

The relationship between emotional intelligence and personality traits with the thrill-seeking and self-efficacy in students of TAU Tonekabon Branch in the academic year 2010-2011

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Abstract— The goal of this research is to analyze the relationship between emotional intelligence and personality traits with the thrill-seeking and self-efficacy in the Islamic Azad University of Tonekabon Branch. The research is a descriptive correlation study. The statistical community is all male and female students studying MD degree in Islamic Azad University of Tonekabon Branch which are the number of 985 peoples.

The stratified random sampling method of this research is based on the Morgan's table and the number of 278 people was determined. For collecting data and needed information, the library and field methods were used. Data collection tools and information in this study is four questionnaires: Personality traits questionnaire (NEO) (1999), Emotional intelligence questionnaire (1980), Zakerman's thrill-seeking questionnaire (1979), Scherer's public self-efficacy questionnaire (1982).The results showed that:

- There is a positive and significant relationship between emotional intelligence and personality traits with the thrill-seeking and self-efficacy in students of Islamic Azad University of Tonekabon Branch.

- There is a positive and significant relationship between personality traits with the range of thrill-seeking in students of Islamic Azad University of Tonekabon Branch and between personality traits neurosis variable is more suitable in predicting the thrill-seeking of students.

- There is a positive and significant relationship between emotional intelligence and range of thrill-seeking in students of Islamic Azad University of Tonekabon Branch and dealing with pressure is most effective in predicting the range of thrill-seeking.

- There is a positive and significant relationship between personality traits extrovert and being amiability is more effective in predicating the self-efficacy in students of Islamic Azad University Tonekabon Branch and between personality traits, the variable of extroversion and being pleasant are most effective in predicting the student rage of self-efficacy.

- There is a positive and significant relationship between emotional intelligence and range of thrill-seeking in students of Islamic Azad University Tonekabon Branch and between the emotional intelligence variables, Interpersonal skills is more suitable predictor for range of thrill-seeking of students.

Index Terms— Emotional intelligence, Personality traits, Thrill-seeking, Self-efficacy of students.

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1 INTRODUCTION

In fact, we have two types of minds, one is related to thinking and the other with feeling. These two different ways of knowing make our mental life in a mutual interaction. The self-centered mind is the same of understanding and comprehension by which we can think and speculate.

However, there is another system for knowing along with that system; that is, an impulsive, powerful and sometimes irrational system or emotional mind. Accordingly, emotional intelligence can be defined as:

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"The ability to consider one's own feelings and emotions, making distinguished between them and using the information resulted from in one's own thinking and actions". Thus, emotional intelligence is an important collection of a series of capabilities: such abilities as the person be able to maintain his motivation and resist against difficulties, postpone his impulsivities and control them, adjust his own moods, do not let the confusion weaken the power of thinking, empathy with others and be hopeful (Akbarzade, 2004).

Personality is an abstract concept which involves actions, emotions, recognitions and motivations of a person. Despite having many common personality traits, humans have unique personality. The personality is remained constant in a long time; nevertheless, it is changed from one position to another one.

Measuring the personality and describing the personality traits has been paid attention by the psychologists from a long time ago. Identifying the people's personality traits is necessary in many living situations.

The personality questionnaire is one of the methods for assessing the personality which is based on one's own observation of oneself. In this way, the person reports his actions and feelings in certain conditions.

According to Zakerman, thrill-seeking is a feature that defined as the need to different, new and complex feelings and also different experiences and having enthusiasm for accepting the social and physical risks of these experiences.

Zakerman made a questionnaire called it as "thrill-seeking scale". Those who score high in this scale have high thrill-seeking and those who score low have low thrill-seeking or avoidant of thrilling.

Kerol and Zakerman showed in a research that people are so different in terms of the amount of thrill-seeking. Thrill-seeking is also a feature that has parallelism in different situations of life. In other words, those who are seeking new experiences in one of the territories of life are described as adventurous people in other facets of life (Hilgard and colleagues, 2006, translated by Baraheni and colleagues, 2007).

On the other hand, there is a relationship between thrill-seeking and introvert-extrovert personality traits (Garra, 1990). The thrill-seeking motive can be satisfied in various ways. Thrill-seeking motive can be expressed in behaviors such as dangerous sports or even arts. The thrill-seeking motive can be expressed in a group of criminal in the form of behaviors such as using drugs and breaking the law. Because of the fact that people with high thrill-seeking are more unusual and rebellious than that of those who have low thrill-seeking, their behaviors seems more foolish and silly than others.

