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**Efficacy of Training Componentes of Emotional intelligence on  
social adjustment and social intimacy**

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**Abstract**

In modern world what works more than anything is adjustment and setting up a close and positive relationship either at job environment or in personal and family environment. Researches and studies have shown that obtaining emotional intelligence and proper training will cause better adjustment, also maintainance and continuance of a positive relation. Since emotional intelligence is trainable, present research has tried to analyze the effect of training features of emotional intelligence on so social adjustment and social intimacy among students of dormitory of Tehran university. To do this 40 persons were chosen via voluntiary unfandomized sampling and were allocated to intervene group and control group. Then both groups passed pre-test (emotional intelligence test of Bar-on, California social adjustment and intimacy of Miller), and finally after taking part in training meetings for 8 sessions they passed post-test too. Research method was semi-experimental, based on the pre-test outline, intervene group and control group passed post-test randomly. For analyzing data descriptive and inferencial statistics was used, it means using average, standard deviation and independent t. resulting show that there is a difference in average of both groups in post-test and consequently general social adjustment and some aspects of it (social skills and social relationship) has increased also inhancement of social intimacy and decrease in anti-social tendency. In intervene group was obvious. In accordance to previous findings and recent research there is a hope that training and improving the emotional intelligence will lead people toward success in social adjustment and social intimacy.

**Keywords:** emotional intelligence; social adjustment and social intimacy