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## Unraveling The Impact Of Emotional Intelligence And Self-Esteem On Adult Social Adaptation: A Comprehensive Review

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### Abstract

Emotional Intelligence is generally linked to better personal adjustment and a higher sense of self. This study set out to thoroughly review the existing literature to unravel the impact of emotional intelligence and self-esteem on social adjustment in adulthood. We review the pertinent literature to understand how these elements affect one's capacity to deal with social situations effectively. Together, these studies offer clear evidence that people with high emotional Intelligence (E.I.) and positive self-esteem (S.E.) should respond to stressful situations more adaptively than people with low E.I. & negative S.E., such as reducing reactivity (less psychological degradation, less physiological arousal), and recovering more quickly as considered, even though the underlying processes that connect emotional intelligence & self-esteem with those results are mostly unclear. This study highlights significant issues that still need to be addressed and provides clear instructions for developing, applying, and assessing future interventions to boost emotional intelligence and self-esteem by fostering improved adult social adaptation.

**Keywords:** Emotional Intelligence, Self-esteem, Social Adjustment

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### Introduction

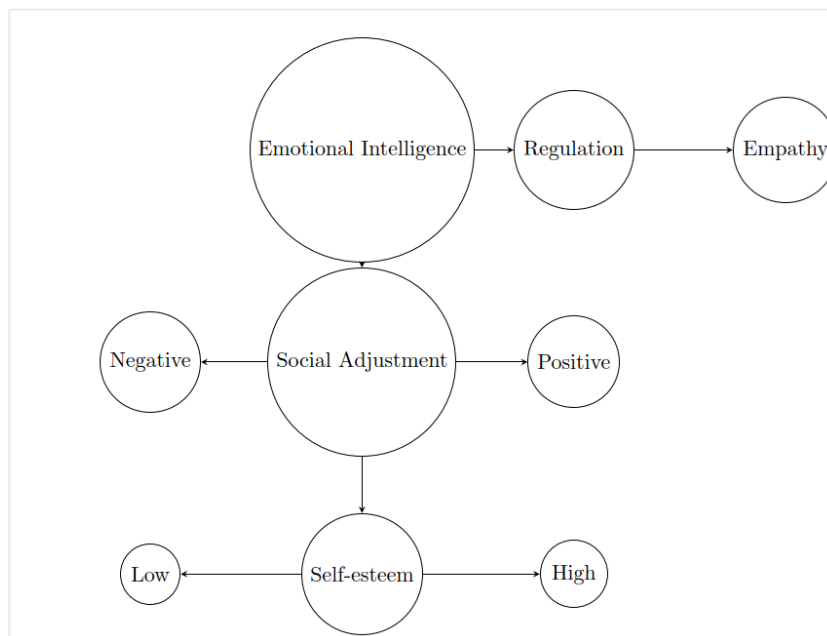
#### Emotional Intelligence (E.I.)

Over three decades Emotional Intelligence (E.I.) was first described as a collection of skills for processing emotions and applying them to shape one's thoughts and behavior. Since its origin, emotional Intelligence (E.I.) has attracted much attention and controversy (Salovey and Mayer, 1990). Emotional intelligence is the ability to sense, understand and effectively apply the power of emotions as a source of human energy, information, connection, and influence (Cooper and Sawaf, 1997). In a setting like this, emotional intelligence is crucial in influencing human conduct, especially adults' attitudes connected to social adjustment. It makes sense why (Steinmayr and Spinath, 2012) defined the term as the most crucial component of success for individuals and society.

#### Social Adjustment

Social adjustment is the process of adjusting to one's social environment. A person's ability to adjust to their surroundings and self depends heavily on their emotional intelligence. An adjusted person can express his feelings at the appropriate moment in a socially acceptable manner. As a result, adjustment can be defined as an individual's response to the demands and stresses of a social environment.

Rao (1990) defines "Adjustment would be a harmonious relationship of an individual to his enrollment which affords him a comfortable live devoid of strain, stress, conflict and frustration." The term "adjustment" in this study primarily relates to the extent to which a person may attempt to manage inner tension, need conflict, and frustration while also establishing harmony between his consciousness and environmental demands.



**Figure 2:** Emotional and Social Adjustment

### Self-Esteem

Self-esteem, another important construct, is an overall assessment of one's value or worth, whether positive or negative. In the words of Cherry (2019), the term "self-esteem" refers to a person's accurate perception of their value or self-worth. Self-esteem can be termed as a wide range of self-perceptions, including how you view your looks, beliefs, feelings, and behaviors and the interpersonal relationships a person has in the outside world. Consequently, numerous types of research have produced convincing evidence of a significant connection. However, due to a tiny sample size or the fact that participants were restricted to a particular age group, gender, or culture, each study has only examined a small portion of the overall association.

