

**EMOTIONAL INTELLIGENCE. PERSONAL RESILIENCY, AND SENSE OF WELL-
BEING OF TEACHERS: BASIS FOR THE DEVELOPMENT OF A
WELLNESS PROGRAM**

A Dissertation

**Presented to
The Faculty of the Graduate Studies
Central Philippine University
Iloilo City**

**In Partial Fulfillment
of the Requirements for the Degree
DOCTOR OF EDUCATION
(Guidance and Counselling)**

**MYLA NARIA CONEJAR
APRIL 2020**

EMOTIONAL INTELLIGENCE. PERSONAL RESILIENCY AND SENSE OF WELL-BEING OF TEACHERS: BASIS FOR THE DEVELOPMENT OF A WELLNESS PROGRAM

Myla Naria Conejar

ABSTRACT

This study was conducted to determine the relationships of the respondents' emotional intelligence, personal resiliency, and sense of well-being in a state university for the School Year 2018-2019. The sample consisted of 214 randomly selected faculty members of the state university. The standardized instruments were administered to measure the emotional intelligence, personal resiliency and sense of well-being of the respondents namely: Nicholas Hall's Emotional Intelligence, Andrew Durbin's Personal Resiliency, and McKinley's Sense of Well-being. Results revealed that majority of the respondents were female, middle age, married, ten years and below teaching experience, Instructor/Assistant Professor, and with an average monthly income. The emotional intelligence of the respondents was high so as to its classifications. Likewise, the respondents had a great extent personal resiliency and a high sense of well-being. The personal resiliency can influence the relationship between the respondents' emotional Intelligence and sense of well-being. Moreover, the personal resiliency and emotional intelligence were highly and positively related. The correlation between emotional intelligence and sense of well-being had positive and significant relationship. No significant relationship existed between personal resiliency and sense of well-being.