

# Role of Emotional Intelligence on Perceived Stress Among Professional Performing Artists

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## Abstract

The main objective of the study was to understand the role of emotional intelligence on perceived stress among professional performing artists. Additionally, a correlational study was conducted to see if emotional intelligence played a role on perceived stress. The study was carried out, and an online survey used to collect responses from 123 young adults. Trait Emotional Quotient- SF and Perceived Stress Scale were used. Correlation and linear regression were employed to study the relationship between emotional intelligence and perceived stress. Additionally, the study's findings denoted a positive co-relation between the variables, indicating that emotional intelligence does play a role on how stress is perceived among professional performing artists. Also analysed the impact of Emotional Intelligence on Perceived Stress.

**Keywords:** Professional Performing Artists, Emotional Intelligence, Perceived Stress.

## CHAPTER I

### Introduction and Review of Literature

#### Performing Arts and Performing Artists:

Performing arts, also referred to as fine arts, are forms of expression that rely on talent or creativity to produce and present beautiful experiences that can be shared with others. (Britannica, 2024)

The world of professional performing arts is known for its unique blend of exhilaration and pressure, offering artists a platform to inspire and captivate audiences while simultaneously subjecting them to significant stressors that can impact their mental and emotional health. The role of emotional intelligence in managing these stressors is an intriguing and critical area of inquiry.

#### Emotional intelligence:

Emotional Intelligence is a sort of intelligence described by American psychologists Peter Salovey (1958-) and John D. Mayer (1953-) as the capacity to process emotional information and use it in reasoning and other cognitive functions. In accordance with Mayer and Salovey's 1997 model, it consists of four abilities: the capacity to accurately perceive and assess emotions; the ability to access and evoke emotions when they support cognition; the capacity to understand emotional language and use emotional information; and the capacity to regulate one's own and others' emotions in order to foster growth and well-being. This multifaceted construct encompasses skills such as emotional awareness, empathy, interpersonal effectiveness, and emotional regulation widely acknowledged as a crucial factor in determining one's capacity to navigate complex social and emotional situations effectively, both in personal and professional contexts (Salovey & Mayer, 1990; Goleman, 1995).

**Perceived Stress:**

Perceived Stress is described as feelings of how unpredictable and uncontrollable one's life is, how frequently one needs to deal with annoying challenges, how much change is taking place in one's life, and confidence in one's ability to handle challenges are all factors in perceived stress.

Performing artists often face unique challenges that can contribute to perceived stress. However, they often develop a combination of techniques that work best for their individual needs.

This dissertation seeks to investigate the intricate interplay between emotional intelligence and perceived stress among professional performing artists. It aims to explore whether individuals with higher emotional intelligence are better equipped to cope with the demands of their profession and whether emotional intelligence can serve as a buffer against stress-related challenges. By shedding light on these relationships, this research aspires to offer valuable insights that could inform interventions, training programs, and support mechanisms to enhance the overall well-being and performance of professional artists in the performing arts industry.

Several studies have explored the relationship between emotional intelligence, perceived stress, and performance among various populations, providing a foundation for further research in the field. A study highlighted the negative impact of perceived stress on the performance of dental students in the UK, emphasizing the need for stress management strategies (Birks et al. 2009). This focused on workplace leaders, demonstrating how meditation can reduce stress levels and enhance team performance (Valosek et al. 2018)

Eisenberg introduced FSEE, a method that improves interpersonal skills in medical settings by drawing from theater arts education (Eisenberg et al. 2015). Another study explored emotional dynamics in athletes, emphasizing the importance of emotional regulation and intelligence in optimizing performance trajectories (Cece et al. 2019). A study examined body image perceptions among adolescent dancers, revealing gender differences and sensitivity to personality aspects (Bettle et al. 2001). Another study delved into the impact of passion on injury management among dancers, distinguishing between harmonious and obsessive passion (Rip et al. 2006). This investigated how perceived stress mediates the relationship between emotional intelligence sub-scales and depressive symptoms in Spanish high school students, emphasizing the role of stress management in adolescent mental health (Lombas et al. 2014)

Another study investigated the relationship between emotional labor and emotional intelligence and the level of occupational stress and well-being among a cohort of Australian community nurses. This study used a cross-sectional quantitative research design with data collected from Australian community nurses. Results from structural equation modelling support the hypothesis that both emotional labour and emotional intelligence have significant effects on nurses' well-being and perceived job-stress. This gives an opportunity for the current study. (Karimi, L., et al., 2014).

These studies collectively underscore the significance of emotional intelligence, stress management, and performance outcomes across diverse populations, laying a robust groundwork for further exploration in understanding the intricate interplay between these factors in different contexts.

**CHAPTER II****Methodology****Research Design:**

The study followed a correlational design to evaluate the relationship between emotional intelligence and perceived stress. The study also assessed the differences in emotional intelligence and perceived stress

among the genders of male and female. Pearson/Spearman's correlation and Regression analysis were used to analyze the data.

**Statement of problem:** The present study was undertaken to understand the relationship between emotional intelligence and perceived stress among professional performing artists. In addition, the study sought to identify differences in gender, specifically those who identify as male or female.