The concept of "self-efficacy" is the center of social cognitive theory of a well-known psychologist named Albert Bandura. Bandura's theory emphasizes on the role of observational learning, social experiences and determinism in developing someone's personality. Self -efficacy is "

belief in one's own capabilities to organize and conduct a series of activities required to manage a variety of conditions and situations". According to Bandura, this belief is the determining factor in how to think, feel and behave among the individuals. Bandura discovered that everyone's self-efficacy plays a major role in the way of approaches, the views towards the goals, tasks and challenges. Those who have a strong feeling of self-efficacy considered the challenging issues as the problems that ought to be overcome. They feel more commitment to their goals and activities and quickly overcome the senses of despair and frustration. While those who have weaker self-efficacy avoid from doing the challenging works and are focused on the personal frustrations and negative results, and quickly lose their confidence to their own capabilities and abilities (Bandura, 2002).

The experiments showed that emotional intelligence predicts someone's success more than IQ. Those who have high emotional quality have more social skills, more stable long-term relationships and more abilities to deal with conflicts. Hence, individual's success is not only related to his IQ, whether in education, schools, or years later after the university, but it is also related to social and emotional skills as having the required motivation, the ability to wait, obeying the commands and controlling impulses, having the skills to ask for help from others and expressing the emotional and educational needs.

Thus, educating the cognition skills, expressing and controlling the emotions and having the ability to empathy with others; or summarily, emotional intelligence is necessary in school and university periods and in all periods of life for learning in all fields and getting succeed in all aspects of life (Akbarzade, 2004).

The research conducted by Rostami et al. (2010), as " the relationship between emotional intelligence and self-efficacy and perceived social support in the students of Tehran University":

The research method was descriptive- analytic and the statistical community of this research was all the boys and girls students studying in the university of Tehran in the academic year 2009-2010. 191 girls and 105 boys were selected with a mean age of 6-21 years old by multistage random cluster. The data was analyzed using factor analysis and multiple regression analysis.

The results showed that:

There is a direct and significant relationship between all components of emotional intelligence and perceived social support.

The results also showed that among the components of emotional intelligence, emotional perception have a more significant role in indicating the self-efficacy dispersion than other components, and there is a significant and mutual relationship between self-efficacy, emotional intelligence and social support. In the current research, the role of educational atmosphere in enhancing the self-efficacy and emotional intelligence was confirmed.

The research conducted by Amini et al. (2009) as "the re-

relationship between emotional intelligence and self-efficacy and mental health and their comparison in normal and talented students”.

The research results showed that there is a significant relationship between self-efficacy and mental health in both groups of the students. The results also showed that there is a significant difference between emotional intelligence, self-efficacy and mental health in the normal and talented students.

The research conducted by Naderi et al.(2010) as “ the relationship between active flexibility, positive and negative emotion with self-efficacy and job satisfaction in Ah-was municipal employees” :

The research results indicated that:

There is a significant relationship between self-efficacy, job satisfaction, promotions and positive and negative emotions. Among these three predictive variables, only active flexibility and negative emotion predict the self-efficacy, job satisfaction and promotions.

The results also showed that although payment satisfaction is a part of job satisfaction, it is not equally important as other variables related to job satisfaction.

The experiment conducted by Pishghadam (2008), as “ the role of emotional intelligence in getting succeed in thrill-seeking and learning the English Language and academic success in the English Language students” :

The results showed a significant relationship though little between the components of emotional intelligence (intra-personal intelligence, interpersonal intelligence, public state and stress management) and thrill-seeking and some skills and academic success.

The research conducted by Shabanzade Zedahi (2008) as “studying the relationship between manager’s personality traits and the amount of thrill-seeking and their responsibility in terms of high school staff of Fouman pre-province”. According to the results achieved, there is a significant relationship between manager’s personality traits and the amount of thrill-seeking and their responsibility.

The research conducted by Besharat (2010) as “studying the relationship between the aspects of personality and emotional intelligence”.

The research results showed that:

There is a significant positive correlation between emotional intelligence, the dimensions of extraversion, managing the experiences, harmony and consciousness and negative relationship between emotional intelligence and neuroticism.

The data also showed that only the two dimensions of extraversion and neuroticism can predict the changes related to emotional intelligence in positive and negative directions, respectively. The mechanisms namely “regulating the emotions”, “preparing for positive experiences”, and “preparing for negative experiences” justify and explain the correlation of personality dimensions and emotional intelligence”.

Kim (2003) concluded in a research conducted on 2200

high school students in Seoul, South Korea, that there is a significant relationship between public self-efficacy, confidence, self-expressing behaviors (expression) and self-esteem.

Gion Witorio et al. (2006) showed in his researches that there is a positive relationship between self-efficacy feeling and personality traits and responsibility concerning doing homework and high curriculum mean in final exams, job satisfaction and academic achievements in the students.

