

EMOTIONAL INTELLIGENCE, OPTIMISM LEVEL AND PSYCHOLOGICAL
WELL-BEING OF SELECTED MALE INMATES AT
CAVITE PROVINCIAL JAIL

THESIS

ANNE KRISTEL S. RAGA

M.A. MAE T. REYES

KRISTINE C. RODIS

College of Arts and Sciences

CAVITE STATE UNIVERSITY

Indang, Cavite

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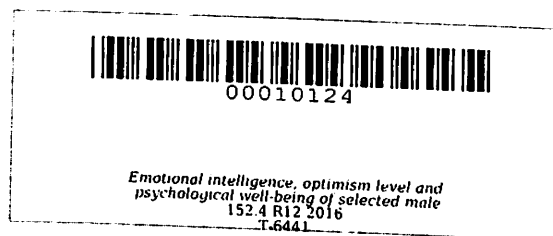
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**EMOTIONAL INTELLIGENCE, OPTIMISM LEVEL AND PSYCHOLOGICAL
WELL-BEING OF SELECTED MALE INMATES AT
CAVITE PROVINCIAL JAIL**

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Bachelor of Science in Psychology



**ANNE KRISTEL S. RAGA
MA. MAE T. REYES
KRISTINE C. RODIS**
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ABSTRACT

RAGA, ANNE KRISTEL S., REYES, MA. MAE T., RODIS, KRISTINE C. Emotional Intelligence, Optimism Level and Psychological Well-being of Selected Male Inmates at Cavite Provincial Jail. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University Main Campus, Indang, Cavite. March 2016. Prepared under the supervision of: Ms. Mary Joyce B. Eyaya.

This study was conducted to determine the Emotional Intelligence, Optimism level, and Psychological Well-being of Selected Male Inmates at Cavite Provincial Jail.

Specifically, it aimed to determine the significant relationship between three variables, Emotional Intelligence, Optimism level and Psychological Well-being of selected male inmates.

The study covered two hundred sixty (260) Selected Male Inmates at Cavite Provincial Jail out of the total population of 743 inmates.

This study employed Pearson and Spearman Rank Correlation in identifying the degree of relatedness of Emotional Intelligence, Optimism Level and Psychological Well-being. Analyzing the relationship requires the 0.01 level of significance, which was used in the study.

The participants were asked to complete the questionnaires to gain information about their Emotional intelligence, Optimism level and Psychological Wellbeing. To know the given variable the lifted modified questionnaires by Daniel Goleman, from thesis entitled "Emotional Intelligence and Optimism Level of inmates at Lex Malolos City Provincial Jail" by Lope, Rhayzel Anne (2012), to determine their Emotional Intelligence. To determine the Optimism score, the researchers use the questionnaires of Carver C.S, "Life Orientation Test-Revised". The Psychological Well-being Scale by

Carol Ryff, was use to determine the Psychological wellbeing of inmates, the researchers modified the instrument from the thesis entitled “Psychological well-being, Academic Motivation and Scholastic performance of students in the open High School Program in Tanza, Cavite” by Alleuia, Endorse, Lace Ann J. (2014).

The results showed that there is a strong linear Relationship between the Emotional Intelligence and Optimism Score. There is no linear relationship between Optimism Score and Psychological Wellbeing score. And lastly, the Emotional Intelligence and Psychological Wellbeing has no linear relationship also.

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**Anne Kristel S. Raga
Ma. Mae T. Reyes
Kristine C. Rodis**

An undergraduate thesis presented to the faculty of the Department of Social Sciences And Humanities, College of Arts and Sciences, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for graduation with degree Bachelor of Science in Psychology, with contribution No. ____ prepared under the supervision of Ms. Mary Joyce B. Eyaya

INTRODUCTION

“Expand your vision and see that inside every culprit, there is a victim crying for help. That person is also a victim of ignorance, small-mindedness and lack of awareness. It is the stress, lack of broad vision about life, lack of understanding, and bad communication that leads to violence in society.” (Shankar, 2015) What could be the reason of committing a crime? Is it because they are a bad person? Or is it because they are happy doing the wrong things? Based from the statement of Shankar, they are also a victim. They lacked an expansive vision about life. They also need help and companion. They need someone who will accept and help them with their improvement.

The researcher will review the possible reason why and how a person generates an insignificant image about life and how this turns them to commit crime. In the present study the researchers will focus on the role of emotions associated with being an inmate