

## Emotional intelligence and quality of life for mothers of children with cerebral palsy

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### **Abstract:**

The current study aims to reveal the relationship of emotional intelligence to quality of life in a sample of 80 (40: mothers of children with cerebral palsy, 40: mothers of uninfected children) in Mostaganem, Algeria, using comparative descriptive approach and tools: emotional intelligence measure, quality of life scale.

The results were:

- There are statistically significant differences at the level of 0.01 indications between mothers of children with motor cerebral palsy and mothers of children who do not have emotional intelligence in favor of mothers of children with motor cerebral palsy;
- There are no statistically significant differences at a level of significance of less than 0.05 between mothers of children with motor cerebral palsy and mothers of children who are not infected with quality of life;
- There is a statistically positive and functioning relationship at the 0.01 indicative level between emotional intelligence and quality of life in mothers of children with motor cerebral palsy;
- The quality of life in mothers of children with motor cerebral palsy can be predicted through their emotional intelligence at a level of 0.01.

**Key words:** The Emotional Intelligence; The Quality of Life; Cerebral Palsy.

## Introduction

The theory of multiple intelligences negates the monolithic view of public intelligence, has brought about a quiet revolution in the educational arena in recent years, and has worked along the lines of traditional concepts that look at the abilities of learners with a narrow-minded and one-sided view, whose pioneers believe that there is one general intelligence that is measurable in traditional ways. Gardner (Gardner, H., 1983) in his book "The Frameworks of the Mind" refers to multiple intelligence, specifically two types of intelligence that intersect with so-called emotional intelligence: social intelligence and personal intelligence (Gardner, 1993: 45). Then, in 1990, Salofi and Mayer first used the term "emotional intelligence" and were well aware of the above elements of non-cognitive intelligence, describing emotional intelligence as a kind of social intelligence associated with the ability to observe The person is for himself, for his emotions, his emotions, the emotions, the emotions and the distinction between them and the use of the resulting information to rationalize his thinking, actions and decisions, and that individuals with high emotional intelligence are often characterized by good compatibility, warmth, originality, optimism, and these are all important things that mothers need in Their family life is based on good dealing and communication with the diverse aspects of life, especially with women, where they become able to manage psychological pressures and deal with them positively and understand personal emotions and expression in a sound way and here they have good relationships as well as contribute to the continuity of giving significantly and al-Maghazi sees that emotional intelligence is the best criteria for judging the quality of life in all its forms, which is a secret of success in it and the results of studies have confirmed that (80%) One of the factors of success in life is due to emotional skills.

Man is based on arguments that help him understand the reality that surrounds him, whether it affects him negatively or positively, deriving from a range of mental and psychological abilities, including emotional intelligence, and is considered to be Rovin Bar-on(1985) first described emotional intelligence as "demonstrating our ability to successfully deal with our feelings and with others", then Daniel Golman (1995) came forward with his famous theoretical model of emotional intelligence and

defined this type of intelligence as "the emotional and social skill set that an individual enjoys, needed for success. Professional in other life matters" (Jebali, 2000: 35).

It is clear from this sense that emotional intelligence has a set of skills that can be developed in individuals that enable them to adapt to others and establish positive, effective and constructive relationships, and in return any weakness in emotional intelligence affects the lives of individuals, especially the families of individuals with special needs, because the relationship between children and their families is reciprocal; Especially in light of what the family is exposed to, and the interest in the quality of life of women is the ultimate goal towards a better future, according to Bar-on(2000) Quality of life is an internal condition that indicates that the person enjoys the balance of feelings and enjoys the happiness and interest in life with joy and happiness and self-confidence and concern for others and clarity with the self and with others, in a study carried out by Bar-On proved the effectiveness of emotional intelligence in improving the quality of life and the development of satisfaction of life and personal happiness, through which it is clear that the internal factors related to feelings and emotions It is a source of happiness and awareness of the quality of life (Bar-on & Parker, 2000: 35); Al-Samadouni has referred to some of the skills of emotional intelligence, including: psychological rigidity, self-sufficiency, optimism, the ability to cope with pressures that contribute to improving the quality of life and the response to psychological pressures and disorders (Al-Samadouni, 2007:24).