**Objective:** To study the effect of Emotional Intelligence on Perceived Stress among Professional Performing Artists.

**Hypothesis:** There is no role of Emotional Intelligence on Perceived Stress among Professional Performing Artists.

**Operational definitions:** The major variables in the study are Emotional Intelligence and Perceived Stress. Following are definitions of these terms within the context of the study:

**Emotional Intelligence:** Emotional intelligence in the context of this study alludes to an individual's ability to understand, identify, manage, and effectively use their own emotions as well as the emotions of others within the professional performing artist community. It encompasses the capacity to perceive and navigate emotional nuances, express emotions appropriately, and establish harmonious interpersonal relationships within the context of their artistic endeavors.

**Perceived Stress:** Perceived stress, in the context of this study, refers to the subjective appraisal and self-reported experience of stress by professional performing artists in their work-related and personal lives. It encompasses the artists' individual assessments of the degree to which they find their artistic and non-artistic responsibilities, demands, and challenges as stressful.

**Sampling:** A Convenient sampling was conducted by the researcher. Data was collected from all the states of the country India with a sample size of 123.

**Variables:**

**Independent:** Emotional Intelligence

**Dependent:** Perceived Stress

**Type of study and Data collection:** The study will be a Quantitative study and data will be collected through online platforms from 123 participants.

**Tools for the study:**

**Perceived Stress Scale:**

Through the use of a questionnaire like the Perceived Stress Scale, perceived stress is frequently assessed

as the frequency of these feelings (Cohen, et al., 1983).

The relationship between stress and various maladies, such as mental disorders, cancer, cardiovascular disease, drug abuse, chronic diseases, etc. makes it a significant reference point in health studies. Understanding stress across diverse sociodemographic, cultural, and socioeconomic groups could help in preventing major health issues caused by stress. The incidence of mental illnesses in Europe demonstrates the significance of taking stress factors into account.

### **Trait Emotional Intelligence Questionnaire (TEIQue):**

The Trait Emotional Intelligence Questionnaire - Short Form (TEIQue-SF) is a self-report assessment tool designed to measure an individual's trait emotional intelligence (EI). Trait emotional intelligence refers to the relatively stable and consistent emotional characteristics or dispositions that people exhibit over time. It encompasses an individual's ability to perceive, understand, and manage their own emotions, as well as their ability to perceive, understand, and influence the emotions of others.

### **Inclusion Criteria:**

- Participant must be a professional performing artist.
- Participant must be of the age group of 18- 35 years
- Must have at least 5 years of experience in their respective fields
- Participant must either identify themselves as either male or female.

### **Exclusion Criteria:**

- People who aren't in the field of performing arts.
- People who aren't professionals.
- People who don't fall in the above mentioned age category.
- People who might have psychological distress.
- People who don't identify themselves as male or female.

### **Ethical Consideration**

The respondents' names were not collected, thus maintaining their anonymity. Participants also received an explanation of the objective of the study, "Role of Emotional Intelligence on Perceived Stress among Professional Performing Artists." No potential dangers or risks were involved in the execution of the study as all data was collected via an online form, which only collected their email-id.

### **Statistical Techniques:**

Linear regression analysis and Spearman correlation test were used according to the normality test's results.

## **CHAPTER III**

### **Analysis and Discussion:**

The present study investigated the relationship between perceived stress and emotional intelligence among male and female performing artists. The study also investigated the differences between gender for the two variables as well.

According to the normalcy test of Shapiro Wilk, it was found that data for perceived stress and emotional intelligence was not normally distributed.

**Table 1 Measures of Central Tendency of the collected data.**

Variables	M	SD
1. EI	127.2	21.6
2. PS	22.0	5.2

\*p<.05

The variable means (M), standard deviations (SD), and correlation coefficient (r) between the two are shown in the table 2.

The average score for Perceived Stress (PS) is 22.0 with a standard deviation of 5.2, and the average score for Emotional Intelligence (EI) is 127.2 with a standard deviation of 21.6. Between EI and PS, the correlation coefficient (r) is 0.201.

There appears to be a mild positive association between emotional intelligence and perceived stress, as suggested by the correlation coefficient, which shows a positive correlation between EI and PS. Put another way, there is a small but significant correlation between perceived stress and emotional intelligence levels. The Transactional Model of Stress and Coping by Lazarus and Folkman suggests that people with higher emotional intelligence may be more conscious of their emotions and, as a result, more attentive to the stressors they face. Because of this increased emotional awareness, stressors may be assessed more accurately, which could raise perceived stress levels. Emotional intelligence, however, can also provide people with useful coping mechanisms, which could offset their elevated sense of stress.

In conclusion, the dataset's positive correlation between emotional intelligence and perceived stress lends credence to the idea that emotional intelligence influences how stress is perceived. However, the small link implies that the total feeling of stress is probably influenced by additional characteristics that were not examined in this investigation. To better understand the intricate interactions between coping strategies, emotional intelligence, and other stress-related factors, more research is required. The stress and coping theory provides a framework for understanding this result.