The research conducted by Ratehi and Rastouji (2008) showed that there is a positive relationship between emotional intelligence and self-efficacy and the two variables have the capability to predict each other. According to the findings obtained, those who have high emotional intelligence are more capable in all situations than that of those who have low emotional intelligence.

The current research has been conducted for considering the relationship between emotional intelligence and personality traits and the amount of thrill-seeking and self-efficacy in the students of Azad Islamic University, Tonekabon Branch.

2 RESEARCH METHODOLOGY

The current research is descriptive –correlation and the statistical community of the research include all the graduate students in Islamic Azad University, Tonekabon branch who are 985 students. 278 students were selected stratified random sampling and based on Morgan’s table. The tools used in the study include four scales:

- Emotional intelligence scale: this scale assesses and analyze five dimensions as intrapersonal skills, interpersonal skills, adaptability, dealing with pressure and general moods. This questionnaire is standard and includes 90 five alternative questions from the Likert range. This questionnaire is used for student’s emotional intelligence.
- The NEO personality traits questionnaire: the scale used in this study is used for assessing the student’s personality traits. This questionnaire is standard and assesses and analyzes five traits as “neurosis, acceptability, flexibility, extroversion and amiability”.
- Thrill-seeking scale: this scale is designed by Merobine Zakerman (1979) and includes 40 two alternative questions used for assessing the amount of student’s feeling and thrill-seeking.
- Self-efficacy scale: Sherer’s public self-efficacy questionnaire is prepared and designed by Sherer et al. and it includes 17 five alternative questions from Likert range used for assessing the amount of student’s self-efficacy.

The questionnaire justifiability is obtained contently and after the required editions through the professors. The questionnaire reliability is obtained through Cron-

bach's alpha which is achieved as 0.89 for personality traits, 0.91 for the equivalent emotional intelligence questionnaire, 90 % for equivalent thrill-seeking and 92% for equivalent self-efficacy questionnaire. The Pearson correlation coefficient, multivariable regression analysis (focal correlation) and multiple regression analysis (stepwise method) are used for analyzing the subjects.

3 FINDINGS

3.1 There is a relationship between emotional intelligence and personality traits and the amount of thrill-seeking and self-efficacy in the students of Islamic Azad University, Tonekabon Branch

The multivariable regression tests (focal correlation), Pearson regression coefficient and multiple regression are used as a stepwise method for responding to the above hypothesis.

TABLE 1

THE MUTUAL CORRELATION BETWEEN SELF-EFFICACY AND THRILL-SEEKING VARIABLES AND PERSONALITY TRAITS (NEUROSIS, EXTROVERSION, FLEXIBILITY, AMIABILITY , RESPONSIBILITY, EMOTIONAL INTELLIGENCE, INTRAPERSONAL SKILLS, INTERPERSONAL SKILLS, DEALING WITH PRESSURE, ADAPTABILITY AND GENERAL MOODS

variables	1	2	3	4	5	6	7	8	9	10	11	12
critrion	-	-	-	0.6 19	0.5 62	0.6 35	0.5 19	0.5 71	0.7 95	0.1 22	0.6 71	0.5 16
Self-efficacy	-	-	-	0.1 73	-	-	-	-	-	0.1 83	-	-
Thrill-seeking	-	-	0	-	-	-	-	-	-	-	-	-
predictor	-	-	-	-	-	-	-	-	-	-	0.9 3	0.1 27
neurosis	-	-	-	-	0.9 18	0.6 30	0.8 56	0.5 32	0.6 11	-	0.5 62	-
extroversion	-	-	-	-	0	0	0	0	0	-	0	-
flexibility	-	-	-	-	0.5 69	0.6 31	0.6 74	-	-	-	0.6 27	0.4 31
Amiability	-	-	-	-	-	-	0	0	0	-	0	0
responsibility	-	-	-	-	-	-	-	-	0.5 60	0	0.5 74	0.4 39
Intrapersonal	-	-	-	-	-	-	-	-	0	-	0	0
interpersonal	-	-	-	-	-	-	-	-	-	-	0.7 97	0.5 97
Dealing with pressure	-	-	-	-	-	-	-	-	-	-	0.1 27	0
adaptability	-	-	-	-	-	-	-	-	-	-	-	0.5 94
General mood	-	-	-	-	-	-	-	-	-	-	-	-

The data on table (1) shows that:

1. There is a significant negative relationship between neurosis and self-efficacy. (P=0.041 and r=-0.122).
2. There is a significant relationship between extroversion and self-efficacy. (p=0.01 and r=0.619).