In a study conducted by Natalio and Pablo (2002), which examined emotional intelligence, health and quality of life in women, the results showed that emotional intelligence is a powerful factor in explaining health and quality of life, thus finding that the life experiences experienced by the mother, especially mothers of disabled children, lead to difficulty in adapting to the self and society, In this regard, Holoryd (1974) points out that parents of disabled children face significant material difficulties as a result of the need, which hinders their lives.

Based on the above, the current study reveals some important positive aspects in mothers of children with motor cerebral palsy, such as emotional intelligence, quality of life, the relationship between them and the extent to which emotional intelligence contributes to predicting their quality of life and identifying the differences between them in these variables:

- Are there statistically significant differences at the level of significance ( $\alpha = .01$ ) between mothers of children with motor cerebral palsy and mothers of children who are not infected with emotional intelligence and quality of life?
- Is there a statistically significant correlation at the level of significance ( $\alpha = .01$ ) between emotional intelligence and the quality of life in mothers of children with motor cerebral palsy?
- Can the quality of life of mothers of children with motor cerebral palsy be predicted by the degree of emotional intelligence?

### **Study terms**

#### **Emotional intelligence**

Wexler wasn't the only one who understood the importance of the non-cognitive aspects of intelligence in compatibility and success in life (Alaa, 2009: 22); The concept of emotional intelligence was also alluded to by what (Guilford, 1976) suggested in his model "Structure of The Mind", in which he assumed the existence of a new type of intelligence, the ability to emotionally process information and assumed that expressive behaviors of facial expressions, sounds, situations, and gestures were all signs of emotional state. The concept of emotional intelligence has also emerged in Fouad Abu Hattab's perception of intelligence, where he classifies intelligence into: cognitive intelligence, social intelligence, emotional intelligence (Abu Hattab: 1996: 389).

Howard Gardner also emphasized in his book on multiple intelligences that a person's understanding of himself and others and his ability to use and employ this understanding is a model of personal intelligence and intelligence in other relationships, Both have valuable life skills (Gardner, 2004: 40); Solovey and Mayer (1990) then examined the differences between individuals' ability to identify and control their emotions and solve emotional problems and developed two tests to measure so-called emotional intelligence. In 1995, the American scientist Daniel Goleman published his book Emotional Intelligence, which included information on emotions and feelings, Emotional intelligence is defined as the ability to perceive emotions and understand the knowledge of other people's emotions, so that this leads to the organization and development of emotional growth associated with those

emotions through self-awareness, emotion management, motivation, empathy and social skills (Natalie. Mary. Sharon, 2010: 02).

Mayer and Salovey are known as emotional intelligence as "a kind of social intelligence, which includes the ability of the individual to recognize the emotions and emotions of others in order to distinguish between them, The use of this knowledge to guide the individual's way of thinking and his own actions" (Mayer & Salovey, 1990: 775); According to (Bar-on & Parker,2000) is: "The ability of the individual to understand himself, to understand himself, to understand others around him, to appreciate and adapt to the changes surrounding him and to deal positively with daily problems so that he can withstand the psychological pressures to which he or she is subjected and to control and manage his feelings" (Canaan, 2010: 345).

According to Solovey, Crauso (2000: 401) it is "a set of abilities that enables an individual to observe the feelings and emotions of oneself and others, to express those feelings and to distinguish between them and to use this information to guide thinking and self-regulation".

Zee and Chakel(2002: 107) define emotional intelligence as "a set of processes and cognitive abilities that enable an individual to distinguish between feelings and emotions, and the feelings and emotions of others, and to use this information to guide thinking and action". Mustafa Abu Saad (2005: 20) believes that emotional intelligence is: "The ability of the individual to deal positively with himself and others, so that he can achieve the greatest happiness for himself and those around him".

Gharib Nasser (2011: 158) defines him as: "A set of mood and social traits that influence the diversity of people's emotional content in terms of the accuracy of understanding feelings, thereby raising the level of the ability to successfully confront and address problems, particularly emotional ones, which include four basic components: self-awareness, understanding, social communication, expression of feelings, adaptation and problem management".

