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Anxiety and stress coping mechanism. The mediating role of emotional intelligence

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The present study is focused on the concept of coping approach as a mechanism for solving problems (Compass et al., 2001, Carlo et al., 2012). This coping mechanism has been identified as productive solving problems generated by stress (Hooberman et al., 2010) in opposition to the coping strategies based on avoidance based on emotion (Campbell-Sills et al., 2006, Roberts et al., 2012). In this work we analyze relationships between anxiety, emotional intelligence and coping mechanism facing stressing situations. We also show the mediating role of emotional intelligence between anxiety and coping mechanism. The variables here analyzed in this work are Anxiety, Emotional Intelligence, and Coping which have been registered from standardized tests completed by the population used as sample in this study. This study population composed by 434 students of the Nursing Degree from Valencia (Spain) is composed by age ranges of 17-54 years ($M=21$; $SD=.320$), 76% women y 24% men. The 71.7% of them are single, 23.3% with couple, 3.7% married y 1.3% divorced. Social class level: 25% high class, 16.6% middle-high, 36.2% middle-class, y 22.2% middle-low class. The variables here analyzed are evaluated with a structural equation model. The explicative model confirms the direct relationships of Trait Anxiety with Emotional Intelligence, as well as positive relation with Coping Approach and negative ones with Coping Avoidant. Discussion at this work focuses on the prediction of coping mechanisms related to the interaction of anxiety and emotional intelligence.

Biography

Noemí Cuartero Monteagudo currently is PhD student. She works at the Catholic University of Valencia such us nursing professor. She has tutored several students' works at the university and has participated in other international nursing congress. Ana Tur-Porcar is currently an Associate Professor at the University of Valencia, Spain. She holds a PhD from University of Valencia. Her research is focused on emotional and cognitive processes related to protective and vulnerability personal factors in childhood, adolescence and adults. Due to this investigation, she has published more than 50 articles in both national and international journals, most of them indexed in JCR such as Personality and Individual Differences; Journal of Cross-cultural Psychology; Journal of adolescence; European Journal of Developmental Psychology, Furthermore, she as presented more than 100 presentations in national and international conferences. Julio Fernández Garrido (RN, MsN, PhD), is the Dean of the Faculty of Nursing and Podriatrics of the University of Valencia, and the President of the National Conference of Deans in Spain. After his clinical activity period (since 1988 until 2006) starts his university of Valencia docent and research activity. He put the research focus in the biomarkers for the frailty people, and the quality of life for the population.

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