We have evaluated research studies that investigate the influence of E.I. and self-esteem and their effect on adults' social adaptation to examine the subject matter as thoroughly as possible. Likewise, the development and adjustment of an individual are directly tied to their sense of self. One may say that the secret to adjustment is Emotional Intelligence and self-esteem. Hence the researcher is interested in examining how self-esteem and emotional quotient affect adult adjustment.

### Objective Of The Study

This study's primary goal is to review all the available literature to find out how emotional intelligence and self-esteem affect adults' ability to adjust to social situations. The study specifically seeks to accomplish the following goals:

- Finding out the relationship between adults' emotional intelligence and their social adjustment

- Determining whether adults' self-esteem has any relationship with their social adjustment

### Research Methodology

This paper takes the form of a literature review. Required databases were thoroughly searched for publications published in English in scholarly journals without regard to the publication year. When "emotional intelligence, self-esteem & social adjustment" appeared as a keyword, a term in the title, or the abstract, along with one or more other search terms, the article was considered relevant. An enormous amount of prior research has sought to identify the link between adults' social adjustment and emotional Intelligence (E.I.) and self-esteem. Finally, it highlights some areas that require further investigation.

### Literature Review

The researcher reviewed the relevant literature while considering the significance of previous investigations. It is based on sources, including examining research publications, study abstracts, encyclopedias in the university library, and studies that may be found online.

### 4.1 Emotional Intelligence About Adult's Social Adjustment

Emotional Intelligence (E.I.) is a catch-all phrase that describes how we perceive, control, use, and comprehend our own emotions and others (Zeidner et al., 2009). A well-adjusted person is one whose personality development follows a healthy route of socialization and who is unaffected negatively by interactions such as conflicts and emotions. The impact of emotional intelligence on social adjustment is to help adults develop their capacity for empathy and responsible interpersonal behavior.

Research suggests that emotionally intelligent adults have been shown to make better judgments, live morally, and use their emotions as a source of motivation and guidance. (Engelberg and Sjoberg, 2004). They collaborate better, are better at problem-solving, and are better at becoming leaders, better partners, and better parents. They are more conscious of pleasant and unpleasant feelings, although they are not always "happier" (Freedman, Ghini, & Fiedeldey, 2006).

Adult social adjustment in our society has so far been reported to be a significant issue, which is ascribed to adults' low emotional intelligence and incapacity to regulate their emotions; those who are more aggressive are more likely to display mental issues, engage in criminal activity, have unhappy marriages, and experience unemployment than those who are less aggressive (Alsaker & Olweus, 2002; Asberg, 1994; Coccaro, Noblett, & McCloskey, 2009). We can encourage flexible career growth by boosting their emotional skill assurance, which would affect their perception of social support (Fabio and Kenny, 2012). (Singh, 2014) suggests that coaches who work for state colleges adjust better than those who work for central universities. Additionally, it was discovered that the emotional intelligence of coaches at the state and central universities did not differ noticeably. It was discovered that having an excellent social adjustment is defined as being content with oneself and in harmony with People may, however, adjust their experience of emotions by using a variety of emotion regulation tactics while going through emotional episodes. People are not only passive recipients of happy emotions. (Kashdan, Young, & Machell, 2015). One theory is that emotional intelligence lessens the intensity and persistence of negative feelings.

(Suyatno, Khairil Nur Hidayat, 2018) Based on the findings, I prefer that the schools place a greater emphasis on emotional intelligence development that may impact how pupils develop their capacity for social adjustment, a good indicator of how successful their future will be. The outcome was consistent with previous studies (Kaewmani, 2014) and (Akkhaniwat, 2007), demonstrating a favorable relationship between the emotional quotient and social adjustments. Additionally, the results supported by (Ketkaew et al., 2021) with a statistically significant positive correlation between the emotional quotient of students and their social adjustment.

Overall, the reviewed literature highlights the crucial role of emotional intelligence in adult social adjustment. By understanding and developing emotional intelligence, individuals can enhance their interpersonal skills, effectively regulate emotions, and improve their overall social functioning.