Muhammad Al-Alwan (2011: 131) indicates that emotional intelligence is "The ability of the individual to perceive, understand, express, manage, and manage the feelings and emotions of others, allowing for communication, interaction and positive social relationships with others." There are two types of models of emotional intelligence: models of mental abilities montal atalities that focus on the ability to perceive, organize and think about emotions, among its most important supporters

and pioneers, Mayer and Salofi; mixed models that combine personality traits and emotions in their social context through interaction with others, and their most important supporters and pioneers, Golman and Bar-On (Alaa, 2009: 33).

In the current study, emotional intelligence is meant procedurally: a set of skills and abilities possessed by the mother indicates her ability to be aware and perceive her feelings and the ability to deal with pressures and control impulses and emotions, to provoke motivation, to manage relationships with others and to use these skills in making effective and positive decisions, and is inferred by the sum of the scores obtained on the IQ scale.

### **Quality of life**

The term quality of life has evolved recently when researchers have changed direction where they have become more interested in the positive side of the individual. The term quality of life first appeared in Greek philosophy and Aristotle assumed that happiness derives from the effectiveness and activity of the soul and thus achieve a happy life (Saleh, 2010: 46); In the field of medicine, the term quality of life has emerged in practical research based on the lives of patients, and members of the World Health Organization (WHO, 1947) have suggested an implicit concept of quality of life in defining health as "a state of complete physical, mental and social safety... And the absence of disease and disability". The term remained until 1978, when the organization explained that individuals had the right to psychological care and adequate quality of life, of course, in addition to physiological care (Prutkin, 2002: 08), The researchers relied on the method of exploratory research (historical method) over the past 25 years by looking at published scientific research in which the subject has doubled to its size in the last five years (627) research reflecting the researchers' interest in the change in quality of life (Hindawi, 2011: 33); The concept of quality of life is usually defined in the light of two basic dimensions, each with certain indicators: the subjective dimension and the objective dimension of quality of life, However, the majority of researchers focused on indicators on the objective dimension of quality of life and the latter includes a set of indicators that can be observed and measured directly, such as: working status, level of social and economic income and the amount of support available from the Social Relations Network (Abu Halawa, 2010: 03); On the other hand, Bowling and all (2002) have pointed out that subjective indicators are important in determining the quality of objective indicators. The social aspects of social cohesion, social values, beliefs about

social behavior and other psychological variables are predictive factors for the quality of life in individuals, as confirmed by (Schalok, 2002) provided a detailed analysis of the definition of quality of life (Hartani, 2013: 20). In their definition of quality of life, many researchers have directed a combination of objective indicators that appear on the individual and can be observed and measured between the subjective indicators that are due to the individual himself and how satisfied he is in various fields, and this is evident through Frank's definition (Frank, 2000) that quality of life is the individual's perception and satisfaction with the presence of necessities in life such as food and housing and the accompanying sense of achievement and happiness (Alhams, 2010: 50); According to Abdel Fattah and Hassan (2006), quality of life is "the degree of enjoyment of material conditions in the external environment, a sense of good condition, satisfaction with needs and satisfaction with life, as well as the extent to which the individual is aware of the aspects of his life and his sense of life as well as positive physical health and his compatibility with the values prevailing in society"(Mansi & Mahdi, 2010: 43); The international group of the World Health Organization (1995) defines it as "the perception of individuals' place in life and the context of culture, in relation to their goals, expectations and levels, and that it is a broad and complex concept influenced by the physical health of the individual, his or her mental state, his level of independence, his social relations and his relationship to important aspects of the environment in which he lives"(Robert, 1992: 02); The concept of quality of life in the Encyclopedia of Psychology included a set of dimensions summarized by Western and all, 1999:

- Emotional balance where it is the control of positive emotions, negative emotions and the health status of the body.

- Professional and economic stability is job satisfaction, which is an important aspect of quality of life.

- Family stability and continuing relationships within the family structure and social relations outside the family.

- Sexual harmony, which is related to body image and general appearance and appearance satisfaction (Al-Mahrezi, Abdul Rahman & Mahmoud, 2006: 290).

