

From emotional competence to self-esteem and life-satisfaction in adolescents

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In this study we analyzed the associations between competences or components of empathy and emotional intelligence, as well as their relationships with two variables referred to adolescent development and psychological adjustment, namely, self-esteem and life satisfaction. The study was conducted on a sample of 2,400 adolescents between 12 and 17 years of age. Participants were selected from 20 schools in Western Andalusia. The results showed significant correlations between some of the emotional competencies with self-esteem and life satisfaction. Moreover, two types of relationships were found between these competences related to empathy and emotional intelligence, one at emotional level and another at cognitive level. Furthermore, gender differences were in favor of girls in empathy and emotional attention, whereas boys scored higher on clarity, emotional repair, and self-esteem.