**Table 2: Correlation between Emotional Intelligence and Perceived Stress among Professional Performing Artists.**

	Emotional Intelligence		
Perceived Stress	.201	-	

\*p<.05

Table 2 shows the correlation scores of Emotional Intelligence among professional performing artists. The table shows a correlation,  $r = .201$  ( $p < .05$ ) The r value is .201 which indicates that there is a moderate level positive correlation which means when Emotional Intelligence increases perceived stress also increases but on a very minimal level in professional performing artists and vice-versa.

**Table 3: Shows the data collected from the Regression Analysis.**

Model	R	R Square	Adjusted R Square	Std. Error	Df	Sig. (2-tailed)
1	.201	0.040	0.32	5.169	1	0.026

Table 3 displays the findings of the regression analysis, which provide insight into the connection between perceived stress and emotional intelligence. The R-squared score of 0.040 indicates that 4% of the variation in the research participants' felt stress can be explained by emotional intelligence. This result is consistent with the Transactional Model of Stress and Coping proposed by Lazarus and Folkman, which suggests that emotional intelligence affects how stressors are perceived. Higher emotional intelligence can make a person more adept at identifying and interpreting their feelings, which might affect how they evaluate challenges. Furthermore, by supporting adaptive techniques like emotional control and pursuing social support, emotional intelligence can aid in the coping phase. It's crucial to remember that the model's adjusted R-squared value of 0.032, which takes into consideration the model's complexity, indicates that perceived stress may be influenced by variables other than emotional intelligence. This supports the Transactional Model by highlighting the reality that stress is a complex process impacted by both internal and external variables. However, the statistically significant F-statistic with a p-value of 0.026 indicates that the model as a whole is significant, highlighting the fact that emotional intelligence does, in this particular situation, play a limited but substantial role in explaining perceived stress. This analysis highlights the need for more in-depth studies to better understand how emotional intelligence interacts with other variables in order to better comprehend perceived stress.

**Discussion:**

The objective of the study was to find the role of emotional intelligence on perceived stress among professional performing artists. After doing the analysis of the collected data, it was found that there is a weak but significant positive relationship between the emotional intelligence and stress perceived among the individuals meaning that the null hypothesis was approved from this research. Which is in contrast with the findings of the study conducted in a dental school in UK focusing on how emotional intelligence affects the perceived stress among nurses, where the results showed a negative correlation between emotional intelligence and perceived stress saying that with higher emotional intelligence lower is the stress perceived by the nurses. The reason for getting complete opposite results could be that populations are from two separate fields of interest or career and that the study was conducted through an online survey and that the time given to conduct and finish the research was less, Also the sample size was very less in the present study. If the study was taken with a larger sample size maybe the results would have been different from what was currently procured.

Another study conducted on a dental school in India, focused on how emotional intelligence played a role on the stress perceived by the doctors and nurses and how it affected their performance in an operation theatre. The study supports the regression findings of the current study as it also found a significant impact of emotional intelligence on perceived stress. The reason for this study could be the factor of “performance” being the common factor on both in operation theatre and on stage also that the study focused on Indian population specifically.



## CHAPTER IV

### Summary and Conclusions

#### Summary:

The research aims to find the role of emotional intelligence on perceived stress among professional performing artists. Along with this gender differences were checked between males and females. A total of 123 samples were collected from individuals in India. These performing artists belonged to varied fields of dance, music, comedy, acting, mime, disc jockeying etc. The null hypothesis for this research is - There is no role of Emotional Intelligence on Perceived Stress. The data was collected and scored according to the manuals of both scales. Statistical Package for the Social Sciences (SPSS) software was then used for data analysis. After performing a normality test, It was identified that the present data was not normal, leading to the use of nonparametric tests. The nonparametric tests utilized were the Spearman's correlation and Regression analysis.

#### Implications:

The research conducted regarding the role of emotional intelligence on perceived stress among professional performing artists is vital in ways more than one in the field of performing arts-to enhance the performance of the performing artists, help them manage stress, cultural sensitivity, growth of the artists as a performer. There have been very limited studies conducted on Indian population and considering performing artists as a whole and not just considering a specific category of performing artists. Also the study focused on professionals and not just performing artists.

#### Limitations of the study:

There were certain limitations which were recognized while doing this study. This research involved surveying a certain group of the population and identifying "Professional" performing artists which was a challenge. There were very limited studies which happened with the above mentioned population. Additionally, the time constraint, while performing research resulted in a limited number of respondents. The time is also a concern as the results over time while assessing the population may change based on the various environmental and social factors which impact the individual's life. To conclude, the final limitation was recognized when assessing the data using the sociodemographic variables. A certain category of respondents were able to secure more responses than the other (females responding more than males). This may have caused disparities while analysing the data.

#### Conclusion:

The study's primary goal was to investigate the role of emotional intelligence on perceived stress among professional performing artists while also looking for differences in them, including gender. A minimal positive relationship was found between emotional intelligence and perceived stress among professional performing artists which indicates that if one variable increases the other variable also significantly increases.

It is also to be noted that there is a significant impact of emotional intelligence on perceived stress.

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