Anderson, Oliver, Huxely, Bridges, Hadi, (1996) agreed that quality of life is an integral concept of happiness, the meaning of life, the biological information system, real life, the fulfilment of needs, as well as other objective factors (Hartani, 2013: 23). The cognitive perspective in its interpretation of quality of life is based on the

fact that the nature of individuals' perception determines how they feel the quality of life, and that subjective factors are the most powerful influence on objective factors in how they feel about quality of life. Accordingly, Latund Lowten's theory of the interpretation of quality of life highlights the impact of the environment surrounding the individual on his or her perception of the quality of life and the impact of the nature of the environment on his or her quality of life, where he is more positive as he gets older (Sheikhi, 2013: 84); The pioneers of the human perspective, including (Ruyff, 1999), have emphasized in their interpretation of the quality of life of the concept of self, and believe that the idea of quality of life always requires the necessary link between the existence of an appropriate organism and a good environment in which it lives; Integrative pioneers such as Anderson (2009) who provided an integrative explanation of the concept of quality of life, based on the concepts of happiness, the meaning of life, the biological information system and real life, the realization of needs, and other objective factors, constitute an integrative theoretical framework for the interpretation of quality of life (Bouaisha, 2013: 95).

The quality of life in the current study is defined procedurally: the individual's sense of satisfaction and happiness through the establishment of continuous family relationships and his enjoyment of physical, psychological, social, mental and physical health, including work, self-efficacy, emotions, education and marital consent, and is evidenced by the degrees obtained by the mothers of the children in the study sample on the measure of quality of life used in them.

With regard to the relationship of emotional intelligence and quality of life, Bar-On (2006) proved in a study carried out by the effectiveness of emotional intelligence in improving the quality of life and developing life satisfaction and achieving higher personal happiness, the results of the studies of (Bushra, 2007), (Fertilizer, Extremera, 2002), (Bar-On, 2006), (Adjadja, 2008), (Kumar & Rajaram, 2012) to a correlation between emotional intelligence and quality of life, The existence of statistically significant differences between the averages of individuals' scores in the degree of emotional intelligence as well as in its sub-dimensions are attributable to variables such as sex and specialization, and the statistically significant impact of the level of emotional intelligence on quality of life, Okasha and Salim (2010) summarized the results of their study in a close relationship between the quality of psychological life in its six dimensions and language disability, and the study of

Friedman, Shini and Fiedeldey (2006), in which they emphasized that emotional intelligence is one of the strongest factors for success in life.

## **Method**

### **Study methodology**

Based on the problematic study and its variables, the researchers used the comparative descriptive approach where the study aims to detect the correlation between emotional intelligence and quality of life and to detect differences between mothers of children with motor cerebral palsy and mothers of uninfected children.

### **Where and when the study was conducted**

This study was conducted from April 10, 2017 until May 11, 2017 in Wilaya of Mostaganem, Algeria.

### **The study community and its sample**

The study community included mothers of children between the ages of 05 and 12 in the State of Mostaganem, Algeria, from which a sample of 80 were selected and distributed among 40 mothers of children with motor cerebral palsy and 40 mothers of uninfected children.

### **Study data**

The researchers used the following data collection:

#### **- *Measure of emotional intelligence***

Wafa kanaan designed a measure of emotional intelligence containing 46 paragraphs divided into six items: the skill of managing psychological stress item (9 paragraphs), adaptive skill item (7 paragraphs), the skill of understanding personal emotions item (3 paragraphs), the skill of understanding social relations item (10 paragraphs), the skill of maintaining positive mood item (11 paragraphs), the skill of creating a positive impression of the self item (6 paragraphs) (kanaan, 2010: 359-366). Although honesty and consistency are available in the measure of emotional intelligence, it has been re-confirmed and made some adjustments in proportion to the characteristics of the study sample, cognitive and cultural, and its sincerity has been confirmed using the sincerity of the arbitrators (four university professors and psychologists), Some paragraphs were excluded according to the opinions of the arbitrators for the appropriate culture and education of the members of the study community, And the sincerity of internal consistency, whose results showed that the

dimensions of the scale have strong correlation coefficients and a statistical function at the level of indication 0.01 except for the third dimension after the skill of understanding personal emotions where the coefficient of association is estimated at 0.09 - which is not dal which calls for its exclusion from the measure of emotional intelligence, The scale eventually became 36 paragraphs, Pearson's correlation transactions ranged from five dimensions to the total degree adjusted between (0.77-0.44) This is evidence that dimensions have a high degree of sincerity. And it's the stability of the scale my way: The half-time fragmentation was the stability factor of the eI meter after adjusting by the Spearman Brown equation at 0.97. The Alpha Crombach coefficient, estimated at 0.94, is highly stable, which confirms that there is stability and consistency between the scale vertebrae and makes the scale usable and applied.

