**Is emotional intelligence related to mood dynamics?**

A.-R. Mohammed, D. Lyusin

National Research University Higher School of Economics-Moscow

**Связан ли эмоциональный интеллект с динамикой настроения?**

А.-Р. Мохаммед, Д.В. Люсин

Национальный исследовательский университет Высшая школа экономики

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**Introduction**

The fundamental feature of mood consists in constant changes over time. The study of mood dynamics helps in understanding the mechanisms and patterns of emotional experiences and how its components varies across time (Davidson, 2015; Kuppens, 2015). It is suggested that mood dynamics is related to an array of an individual’s characteristics including emotional intelligence (EI). EI generally refers to the understanding and management of one’s own and other’s emotions. Four aspects of EI can be distinguished, namely intrapersonal EI, interpersonal EI, emotion understanding and emotion management.

The aim of the study was to investigate the relationship between mood dynamics and EI through an experience sampling methodology. Experience sampling methodology involves collecting any form of data over a time course. It can be minutes, hours, daily or weekly. This allows for analyses of changes in the variable that is being measured. This methodology provides us with valuable information on how individuals react and feel in daily life situations. Several studies have used this approach in analyzing the onset and recovery from psychopathology (Wichers, Wigman, & Myin-Germeys, 2015), psychological health and wellbeing (Houben, Van Den Noortgate, & Kuppens, 2015). Despite the enormous information that experience sampling methodology provides us, not much is known about how individual differences in EI as reflected in daily experiences of mood.

A lot of indices of mood dynamics were suggested, however, the most common mood dynamic indices include mood variability, mood instability and mood inertia. These three characteristics of mood dynamics were assessed in relation to EI. Mood variability refers to the amplitude or range of an individual’s mood across time. (Houben, Van Den Noortgate, & Kuppens, 2015). Hence individuals with high mood variability are characterized by experiencing emotions at the extreme levels and would have greater mood deviation from the average mood level. It is calculated by using the variance of mood states or within-person standard deviation of mood across time. Mood instability refers to the extent to which mood changes from one occasion to the other. Higher level of instability involves greater mood shift from on occasion to the other, hence would have more unstable emotions. It is calculated as the mean squared successive difference (MSSD) involving consecutive emotions scores (Von Neumann, Kent, Bellinson, & Hart, 1941). Meanwhile mood inertia refers to the prediction of a mood state based on previous mood state. Hence higher level of emotional inertia is characterized by experiencing emotions that are self-predictive and enduring across time (Houben et al., 2015). It is often calculated by autocorrelation of mood states across time.

**Method**

*Participants*

Twenty-six undergraduate students (all female) from Moscow with age ranging from 17 to 21 years (M = 18.32, SD = 1.02) participated in the study for a course credit.

*Measures*

The EmoS-18 questionnaire (Люсин, 2014) was used to measure their mood and the EmIn questionnaire (Люсин, 2006) was used to assess their emotional intelligence.

*Procedure*

Participants were asked to fill out the EmoS-18 scales three times a day, in the morning, in the middle of the day and in the evening, for a two-week duration.

**Results and Discussion**

There was a significant high correlation between mood variability and mood instability suggesting that both constructs were actually measuring the same event. There has also been confusion in the literature as far as mood variability and instability are concerned. Some authors often end up interchanging the measures of these variables. It was therefore not surprising that this was reflected in the present findings.

Contrary to our expectation, the results do not show a significant relationship between static mood characteristics (that is positive mood with high arousal, negative mood with low arousal and tension) and general emotional intelligence and its subscales. This can be explained by the use of the experience sampling methodology that was not applied in the previous studies.

It is found that the inertia of positive mood with high arousal was positively correlated with interpersonal emotional intelligence. This means that with individuals who were high in interpersonal emotional intelligence, one could predict that in the next moment they will be expected to maintain the happy mood than change their mood to negative.

The limitation associated with this study is that the sample size used was small which resulted in low statistical power. Also, only females participated in the study, therefore, we cannot conclude if these findings can be generalized across gender. Future research with a larger sample size and gender balance is needed to help us understand the extent to which the present findings are replicable.

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