Influence of Emotional Intelligence on Occupational Stress of Health Care Professionals: A Letter to the Editor

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It is a pleasure writing a Letter to Editor for the published article: **Tiwari S, Bhagat D. The Role of Emotional Intelligence on Health Care Professionals Occupational Stress and Burnout. Int J Cur Res Rev. 2020;12(24):187-96.**

The authors have undertaken this study to systematically explore and describe the relationship between Emotional Intelligence and the dimensions of Occupational Stress as the emotional intelligence dimension of health care professionals has not been given adequate attention and very little empirical research has been done in this field as compared to other professionals. So, a sample of 131 doctors and 257 nurses working in hospitals, PHCs, CHCs, & sub-centres were selected. The study included four questionnaires: Emotional Quotient Test (EQT), Occupational Stress Index (OSI), Oldenburg Burnout Inventory (OLBI), and Perceived stress scale (PSS). Data obtained were analyzed using ANOVA, Pearson correlation, and multiple regressions.

The authors have correctly pointed out that researchers dealing with health care sectors have ignored the occupational stress and emotional intelligence dimension of health care professionals. So, they have intended to fill this gap by exploring the emotional intelligence dimension of health care professionals in dealing with stressful situations. The health-care system in Meghalaya is strangled due to the serious shortage of specialized medical and para-medical staff, in-

frastructure facilities, drugs, etc. Apart from these the hilly topography and poor road infrastructure are making the health sector scenario even worst making their life stressful. One of the ways to deal with occupational stress is through the management of emotions. Studies in psychology have also highlighted that success at work-life does not depend on IQ and it determines only 20% of a person's success, but rather it depends on a person's emotional intelligence which determines 80% of success.

To test the significance of mean difference across different professional groups and gender, ANOVA was applied. The correlations among variables were obtained by applying Pearson's Product Moment method. Regressions of Burnout on Occupational Stress and Emotional Intelligence were computed by employing Standard Multiple Regression Analyses.

This is a well-conducted study on a topic mostly overlooked for which the authors should be congratulated. However, a brief description of Emotional Quotient Test (EQT), Occupational Stress Index (OSI), Oldenburg Burnout Inventory (OLBI), Perceived Stress Scale (PSS), ANOVA, Pearson correlation, and Multiple Regression Analyses would have been helpful for healthcare professionals to understand this paper as very few of them have been exposed to these terminologies.