- *Quality of life scale*

The quality of life standard was adopted by researcher Amina Hartani, which includes 50 paragraphs divided into five items: physical health item(11 paragraphs), family relationships item(11 paragraphs), feeling happy item (7 paragraphs), satisfaction with life and material income item (11 paragraphs), mental health item(10 paragraphs) (Hartani, 2013: 70-83). The quality of life scale has been reconfirmed using the sincerity of the arbitrators (four university professors and psychologists), And the sincerity of internal consistency, Its dimensions were found to have strong correlation coefficients and a statistical function at the 0.01 indicative level, with Pearson correlation coefficients ranging from (0.49.0.91). And from its stability in my way: the half-time fragmentation, the standard of stability of the quality of life scale after adjustment by the Oberman Brown equation was estimated at 0.94, The Alpha Krumbach coefficient, estimated at 0.89, is highly stable, confirming that there is stability and consistency between the scale vertebrae and a high degree of sincerity.

## Results

### **Presenting the results of the first question**

To answer this question, the researchers used a t-test for two independent groups (the group of mothers of children with motor cerebral palsy and the mother group of uninfected children), The results were as in the following tables:

**Table 1.** Differences between the average scores of study sample members on the emotional intelligence scale (n=80)

Variable	Groups	Sample	Medium	Standard deviation	averages difference	d. f	T test	Sig.
emotional intelligence	Mothers of infected children	40	96.80	11.60	11.02	78	03.94	0.00
	Mothers of uninfected children	40	85.77	13.30				

The previous table shows that the average arithmetic for mothers of children with motor cerebral palsy on the emotional intelligence scale is estimated at 96.80 with a standard deviation estimated at 11.60, while the average score of mothers of uninfected children is estimated at 85.77 with an estimated deviation of 13.30. With a difference of 11.02, The T value was equal to 03.94 and the probability value associated with the T test (sig.= 0.00) was below the indication level of 0.01 We reject null hypothesis and accept the alternative. that is, there are differences between mothers of children with motor cerebral palsy and mothers of children without emotional intelligence. These differences are for mothers of children with cerebral palsy with the highest arithmetic average of 96.80, This result is consistent with the ability of mothers to express feelings, adapt to situations and maintain a positive mood with their children and their ability to control their lives normally within the social context. In this regard, Bar-On states that emotional intelligence is a set of non-cognitive possibilities, competencies and skills that affect an individual's ability to succeed and meet the demands and pressures of the environment; The results of this study are in accordance with the results of some studies, including one (Sjabreg, 2001), which concluded that there are gender differences in emotional intelligence in the direction of females, as well as bakar's statement that women are generally more aware of their emotions and more successful in personal relationships (Bakkar, 2012: 21).

**Table 2.** Differences between the average scores of study sample members on the quality of life scale (n=80)

Variabl	Groups	Sampl	Mediu	Standar	average	d.	T	Sig
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e		e	m	d deviati on	s differen ce	f	test	.
quality of life	Mothers of infected children	40	216.55	18.90	-8.20	78	-1.84	0.06
	Mothers of uninfected children	40	224.75	20.76				

