THE MANIFESTATION OF EMOTIONAL INTELLIGENCE COMPONENTS IN DEPRESSIVE STATES

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Abstract

This article examines the manifestation of components in depressive states from a psychological perspective. Depression is considered one of the most widespread mental health disorders in modern society and significantly affects individuals' emotional condition, cognitive functioning, motivation, communication, and social adaptation. The study analyzes how the major components of emotional intelligence—self-awareness, emotional regulation, motivation, empathy, and social skills—are manifested during depressive conditions. Furthermore, the article highlights the psychological significance of emotional intelligence in preventing depression, strengthening stress resilience, and improving mental well-being. The findings suggest that individuals with higher emotional intelligence demonstrate stronger emotional stability and better coping mechanisms against depressive symptoms.

Keywords: depression, emotional intelligence, emotional regulation, motivation, empathy, mental health, psychological adaptation, stress resilience.

Introduction

In contemporary psychology, is recognized as one of the most serious psychological disorders affecting millions of people worldwide. According to mental health research, depression negatively influences emotional functioning, cognitive processes, social relationships, and overall quality of life [1; 24].

Depression is not merely a temporary feeling of sadness; rather, it is a complex psychological condition characterized by persistent emotional distress, hopelessness, loss of motivation, and reduced interest in daily activities [2; 41]. Individuals experiencing depressive states often demonstrate:

a) emotional instability;
b) anxiety;
c) low self-esteem;
d) social withdrawal;
e) pessimistic thinking;
f) decreased psychological resilience [3; 33].

In recent decades, psychologists have increasingly focused on as an important psychological factor influencing mental health and emotional adaptation [4; 27]. Emotional intelligence refers to an individual's ability to recognize, understand, regulate, and effectively manage emotions in oneself and others.

Research findings indicate that individuals with low emotional intelligence are more vulnerable to:

a. chronic stress;
b. emotional instability;
c. anxiety disorders;
d. depressive symptoms [5; 46].

Therefore, understanding how emotional intelligence components function during depressive states is highly important for modern psychology and psychotherapy.

The Concept of Emotional Intelligence

was scientifically introduced by Mayer and Salovey, who defined it as the ability to perceive, process, and regulate emotional information effectively [6; 19].

Later, Daniel Goleman expanded the theory and argued that emotional intelligence plays a central role in psychological well-being, interpersonal communication, leadership, and professional success [7; 52].

Emotional intelligence consists of several major psychological components, each of which is significantly affected during depressive states.

Self-Awareness in Depressive States

Concept of Self-Awareness

Self-awareness refers to an individual's ability to recognize and understand their emotional experiences, psychological states, and internal reactions [8; 38]. It is considered one of the foundational components of emotional intelligence because emotional regulation cannot occur without awareness of one's emotional condition.

Individuals with developed self-awareness are capable of:

1. identifying emotional triggers;
2. understanding the causes of stress and sadness;
3. evaluating their emotional responses objectively;
4. recognizing changes in mood and behavior.

Disturbances of Self-Awareness in Depression

During depressive states, self-awareness becomes significantly distorted. Depressed individuals often:

1) focus excessively on negative emotions;
2) misinterpret their emotional experiences;
3) struggle to identify the true causes of psychological distress;
4) develop persistent negative self-evaluations [9; 67].

For example, a depressed person may perceive temporary failure as evidence of personal worthlessness. Such distorted emotional interpretations strengthen depressive symptoms and deepen emotional suffering.

Psychological studies suggest that impaired self-awareness contributes to:

1. emotional confusion;
2. cognitive distortions;
3. increased hopelessness;
4. reduced self-esteem [10; 29].

Diagram 1. Self-Awareness Disturbance in Depression

Negative Thinking	Poor Emotional Awareness	emotional Confusion	Depressive Symptoms

Emotional Regulation in Depressive States

Concept of Emotional Regulation

Emotional regulation refers to the ability to control emotional reactions, manage negative feelings, and respond adaptively to stressful situations [11; 61].

Emotionally regulated individuals are capable of:

- controlling impulsive reactions;

- reducing anxiety;
- coping effectively with stress;
- maintaining emotional balance.

Emotional Dysregulation in Depression

Depression significantly weakens emotional regulation mechanisms. Individuals experiencing depression often:

- struggle to control negative thoughts;
- experience prolonged sadness and anxiety;
- become emotionally overwhelmed;
- develop emotional instability [12; 47].

According to Gross, emotional dysregulation is one of the core psychological characteristics of depressive disorders [13; 55]. Depressed individuals frequently engage in rumination, repeatedly focusing on negative experiences and emotional pain.

This inability to regulate emotions intensifies:

- stress levels;
- emotional exhaustion;
- feelings of helplessness;
- social withdrawal.