### **Self-Esteem Concerning Social Adjustment**

Self-esteem is frequently seen as essential to social integration, representing the entirety of one's judgment of oneself (Chikweru and Eremie, 2015). In the Introduction, we discussed that people's actual behaviors would explain how high versus low self-esteem might result in favorable versus unfavorable changes in them. For instance, displaying physical affection, using accommodative and constructive conflict resolution techniques, and engaging in other positive behaviors are all linked to higher levels of self-esteem (Diamond et al., 2010). These behaviors predict changes in fulfillment in relationships (Johnson et al., 2005) and self-esteem (Roberts & Bengtson, 1993).

An individual's sense of self is intimately related to adjustment. While previous studies are helpful for pointing out possible connections between adults' self-esteem and their impact on social adjustment, they do not explain how self-esteem might assist individuals in overcoming daily obstacles. However, the concept that people's self-esteem impacts the qualities of their social connections is supported by several essential theories.

(Feng Kong et al., 2012) They examined the mediating effects of social support and self-esteem for an association between trait emotional intelligence and life satisfaction in late adolescence. Their investigation revealed that males with higher levels of social support are more likely to experience greater life satisfaction than their female counterparts. Likewise, other research studies (Abbas & Ul Haq 2011; Afreen Faiza 2022) have revealed a significant and favorable relationship between emotional intelligence and self-esteem. While self-esteem was shown to be higher in men than women, women tend to be more emotionally sophisticated than men.

### **Relationships Among Key Factors**

High emotional intelligence and high self-esteem are essential determinants of better adjustment. A person's life is a process from the moment they are born until they pass away, balancing their internal requirements with the demands their environment places on them externally. The ability to control one's emotions presents a substantial difficulty for a developing adult. These days, a lot of young individuals struggle with social adjustment challenges. Therefore, Emotional intelligence is likely to support social competence and mediate between achievement and self-esteem.

According to (L.Sjoberg 2008), emotional intelligence was positively correlated with salary for both men and women, indicating that E.I. is also linked to other social competence indicators. Interestingly, people with high E.I. scores tended to be less focused on achieving success financially. In

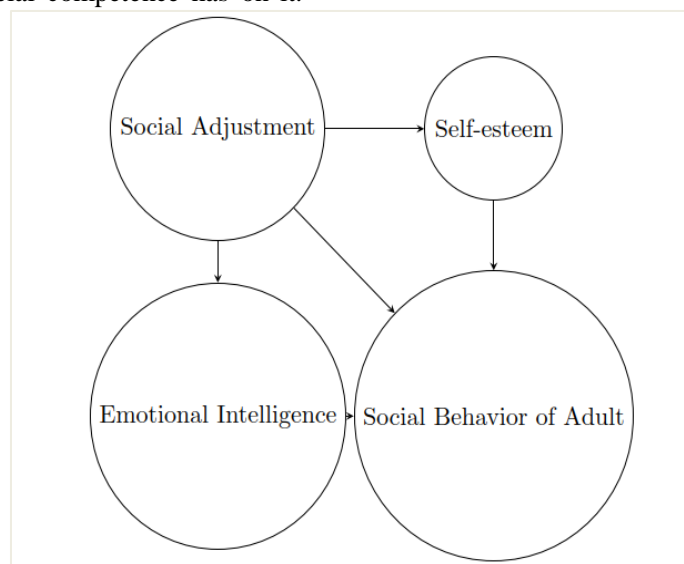
addition,(Latifa & Islami, 2020) found that academic stress, emotional intelligence, academic self-concept, and social support had substantial combined effects on the adversity quotient, accounting for a significant portion of its variance. However, the remaining percentage was influenced by errors or other factors not looked at in this study.

Even though adults with high self-esteem tend to be positive even in challenging circumstances, research by (Baumeister et al., 1996) suggests that adults with high self-esteem may also have negative associations, such as higher aggression. The relationships between self-esteem, family status, and social adjustment did not correlate statistically. These results are consistent with expectations made by traditional and modern theories, highlighting the reciprocal relationship between people's social connections and their level of self-esteem across all life stages.

Furthermore, the previous studies are consistent with the fact that there is a significant association between adults' emotional intelligence and social adjustment. The results show how important emotional intelligence is in playing a significant role in determining self-esteem and account for the favorable impact that social competence has on it.

Therefore, enhancing emotional intelligence is essential for young adults to lay a solid foundation for their self-esteem (Cheung et al. 2014).