3. There is a significant relationship between flexibility and self-efficacy (p=0.01 and r=0.562).

4. There is a significant relationship between amiability and self-efficacy. (p=0.01 and r=0.635).

5. There is a significant relationship between intrapersonal skills and self-efficacy. (p=0.01 and r=0.571).

6. There is a significant relationship between interpersonal skills and self-efficacy. (p=0.01 and r=0.795).

7. There is no relationship between responsibility and self-efficacy. (p=0.01 and r=0.519).

8. There is a significant relationship dealing with pressure and self-efficacy. (p=0.041 and r=0.122).

9. There is a significant relationship between adaptability and self-efficacy. (p=0.01 and r=0.516).

10. There is a significant relationship between general mood and self-efficacy. (p=0.01 and r=0.516).

11. There is a significant relationship between neurosis and thrill-seeking. (p=0.004 and r=-0.173).

12. There is no relationship between extroversion and thrill-seeking. (p=0.893 and r=0.008).

13. There is no relationship between flexibility and thrill-seeking. (p=0.756 and r=0.019).

14. There is no relationship between amiability and thrill-seeking. (p=0.498 and r=0.044).

15. There is no relationship between intrapersonal skills and thrill-seeking. (p=0.317 and r=0.060).

16. There is a significant relationship between interpersonal skills and thrill-seeking. (p=0.01 and r=0.795).

17. There is a significant relationship between responsibility and thrill-seeking. (p=0.629 and r=0.029).

18. There is a significant relationship between dealing with pressure and self-efficacy. (p=0.004 and r=0.173).

19. There is no relationship between adaptability and thrill-seeking. (p=0.101 and r=0.099).

20. There is a significant relationship between general mood and thrill-seeking. (p=0.183, and r=0.080).

TABLE 2

THE CORRELATIONS AND STANDARDIZED FOCAL COEFFICIENT OF SELF-EFFICACY, THRILL-SEEKING AND PERSONALITY TRAITS (NEUROSIS, EXTROVERSION, FLEXIBILITY, AMIABILITY AND RESPONSIBILITY) AND EMOTIONAL INTELLIGENCE (INTRAPERSONAL SKILLS, INTERPERSONAL SKILLS, DEALING WITH PRESSURE, ADAPTABILITY AND GENERAL MOOD)

variable	Focal correlation	Focal correlation coefficient	Focal coefficient	Focal correlation coefficient
Self-efficacy	0.998	0.996	1.002	1.004
Thrill-seeking	-0.026	0.0006	0.090	0.008
Predictor variable				
neurosis	0.082	0.0067	1.154	1.33
extroversion	0.578	0.334	0.776	0.586
flexibility	0.166	0.027	0.168	0.028

amiability	0.122	0.015	0.025	0.0006
responsibility		0.093	0.669	0.447
intrapersonal	0.305	0.018	0.525	0.275
interpersonal	0.734	0.538	0.283	0.080
Dealing with pressure	0.059	0.003	0.319	0.101
adaptability	0.139	0.019	0.796	0.633
General mood	0.101	0.010	0.208	0.043

According to the results of table (2), one focal coefficient is achieved for each main variables related to each predictor variable and criterion. In this research, firstly the interpersonal variable, then the responsibility variable and finally the predictor variables have the most contribution for creating the first focal correlation. The self-efficacy variable has the most contribution in creating the first focal correlation as a criterion variable in this research. Adaptability variable and the dealing with pressure variable have the most contribution in creating the second focal correlation as a predictor variable.

The structure correlation coefficient named also as factor loads is focal correlation of a variable with the main variable, and this is similar to the factor loads that are in factor analysis.

This matrix shows how each main variable in burdened on each the four focal variables. The structure correlation is used for two purposes: it is firstly applied in interpreting the focal variables. Secondly, it is used for calculating the indicated variance through main variables.

3.2 There is a relationship between personality traits and the amount of thrill-seeking in the student of Islamic Azad University, Tonekabon Branch

For considering the fact that whether the above multiple regression hypotheses is valid, the stepwise method is used.

The stepwise regression model is used for determining the best predictor of thrill-seeking among the predictor variables. It is worth noting that neurosis is also involved in. The obtained results are presented in the table below:

TABLE 3
THE SUMMARY OF STEPWISE REGRESSION ANALYSIS OF THE NEUROSIS VARIABLE

Predictor variables	R	R ²	Δ R ²	Standard error
neurosis	0.173	0.030	0.026	5.90

A The results of the table above show that the neurosis variable has been only able to justify 3 % of the thrill-seeking variance (0.030).

Considering the variance analysis test is reported in table (4) for making the stepwise regression model significant.