The previous table shows that the average arithmetic score for mothers of children with motor cerebral palsy in the quality of life scale is estimated at 216.55 with a standard deviation of 18.90 while the mothers of uninjured children with an average calculation of 224.75 with a standard deviation of 20.76 with a difference of -8.20, The value of T was -1.84 and the probability value associated with the T test (sig.= 0.06) was greater than the indication level of 0.05 We accept null hypothesis. We reject the alternative hypothesis that there are no differences between mothers of children with motor cerebral palsy and mothers of children who are not infected with quality of life; If there are differences in averages, it may be due to coincidence or measurement errors that he was unable to control in the current study, and Because of the specificity of some of the scale vocabulary, This is in addition to the similarity of the study sample members' assessment of their quality of life to the similarity of the environment and living conditions in the study sample, since most mothers of children with motor cerebral palsy and mothers of uninfected children are at home and are not working, which led to the absence of differences between them in the quality of life because the majority of them are not accustomed to keeping up with life conditions. Among the studies that have come to the same conclusions as the current study, the (Imhaund & al, 2010) study on the quality of life of female workers in Edo state revealed that there are no differences in quality of life between female police teachers and female police officers, the results of this study are inconsistent with the (Bekhshan, 2006) study which resulted in differences in the quality of life between the uninfected and visually impaired in favor of uninfected, and the (Bozgeyikli, 2011) study which revealed differences in the quality of life satisfaction of female mentors, was higher than the quality of life satisfaction of male mentors.

### Presenting the results of the second question

To answer this question, Pearson's straight correlation coefficient was calculated among these variables among the study sample members, and the result was as shown in the following tables:

**Table 3.** The correlation of the grades of mothers of children with cerebral palsy on the emotional intelligence scale and the quality of life scale

Variables	emotional intelligence			
quality of life	Number of samples	R. Calculated	Sig.	Indication 0.01
	40	0.40**	0.01	statically significant

\* statically significant at 0.05, \*\* statically significant at 0.01.

The table above shows that pearson's correlation coefficient between emotional intelligence and quality of life was 0.40, and the probability value associated with the correlation coefficient (sig.= 0.01) which is smaller than the 0.01 indicative level, Therefore rejects the zero hypothesis of research and accepts the alternative hypothesis that there is a positive relationship between emotional intelligence and quality of life in mothers of children with motor cerebral palsy, and this indicates that the high level of emotional intelligence in mothers of children with motor cerebral palsy is accompanied by a high level of awareness of the quality of their lives, and the explanation of this is very logical. The variable of emotional intelligence belongs to the positive aspects of the personality of the individual, which affects his awareness of the quality of life, where the quality of life is high among mothers with high emotional intelligence, and vice versa, and their high degree of emotional intelligence enables them to increase self-confidence and awareness of their emotions and control and communicate with others, thus the ability to solve problems and overcome difficulties. Among the studies that have reached the same conclusions: the (Bar-On, 2006) Study which aimed to reveal the relationship between both happiness and emotional intelligence, and the relationship to improving the quality of life in the individual, the results showed a strong effect of emotional intelligence in improving the quality of life and developing an individual's sense of satisfaction with life, achieving higher levels of happiness. And the (Ajadja, 2008) atudy which aimed to identify the correlation between emotional intelligence and quality of life and methods of coping with stress, and the results resulted in a positive relationship and

also consistent with the theoretical framework of the theory of emotional intelligence, which considers that those with high emotional intelligence have positive personality traits that ensure success and happiness in life. It is therefore necessary to enhance the emotional intelligence of mothers of children with motor cerebral palsy, as it has an impact on their happiness and enjoyment of life and thus access to quality of life.

### Presenting the results of the third question

To answer this question, use a simple regression analysis to predict the degrees of the research sample on the life quality scale (dependent variable) through their scores on the eimeter (independent variable), because the relationship between the two variables is a direct relationship as mentioned earlier, this relationship is illustrated by one of the famous drawings known as the propagation function or dispersion chart as described in the following figure:



**Figure 1.** The dispersal of the grades of mothers of children with cerebral palsy in the quality of life by indicating their degrees in emotional intelligence (Source: Spss(23) Outputs).