Motivation in Depressive States

Concept of Motivation

Motivation represents the internal psychological force that encourages individuals to pursue goals and maintain active engagement in life [14; 73].

Motivated individuals typically demonstrate:

- persistence;
- optimism;
- goal-directed behavior;
- psychological endurance.

Loss of Motivation in Depression

One of the most visible symptoms of depression is motivational decline. Depressed individuals often:

- lose interest in activities;
- experience psychological fatigue;
- demonstrate passivity;
- struggle to pursue goals [15; 66].

Motivational impairment negatively influences:

1. academic performance;
2. occupational functioning;
3. interpersonal relationships;
4. self-development.

Psychologists explain that depressive states reduce dopamine-related motivational processes, leading to emotional numbness and inactivity.

Diagram 2. Motivational Decline in Depression

Depression	Loss of Energy	Reduced Motivation	Social and Academic Passivity

Empathy in Depressive States

Concept of Empathy

Empathy is the ability to understand and emotionally respond to the feelings of others [16; 42]. It plays a fundamental role in communication and interpersonal relationships.

Empathy Changes During Depression

Empathy in depressive individuals may manifest in two opposite ways:

1. Excessive Emotional Sensitivity

Some depressed individuals become hypersensitive to criticism, rejection, and negative social feedback. They excessively internalize others' opinions, which increases emotional pain and self-criticism.

2. Emotional Withdrawal

Other individuals may demonstrate emotional detachment and reduced empathy due to emotional exhaustion [17; 58].

These changes often result in:
communication difficulties;
social isolation;
interpersonal misunderstandings.

Psychologists argue that impaired empathy contributes significantly to loneliness and social disconnection in depressive states [18; 63].

Social Skills in Depressive States

Concept of Social Skills

Social skills include communication abilities, cooperation, conflict resolution, and healthy interpersonal interaction [19; 71].

Individuals with strong social skills are generally capable of:
building healthy relationships;
expressing emotions appropriately;
resolving conflicts constructively;
maintaining social adaptation.

Social Skill Deficits in Depression

Depression negatively affects social functioning. Depressed individuals frequently:

1) avoid communication;
2) isolate themselves socially;
3) experience difficulty expressing emotions;
4) lose confidence in interpersonal interactions [20; 44].

Such communication difficulties may worsen depressive symptoms because social support is one of the most important protective factors for mental health.

Diagram 3. Depression and Social Isolation

Depression ↓
Communication Problems ↓
Social Withdrawal ↓
Psychological Isolation

Psychological Importance of Emotional Intelligence in Preventing Depression

Modern psychological research demonstrates that high emotional intelligence acts as a protective factor against depression [5; 69].

Individuals with developed emotional intelligence are better able to:

- regulate emotional reactions;
- manage stress effectively;
- maintain social relationships;
- cope with psychological difficulties.

Emotional intelligence training programs may improve:

- emotional awareness;
- stress resilience;
- communication skills;
- psychological adaptation.

Psychologists emphasize that strengthening emotional intelligence may reduce the risk of depression and improve overall mental well-being.

Discussion

The findings suggest that depressive states significantly affect all components of emotional intelligence. In particular:

impaired emotional regulation;
reduced motivation;
weakened social skills;
distorted self-awareness contribute to the severity of depressive symptoms [15; 82].

Researchers argue that emotionally intelligent individuals are more resilient to psychological stress and depressive disorders because they possess stronger coping strategies and healthier emotional management skills [7; 77].Furthermore, emotional intelligence appears to function as a psychological resource that supports adaptation, emotional stability, and social functioning during stressful life situations.

Conclusion

In conclusion, depressive states significantly affect all major components of emotional intelligence. The research findings demonstrate that depression negatively influences self-awareness, emotional regulation, motivation, empathy, and social skills. Individuals experiencing depressive symptoms often struggle to understand and manage their emotions effectively, which leads to emotional instability and difficulties in interpersonal communication.

The study also revealed that impaired emotional regulation, reduced motivation, weakened social interaction abilities, and distorted self-perception contribute directly to the severity of depressive conditions [15; 82]. These psychological difficulties limit an individual's ability to cope with stress and adapt to challenging life situations.

At the same time, emotional intelligence serves as an important psychological protective mechanism against emotional instability and depressive disorders. Researchers emphasize that emotionally intelligent individuals are generally more resilient to psychological stress because they possess stronger coping strategies, better emotional control, and healthier communication skills [7; 77]. Emotional intelligence supports emotional stability, social adaptation, and effective functioning during stressful experiences.

Therefore, modern psychology, psychotherapy, and educational systems should pay greater attention to the development of emotional intelligence. Strengthening emotional awareness, empathy, emotional regulation, and social competencies can improve mental health, enhance psychological resilience, and help prevent depressive conditions in individuals and society as a whole.

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