A significant association between college adjustment and emotional intelligence, as well as self-esteem, was discovered by (Hyo-Ju Jung and Hyang-In Cho Chung 2012); according to the study's findings, initiatives that encourage significant satisfaction in nursing students as well as provide adequate academic counseling and coaching are crucial to facilitate college adjustment. In addition, (Tambelli, Laghi, Odorisio, and Notari,2012) contend that self-esteem may work as a buffer against emotional issues or well-being during childhood and early adolescence. Similarly, (N.H. Deshmukh, 2017) indicates that self-concept significantly affects adults' adjustment, while emotional intelligence also substantially impacts how well adults adjust. However, the interaction between self-concept and emotional intelligence does not significantly affect the adults' adjustment. Therefore, the literature shows an interconnection between emotional intelligence, self-esteem, and social adjustment throughout life stages and can be improved through understanding these connections.



**Figure 2:** Emotional and Social Behaviors connection

### Findings Of The Study

- Adult social adjustment is greatly influenced by emotional Intelligence (E.I.). Adults with greater degrees of emotional intelligence are better at interacting with others, solving problems, taking initiative, and adjusting to social situations.
- Low emotional intelligence is associated with all adverse outcomes, including mental health problems, violence, criminal activity, unhappy marriages, and unemployment. Through improved social support perception and effective emotion regulation, developing emotional intelligence can positively impact social adjustment.
- Another essential aspect affecting adult social adjustment is self-esteem. Positive actions, including showing physical love, resolving conflicts amicably, and enjoying relationships more, are linked to high self-esteem. It helps with better social integration and general well-being.
- Emotionally intelligent adults have high self-esteem.
- Studies reveal that positive emotional intelligence outperforms both low and negative emotional intelligence as a predictor of favorable social adjustment, as opposed to high self-esteem.

- Acknowledging that people with high self-esteem can sometimes show negative traits, like higher aggression, is essential. Further study is required to understand how self-esteem, social adjustment, and other characteristics interact in various ways.
- Emotional intelligence and self-esteem significantly influence the ability to adjust as an adult. More research is required to fully comprehend the underlying mechanisms and processes underlying the link between these two constructs.
- According to the studies under consideration, interventions aimed at fostering emotional intelligence and improving self-esteem can improve adults' social adjustment and general well-being.

The results highlight the significance of emotional intelligence and self-esteem in adult social adjustment, emphasizing the need for additional research and the creation of interventions that strengthen these factors to support people in achieving optimal adjustment and general life satisfaction.

### Conclusion

Effective adjustment is directly related to having an excellent quality of life because those who struggle with adjustment are more likely to suffer from adverse effects such as clinical anxiety, depression, and social issues. In light of this, it becomes crucial for people to have good social skills and emotional intelligence, as these traits greatly influence their capacity to negotiate social situations and successfully make significant contributions to society.

The results of this review show that having positive self-esteem has a wide range of sound effects on adults, such as more robust social interactions, improved mental and physical health, and reduced antisocial behavior. Therefore, self-esteem has a significant impact on adult adjustment. Moreover, emotional Intelligence (E.I.) substantially impacts adult adjustment. It is also found that adults' adjustment is unaffected by the relationship between self-esteem and emotional intelligence. However, despite many studies establishing a link between E.I. and self-esteem, relatively little focus has been placed on the mechanisms or processes underlying this relationship. The results of these studies should be considered in light of future research on adult adjustment and techniques for regulating it that focus on emotional intelligence and strong self-esteem.

Furthermore, it is noted in their studies that emotional competence skills are crucial for all adults, and experimental self-esteem therapies may be advantageous to both individuals and society as a whole. Future research should concentrate on emotional intelligence and efficient self-esteem

management techniques to fill gaps in the literature and expand our understanding of adult adjustment, building on the insights and limitations of the various studies included in this review. In summary, this review emphasizes the importance of emotional intelligence and self-esteem in adult adjustment. It offers insightful information for creating interventions and strategies to help people achieve their utmost social integration and well-being.

### Limitations

In this review study, only adults were included; while emotional development and emotional literacy may be seen in persons of all ages, it is also possible that future research should identify individuals from various age groups who need help managing their negative feelings. Some researchers have demonstrated gender differences in the associations between E.I. and traits like social behavior. However, the studies in our review did not comprehensively examine potential gender impacts, underlining the need for additional research in this area.

In light of the preceding, this study must determine the impact of emotional intelligence and self-esteem on adults' social adjustment while performing duties and responsibilities, which will aid in the country's growth.

To date, no study examined the impact of Emotional Intelligence and self-esteem on the social adjustment of adults. The findings of this study shed important light on the moderating role that E.I. plays in the influence of adults' social adjustment. Additionally, this study emphasizes the significance of self-esteem as a crucial factor connecting social adjustment. All we can say is that self-esteem and emotional intelligence greatly influence adults' adjustment. A well-adjusted individual makes the most of every opportunity in his own life and enriches the lives of others.

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