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EMOTIONAL INTELLIGENCE, SELF-COMPASSION, AND LIFE SATISFACTION IN CLINICAL PSYCHOLOGISTS

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ABSTRACT

Objective: The purpose of the study was to explore the relationship between emotional intelligence, self-compassion, and life-satisfaction among clinical psychologists.

Method: The study conducted was a cross-sectional one. The participants selected for the study included 60 clinical psychologists who are currently practising in India. The study used online questionnaires to collect data. The tools that used for assessing the variables were the Wong and Law Emotional Intelligence Scale (WLEIS), Self-compassion Scale (SCS), and the Satisfaction with Life scale.

Results: The results of the study revealed that there was a significant and positive correlation between emotional intelligence and self-compassion and between self-compassion and life-satisfaction. However, there was no relationship that could be found between emotional intelligence and life-satisfaction.

Conclusion: There exists a relationship between emotional intelligence and self-compassion and between self-compassion and life satisfaction, but not between emotional intelligence and life-satisfaction.

Keywords: *emotional intelligence, self-compassion, life-satisfaction, clinical psychologists.*