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TABLE 4
THE VARIANCE ANALYSIS TEST FOR CONSIDERING IF THE REGRESSION IS SIGNIFICANT

Statistical indicator of the source of variation	Total square SS	the degree of freedom df	Mean squares	Test F	Significance level
Neurosis variable regression	297.270	1	297.270		
Remaining	9637.492	267	34.918	8.513	0.004
Total	9934.763	277			

According to table above, because the calculated F of neurosis variable is significant in the level of 0.01 ($F_{[1,276]} = 8.513$ $p=0.01$), therefore we conclude with 99% confidence that there is a relationship between neurosis and thrill-seeking, and the neurosis variable is capable to predict the thrill-seeking criterion variable.

TABLE 5
REGRESSION ANALYSIS (NEUROSIS VARIABLE INVOLVED IN THE REGRESSION EQUATION USING STEPWISE MODEL

The indicators of sources of change	The slope coefficient of the regression line (b)	Standard error	Standard coefficient of regression separation (B)	T test for regression slope significance	Significance level
constant	29.954				
neurosis	-0.066	0.023	-0.173	-2.918	0.004

According to the results, table 5 shows that because the calculated t is significant for considering the regression slope line regression (b) for the beliefs and religious practices in the 0.01 level ($|t|=2.918$, $P=0.01$), therefore prediction power of the neurosis is statistically significant for thrill-seeking.

However, the contribution and role of the neurosis variable in predicting the criterion variable (the amount of thrill-seeking) is judged according to the amount of regression separation standard coefficient (B), because this standard amount makes comparison and determining the relative contribution of the variable possible which is shown in table (6).

TABLE 6
THE CONTRIBUTION AND ROLE OF THE NEUROSIS PREDICTOR VARIABLE IN PREDICTING THE CHANGES OF THRILL-SEEKING CRITERION VARIABLE

the marks of the size of making change in standard deviation of the criterion variable per one unit of change in predictor standard deviation based on the obtained standard beta	The marks of the size of criterion variable change prediction according to the stepwise regression equation based on the amounts of standard beta by predictor variables	Predictor variable (neurosis)
0.023	-0.173	Neurosis x 1

Table 5 data were involved in the regression equation based on the regression separation coefficient (b) of the predictor variables (neurosis) as follows:

In the first model, the neurosis model is involved in the equation and it is organized as below:

By replacing the amounts achieved in table 6, the above equation in the first model is obtained as follows:

$$\text{Thrill-seeking} = 29.954 + (-0.066) * (\text{neurosis variable}).$$

According to the results obtained, table 6 shows that neurosis variable is involved in the regression equation as the most effective variable based on the stepwise model, and it could predict 17.3% of the changes of criterion variable (thrill-seeking) while a one unite of change in standard deviation of neurosis variable causes the standard deviation of thrill-seeking criterion variable to change up to 0.023%.

3.3 There is a relationship between emotional intelligence and the amount of thrill-seeking in Islamic Azad University, Tonekabon Branch

The stepwise multiple regression is used for if the above hypothesis is valid.

The stepwise regression is used for determining the best indicator of thrill-seeking among the indicator variables. It is worth mentioning that dealing with pressure dealing with pressure has been involved in the equation. The results obtained have been presented in table (7).

TABLE 7

THE SUMMARY OF STEPWISE REGRESSION ANALYSIS OF THE THRILL-SEEKING AND DEALING WITH PRESSURE VARIABLES

Predictor variables	R	R ²	Δ R ²	Standard error
Dealing with pressure	0.182	0.033	0.030	5.89

The results of the table above indicate that the dealing with pressure variable could justify 3.3% of the thrill-seeking variance (= 0.033).

TABLE 8

VARIANCE ANALYSIS TEST FOR CONSIDERING IF THE REGRESSION IS SIGNIFICANT

Statistical indicator of the source of variation	Total square SS	the degree of freedom df	Mean squares ms	Test F	Significance level
Dealing with pressure variable regression	329.797	1	329.797		
Remaining	9604.966	276	34.801	9.477	0.002
Total	9934.763	277			

According to the results of table above, because the calculated dealing with pressure variable is significant in the 0.01 level ($f[1,276]=9.477$ $p=0.01$), henceforth t is concluded with 99% confidence that there is a relationship between dealing with pressure variable and thrill-seeking variable, and the dealing with pressure variable has the capability to predict the thrill-seeking criterion variable.

TABLE 9

REGRESSION ANALYSIS (DEALING WITH PRESSURE VARIABLE WHICH IS INVOLVED IN THE REGRESSION EQUATION USING THE STEPWISE MODEL)

The indicators of sources of change	The slope coefficient of the regression line (b)	Standard error	Standard coefficient of regression separation (B)	T test for regression slope significance	Significance level
constant	30.076				
Dealing with pressure	-0.070	-0.023	-0.182	-3.078	0.002

According to the results obtained, table (9) shows that because the calculated t is significant for considering the regression slope line significance (b) for dealing with pressure variable in the 0.01 level ($t=-3.078$ $p=0.01$), hence the capability of dealing with pressure variable for predicting the thrill-seeking is statistically significant.