The slope line chart in the previous form shows that there is a linear correlation between the scores of the research sample on the emotional intelligence scale and their grades on the quality of life scale, and using the results of the spss program the simple regression action, the results were as described in the following table:

**Table 4.** Simple linear regression analysis to predict quality of life grades through emotional intelligence scores (n=40)

dependent variable	Source of variance	Total squares	d. f	Average squares	F	sig.	Link Coefficient (R)	Selectio n Factor (R2)
emotional	Regressio	<b>2269.05</b>	<b>1</b>	<b>2269.05</b>	<b>7.38</b>	<b>0,0</b>	<b>0.403</b>	<b>0.163</b>

intelligence	n	6	6	8	0		
	The error.	11670.844	38	307.127			
	Total	13939.900	39				

From the table the value of  $r=0.40$  showing the amount of change in the life quality variable (dependent variable) caused by the irritability variable (independent variable), i.e. the amount explained by the independent variable in the child, this value is high and indicates that the independent variable explains about 40% of the change in the dependent variable, and the rest 60% is due to other factors, There is a statistically significant observed relationship between the two variables, as shown by the table itself that the value of the contrast analysis  $F = 7.388$  is morally significant because the probability value associated with the  $F$  ( $\text{sig.} = 0.00$ ) test is below the 0.01 indicative level, which confirms the high explanatory strength of the statistically simple linear regression model.

To determine the statistical significance of the 0.241 slope factor and the non-standard constant value equal to 23.496 for the independent variable on the dependent variable, the researchers calculated the T test at the moral indication level of 0.01 and the results were as follows:

**Table 5.** The significance of the regression coefficient of emotional intelligence variable on quality of life variable (n=40)

	dependent variable	Value coefficient	T. test	sig.
independent variable	Non-standard fixed limit $\beta$	23.496	6.517	0.00
	emotional intelligence	0.241	2.718	0.00

It is clear from the table that the irritability variable (independent variable) was statistically indicative in the simple linear regression model and according to the T test, whose value was statistically significant because the probability value ( $\text{sig.} = 0.00$ ) was below the 0.01 indicative level, From there, the decline of mothers of children with cerebral palsy on the quality of life scale can be achieved by using the fixed limit  $\beta$  as follows:

$$\text{Quality of life} = 0.241 \times \text{Emotional Intelligence} + 23.496$$

This indicates that the degrees of mothers of children with motor cerebral palsy can be predicted on the quality of life scale by their grades on the emotional intelligence scale, which contributes significantly to the prediction of their quality of life. Mothers' ability to understand and perceive their emotions and feelings increases their self-confidence and self-esteem, and mothers' awareness and understanding of their emotions, feelings and emotional participation enhance sins and harmony with themselves. With others and also the ability of the individual to process their emotions and feelings and manage the feelings of others helps to increase the sense of joy, happiness, tranquillity and tranquility, this is consistent with a study (Bar-on, 2006) whose results showed a strong effect of emotional intelligence in improving the quality of life and developing the individual's sense of satisfaction with life, thus achieving a higher level of happiness. And the Study of (Freedman, Chini, Fiedeldey, 2006) where regression analysis indicated that emotional intelligence predicts 54.89% of the overall variation in quality of life, suggesting that emotional intelligence is one of the strongest predictors of success in life. And the study of (Frich, Chark, Rous, Rudd study, 2005) where their study showed that an individual's sense of happiness, quality of life and social network ing could be predicted by a sample of Canadians. These studies have indicated that emotional intelligence contributes to improving and improving quality of life.

### **Conclusion and recommendations**

Researchers are increasingly interested in studying the emotional and emotional life of mothers in general and mothers of children with chronic illness and special needs in particular for their positive aspects and the extent to which they contribute to the quality of life as one of the indicators that indicates the mother's physical and psychological health, the quality of social relations and a sense of psychological security. Therefore, it is hoped that this study will contribute, even slightly to the enrichment of researchers' information in general psychology and health psychology and related to the subject of emotional intelligence and its association with the subject of quality of life, on the basis of which it recommends addressing other studies related to the current study variables, and hopes that their results will contribute to:

- Increase disinterest in mothers with low emotional intelligence, and work to provide all forms of support and support to them in order to enhance their self-confidence and to bring them towards a better quality of life.
- Conducting guided meetings for mothers in order to inform them about future matters of their own and their children and improve their expectations of future events while activating their abilities in dealing with crises and daily life problems.
- Establishing a body to guide mothers of children with special needs and give them problem-solving skills, and to develop mentoring programs to raise their emotional intelligence.

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