathy as the natural basis of human emotional intelligence can be clearly traced in the literature. According to Mayer, empathy is experiencing the emotional state of other people, taking into account the feelings of others when making decisions. (Mayer, 1993)

As for the styles of humor, the following can be noted: humor is an important quality of the personality, which in its positive manifestations serves to achieve better social adaptability, preservation of mental well-being and human health. Therefore, only an adequate socially positive use of humor is a useful personal property that improves interpersonal relationships, provides emotional support, and helps people overcome difficult communicative situations (e.g., conflicts).

Adolescence is sensitive for the development and formation of a person's inner world, its meaning and value spheres. Understanding the differences of youth and related emotional experiences has a significant impact on the formation of the productive values of the individual. The indicated processes are connected not only with the specifics of the social environment, but also with the individual and psychological characteristics of the young man, among which accentuations of character become noticeable.

Character accentuations in youth reduce a person's social productivity, as they represent hypertrophied expressiveness of individual features, disharmony in character development. This causes increased in the individual's vulnerability to certain types of influences and makes it difficult to adapt to some specific situations.

### **Methodology**

The purpose of the study is to determine the characteristics of the emotional intelligence of young people with different accentuations and prevailing symbols of humor.

A set of methods was used to solve the tasks:

1) theoretical analysis and generalization of scientific literature on research issues; 2) diagnostic standardized methods: test for diagnosis of character accentuation types (A.E. Lychko); test of emotional self-awareness (Vlasov); questionnaire of emotional intelligence (D.V. Lusin); empathy questionnaire (Mehrabiana); questionnaire "Styles of humor" (Martin).

3) methods of quantitative and qualitative data processing (descriptive statistics and Pearson's correlation coefficient). Indicators obtained using standardized methods were calculated according to the keys and processed using the SPSS software package.

## Results

The primary analysis of the results of the study of the interpersonal emotional intelligence of young men showed that they have an average level of differentiation of the emotional expression of other people (60% of the subjects, the scale "Understanding other people's emotions"). Similarly, 60% of the subjects have an average level of emotional self-awareness (an indicator of intrapersonal intelligence). This level is characterized by a person's awareness of his own experiences and the ability to name emotional reactions and their manifestations, express emotions adequately. On the other hand, according to the "Management of other people's emotions" scale, 40% of the subjects received low indicators.

As for the manifestations of humor, the most characteristic of the sample of young men was the self-supporting style of humor (45% of the respondents). According to the developers of the technique, this style is characteristic of people who have an optimistic view of life, are able to keep a sense of humor in situations of difficulties and problems, that is, are able to use humor to regulate emotions and overcome stressful experiences. The authors tend to consider the obtained data as indicators characteristic of the age-standard development of young men's emotional intelligence. (Vlasova O., 2019).

The analysis of the results of the study of accentuations of the character of young men showed that the predominant for them is the astheno-neurotic type of accentuations, which was found in 22% of the subjects. This type is characterized by indecisiveness, a tendency to anxiety, a tendency to fatigue quickly, depressive states and irritability.

Correlation analysis revealed statistical relationships characteristic of the emotional intelligence of young men with different types of accentuations.

Thus, the astheno-neurotic type was characterized by an average level of emotional self-awareness (0.61 - a strong positive relationship) and a low level of empathy (0.56 - a strong positive relationship). This indicates that such people, due to their own increased anxiety, cannot understand their traits and learn to use them (see Table 1).

The hyperthymic type demonstrated a low level of emotional self-awareness (0.55 - strong positive relationship) and a low level of empathy (0.58 - strong positive relationship). Such young people are talkative and active, their attention is constantly organized by various interests, but they cannot understand their own experiences and internal states, the level of their emotional self-awareness turned out to be low, compared to the age



norm.

Representatives of the cycloid type have a high level of emotional self-awareness (0.62 - a strong positive relationship) and an average level of empathy (0.53 - a strong positive relationship). These people, as a rule, adapt well to the conditions dictated by the environment, are clearly aware and recognize their social positions and emotional characteristics.

The labile type presents a high level of emotional self-awareness (0.66 - a strong positive relationship) and an average level of empathy (0.53 - a strong positive relationship). Young men of this type have a changeable mood, besides, it is difficult for them to understand their own self.

A medium level of emotional self-awareness (0.63 - a strong positive relationship) and a medium level of empathy (0.52 - a strong positive relationship) are characteristic of young men with a demonstrative type of character accentuation. Such individuals are not responsible and do not tend to sympathize with others, because they believe that not everyone needs it.

*Table 1: The relationship between the types of accentuation of the character of young people with emotional self-awareness and empathy*

Types of accents	Emotional self-awareness			Indicators of empathy		
	LL	ML	HL	LL	ML	HL
Astheno - neurotic type	0,2	<b>0,61**</b>	- 0,39	<b>0,56**</b>	- 0,45	0,35
Hyperthymic type	<b>0,55**</b>	0,27	- 0,24	<b>0,58**</b>	0,35	- 0,21
Cycloid type	0,35	- 0,45	<b>0,62**</b>	0,34	<b>0,53**</b>	0,22
Labile type	0,36	- 0,12	<b>0,66**</b>	0,15	<b>0,53**</b>	0,29
Demonstration type	0,18	<b>0,63**</b>	- 0,08	0,24	<b>0,52**</b>	0,22
Unstable type	<b>0,55**</b>	- 0,33	0,25	0,38	<b>0,51**</b>	0,29

The unstable type has a medium level of empathy (0.51 - a strong positive relationship) and a low level of emotional self-awareness (0.55 - a strong positive relationship). Such young men are sociable, enjoy new experiences and use them for mutual understanding with

others.

Comparative analysis connections between the accentuations of the character of young men and the peculiarities of the development of their emotional intelligence allows us (see Table 2 to conclude that:

*Table 2. The relationship between the types of accentuation of the character of young people with the types of humor and emotional intelligence*

Types of accents	Types of humor				Emotional intelligence	
	Affiliative	Self-sustaining	Aggressive	Self-destructive	Interpersonal EI	Intrapersonal EI
Astheno-neurotic type						0,52**
Labile type					0,58**	
Hyperthymic type			0,51**			
Demonstration type			0,61**			

Adjustment of statistical procedures also showed that young people with accentuations of character use humor in interaction with the social environment, as evidenced by strong positive correlations that were found between the scale "aggressive type of humor", which is destructive in content and directed at others, and the demonstrative type (0, 61), which is characterized by egocentrism and an insatiable thirst for attention, as well as the hyperthymic type of accentuations, which is characterized by an active desire for activity and a positive outlook on life (0, 51).

### Conclusions

The results of the conducted theoretical and empirical research provide grounds for formulating the following conclusions:

Persons of youthful age with accentuations of character have certain peculiarities in the groove of emotional intelligence as an important component of human social abilities.

Thus, developed interpersonal emotional intelligence is most typical of young people with a labile accentuation type, who are characterized by low self-awareness and high mood variability. And high intra-personal emotional intelligence is statistically associated with the astheno-neurotic type of accentuation, whose representatives have increased



mental and physical fatigue and frequent states of irritability in everyday life.

The use of humor by young people also has its own specific features. It was found that young people with demonstrative and hyperthymic types of character accentuations prefer to use an aggressive style of humor, which is destructive in content and directed at others. This significantly distinguishes them from young men of the age-standard development, for whom the most characteristic is a self-supporting style of humorous attitude to life events, which has a constructive meaning and productively affects the young man and his environment.

Based on the conducted empirical research, a set of exercises was developed for the development of emotional intelligence and constructive humor of young people who took part in the research.

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