The contribution and role of dealing with pressure variable in predicting the criterion variable (the amount of thrill-seeking) is judged based on the amount of regression separation standard coefficient (B).

TABLE 10

THE CONTRIBUTION AND ROLE OF DEALING WITH PRESSURE PREDICTOR VARIABLE IN PREDICTING THE CHANGES OF THRILL-SEEKING CRITERION VARIABLE

the marks of the size of making change in standard deviation of the criterion variable per one unit of change in predictor standard deviation based on the obtained standard beta	The marks of the size of criterion variable change prediction according to the stepwise regression equation based on the amounts of standard beta by predictor variables	Predictor variable (dealing with pressure)
0.023	-0.182	Dealing with pressure x1

The data of table (10) are involves in regression equation based on the regression separation coefficient (b) of the predictor variables (dealing with pressure).

The dealing with pressure variable is involved in the equation in the first model, and the equation is organized as follows:

By replacing the amounts of table 10, the above equation in the first model is achieved as follows:

$$\text{Thrill-seeking} = 30.076 + (-0.070) * (\text{dealing with stress variable}).$$

According to the results obtained, table (10) shows that the dealing with stress variable is involved in the regression equation as the most effective variable in thrill-seeking according to the stepwise model and could predict 18.2% of the criterion variable changes (thrill-seeking), while one unit of change in the standard deviation of the dealing with pressure variable causes the standard deviation of thrill-seeking criterion variable to be changed as 0.023%.

3.4 There is a relationship between personality traits and self-efficacy in the students of Islamic Azad University, Toenkabon Branch

The stepwise multiple regression is used for considering if the above hypothesis is valid.

The stepwise regression model is used to determine the best indicator of the self-efficacy model among the predictor variables.

It is worth noting that amiability and extroversion are involved in the equation. The results obtained are presented in table (11).

the source of variation	SS	freedom df	squares ms		level
Amiability variable regression	12640.613	2	6320.306	128.254	0.001
Remaining	13551.938	276	49.280		
Total	26192.550	277			

According to the results obtained in table above, because the calculated F of the amiability variable is significant in the 0.01 level ($f[1,276]=186.525$ $p=0.01$), it is therefore concluded that there is a relationship between amiability and self-efficacy variable, and the self-efficacy variable is able to predict the self-efficacy criterion variable. According to the results obtained in table above, because the calculated F of the amiability and extroversion variables are significant in the 0.01% level ($f[2,276]=128.254$ $p=0.01$), it is therefore concluded with 99% confidence that there is a relationship between amiability and extroversion and amiability and extroversion variables are able to predict the self-efficacy criterion variable.

TABLE 11
THE SUMMARY OF STEPWISE REGRESSION ANALYSIS OF THE SELF-EFFICACY, AMIABILITY AND EXTROVERSION VARIABLES

Predictor variables	R	R ²	Δ R ²	Standard error
Self-efficacy	0.635	0.403	0.401	7.52
Amiability and extroversion	0.695	0.438	0.479	7.01

The results obtained in table above indicate that amiability variable is able to predict 40.3% of the self-efficacy variance the self-efficacy variance is increased 8% by inserting the extroversion variable to amiability variable in the second model (0.483), and it could justify 48% of the self-efficacy variance.

Considering the variance analysis significant for stepwise regression model is reported in table (12).

TABLE 12
VARIANCE ANALYSIS TEST FOR CONSIDERING REGRESSION SIGNIFICANCE

Statistical indicator of the source of variation	Total square SS	the degree of freedom df	Mean squares ms	Test F	Significance level
Amiability variable regression	10562.824	1	10562.824		
Remaining	15629.726	276	56.629	186.525	0.001
Total	26192.550	277			
Statistical indicator of	Total square	the degree of	Mean	Test F	Significance

TABLE 13
VARIANCE ANALYSIS TEST FOR CONSIDERING IF THE REGRESSION IS SIGNIFICANT

The indicators of sources of change		The slope coefficient of the regression line (b)	Standard error	Standard coefficient of regression separation (B)	T test for regression slope significance	Significance level
Model 1	constant	12.406				
	amiability	0.668	0.049	0.635	13.657	0.001
Model 2	constant	10.019				
	amiability	0.428	0.056	0.407	7.284	0.001
extroversion		0.342	0.053	0.363	6.493	0.001

According to the results obtained, table (13) shows that because the calculated T is significant for considering if the regression slope line (b) and the amiability model 13.657 is significant in the 0.01 level ($t[13.457, p=0.01]$); therefore, the power to predict the self-efficacy is statistically significant. According to the results obtained, table (13) shows that because the calculated t is significant for regression slope line significance (b), amiability and extroversion variable 6.439 in the 0.01 level ($t=13.657, p=0.01$), therefore the power of predicting 13.657 for self-efficacy is statistically significant.

