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Título del TFG/TFM / GAL/MALaren izenburua: INTELIGENCIA EMOCIONAL Y ESTRÉS EN ALUMNOS DE ENFERMERÍA

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Abstract (Resumen de 100-250 palabras) / Abstract (Laburpena 100-250 hitzetan)

Introduction: nursing belongs to one of the health care providers’ professions which suffers from higher level of stress (1). Studies connected the Emotional Intelligence (E.I), the emotional work and the occupational stress in nursing (2, 3, 4, 5, 6). In Spain, the cross-sectional studies come to the conclusion that the E.I has an effect on health, stress and BO (7, 8, 9). Studies like Por J et al (10) et Smith KB et al (11) have found a positive relationship between the E.I and the perceived stress coping.

Aims: analyze the relationship between the Perceived Emotional Intelligence and stress in nursing students.

Method: it is an observational, longitudinal and pilot study. Study population of 42 students of 3rd graders nursing who answered two surveys – TMMS24 and STAI- twice (one at the beginning of the first term and the other two months later, at the end of the theory but a week before the start of the clinical training).

Results: the second measure showed a minor anxiety level. The age may be associated with a better understanding of emotions. Women are prone to have higher levels of anxiety and pay more attention to emotions. A better understanding and regulation of emotions means lower levels of state and trait anxiety.

Conclusion: understanding and regulating the emotions decrease anxiety levels, and the STAI helps to identify protective stress factors

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Perceived Emotional Intelligence, Stress, Nurses, Nursing students

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