TABLE 14
THE CONTRIBUTION AND ROLE OF AMIABILITY AND EXTROVERSION PREDICTOR VARIABLE IN PREDICTING THE CHANGES OC-

CURRED IN SELF-EFFICACY CRITERION VARIABLE

the marks of the size of making change in standard deviation of the criterion variable per one unit of change in predictor standard deviation based on the obtained standard beta	The marks of the size of criterion variable change prediction according to the stepwise regression equation based on the amounts of standard beta by predictor variables	Predictor variable (dealing with pressure)
0.049	0.635	amiability
0.053	0.363	extroversion

The data obtained in table (14) are involved in the regression equation (b) of the predictor variable (amiability and extroversion) as follows:

In the first model, amiability variable is involved in the equation and it is organized as follows:

$$\hat{Y} = a + b_1x_1$$

By replacing the amounts of table (13), the above equation is achieved in the first model as follows:

$$\text{Self-efficacy} = 12.406 + 0.668 * \text{amiability variable}$$

According to the results obtained, table (14) shows that the amiability variable is involved in the regression equation as the most effective variable in self-efficacy based on the stepwise model, and it was able to predict 63.5% of the changes occurred in the self-efficacy criterion variable, while one unit of change in standard deviation of amiability variable causes the standard deviation of the thrill-seeking criterion variable to be changed as 0.049.

In the second model, the amiability and extroversion variables are involved in the equation and are organized as follow.

The above equation in the second model is obtained by replacing the amounts of table (14):

$$\hat{Y} = a + b_1x_1 + b_2x_2$$

Self-efficacy = 10.019 + 0.42(amiability variable) + 0.34(extroversion variable).

According to the results obtained, table 14 shows that regression equation of amiability variable 36.6% predicts the changes occurred in self-efficacy criterion variable based on the stepwise model, while one unit change in standard deviation of amiability variable causes the standard deviation of the self-efficacy criterion variable to be changed as 0.053.

3.5 There is a relationship between emotional intelligence and the amount of self-efficacy in the students of Islamic Azad University, Tonekabon Branch

The stepwise multiple regression model is used for indicating if the above hypothesis is valid.

The stepwise regression model is used to determine the best indicator of self-efficacy among the predictor variables. It is worth noting that interpersonal skills are involved in the equation. The obtained results are presented in table 15.

TABLE 15
THE SUMMARY OF STEPWISE REGRESSION ANALYSIS OF SELF-EFFICACY AND INTERPERSONAL VARIABLES

Predictor variables	R	R ²	Δ R ²	Standard error
Interpersonal skills	0.795	0.631	0.630	5.91

The results of table above show that dealing with pressure variable is able to justify 63.1% of the self-efficacy variance (=0.631).

Considering the variance analysis test for stepwise regression model significance has been reported in table 16.

TABLE 16
VARIANCE ANALYSIS TEST FOR CONSIDERING REGRESSION SIGNIFICANCE

Statistical indicator of the source of variation	Total square SS	the degree of freedom df	Mean squares ms	Test F	Significance level
Interpersonal skills change regression	16534.428	1	16534.428		
Remaining	9658.122	276	34.801	472.504	0.001
Total	26192.550	277			

According to the results of table above, because the calculated F of the interpersonal skills variable is significant in the 0.01 level (f[1,276]=472.504 p=0.01), therefore, it is concluded with 99% confidence that there is a relationship between interpersonal skills and self-efficacy, and the interpersonal variable is able to predict the self-efficacy criterion variable.

TABLE 17
REGRESSION ANALYSIS (INTERPERSONAL SKILLS VARIABLE INVOLVED IN THE REGRESSION EQUATION USING STEPWISE MODEL

The indicators of sources of change	The slope coefficient of the regression line (b)	Standard error	Standard coefficient of regression separation (B)	T test for regression slope significance	Significance level
constant	6.532				
Interpersonal skills	0.830	0.038	0.795	21.737	0.001

According to the results obtained, table (17) shows that because the calculated t is significant for considering if the regression slope line (b) and interpersonal skills variable in the 0.01 level (t=21.737, p=0.01), therefore the power of interpersonal skills variable for self-efficacy is

statistically significant.

TABLE 18

THE CONTRIBUTION AND ROLE OF THE PREDICTOR VARIABLE OF INTERPERSONAL SKILLS IN PREDICTING THE CHANGES OF SELF-EFFICACY CRITERION VARIABLE

the marks of the size of making change in standard deviation of the criterion variable per one unit of change in predictor standard deviation based on the obtained standard beta	The marks of the size of criterion variable change prediction according to the stepwise regression equation based on the amounts of standard beta by predictor variables	Predictor variable (dealing with pressure)
0.038	0.795	Interpersonal skills x1

The data of table (18) are involved in the regression model based on the regression separation coefficient (b) of the predictor variables (interpersonal skills) as follows:

The dealing with pressure model is involved in the equation in the first model and it is organized as follows:

$$\hat{Y} = a + b_1x_1$$

By replacing the amounts obtained in table (18), the above model is achieved as follows:

Thrill-seeking = 6.532 + (1.237) * (interpersonal skills variable). The results obtained in table (18) indicate that the interpersonal skills variable is involved in regression equation as the most effective variable in predicting the amount of self-efficacy based on the stepwise model, and was able to predict 79.5% of the changes occurred in criterion variable (thrill-seeking), while one unit of change in the standard deviation of the interpersonal skills variable cause the standard deviation of the thrill-seeking criterion variable to be changed as 0.038.

4 Results and Discussion

The hypotheses test results show that there is a relationship emotional intelligence, personality traits and the amount of thrill-seeking and self-efficacy of the students of Islamic Azad University, Tonekabon Branch.

-The hypothesis test is also show that there is a significant and positive relationship between interpersonal skills and self-efficacy among the emotional intelligence dimensions and also between thrill-seeking and self-efficacy among the personality traits (amiability) and extroversion, and there is also a significant and positive relationship between intrapersonal skills and personality traits (flexibility and neurosis) and the dealing with pressure variable and the amount of thrill-seeking and self-efficacy of the university students.

Because of the fact that interpersonal skills enables people in making social relations and it has many effects in becoming self-esteem and more powerful and because extrovert people are sociable ones are made delighted in making amicable relationship with others and are interested in gaining new and exciting experiences, thus these people can be more enabler and efficient with high suc-

cess.

This result is compatible with the research results conducted by Beyrami (2008), Rostami et al. (2010), Amini et al. (2009), Besharat (2010), Chun (2007), Rathi and Rastchie (2008). In these researches, it has been indicated that there is a significant and positive relationship between emotional intelligence, personality traits and self-efficacy.

-In addition, the research hypotheses results showed that there is a positive and significant relationship between personality traits and the student's amount of thrill-seeking, and the neurosis variable is a suitable indicator for the student's amount of thrill-seeking among the personality traits and it has the power to predict the amount of student's thrill-seeking.

Since the neurotic people are isolated are not looking for making relationship with others and do their affairs by themselves and are seeking for having strange and exciting experiences, they have high amount of thrill-seeking.

The results achieved are compatible with the experiments conducted by Shabanzadeh Zeydahi (2008). In this research, Besharat indicated that there is a positive and significant relationship between manager's personality traits, the amount of thrill-seeking and responsibility.

-The results also showed that there is a positive and significant relationship between emotional intelligence and the amount of thrill-seeking in the students. The dealing with pressure component is determined as the most effective predictor of the student's amount of thrill-seeking, and it has been found out that those who have the capability in tolerating the high pressures can deal with the difficult situations and sudden occurrences.

This result is compatible with the one achieved by Pishghadam (2008). It has been indicated in this research that there is a positive and significant relationship between the amount of emotional intelligence, skills and student's academic success.

The results of multiple regression analysis showed that there is a positive and significant relationship between personality traits and self-efficacy in the students, and the amiability and extroversion variables are suitable indicators for the student's self-efficacy among the personality traits. Because amiable people are seeking for being accepted in the others and the extroverts are also seeking for making social and amicable relationship with others, they can be sure of their capabilities.

This result is compatible with the one conducted by Witorio et al (2006). It has also been indicated in this research that there is a positive and significant relationship between the student's responsibility and self-efficacy.

-The results of hypotheses test also showed that there is a positive and significant relationship between the student's emotional intelligence and self-efficacy, and the

interpersonal skills is a suitable indicator for the student's self-efficacy among the emotional intelligence components. Because those who have high interpersonal skills are seeking for making and maintaining acceptable relationship with others and are an effective and efficient member of the society, they can be sure of their capabilities.

This result is compatible with the one conducted by Rathi and Rastouji (2008). It has been indicated in this research that there is a positive and significant relationship between emotional intelligence and self-efficacy. The research conducted by Chun (2007) is also confirmed this findings.

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