



PERSONALITY DISPOSITION, SOCIAL AND EMOTIONAL INTELLIGENCE AS DETERMINANTS OF ADULTS' ADJUSTMENT TO BEREAVEMENT IN OSUN STATE, NIGERIA

ADEBOWALE, Titilola Adedoyin

*Department of Social Work,
Faculty of Education
University of Ibadan, Ibadan
E-mail: titade07@yahoo.com*

ABSTRACT

The study examined personality disposition (introversion/extroversion), social and emotional intelligence as determinants of adults' adjustment to bereavement. Bereavement is a social problem to all ages, but it could be terrible with adults to make adequate adjustment. Descriptive survey design was adopted and three hypotheses were tested in the study. Two hundred and sixty-four (264) respondents (35-65 years) were randomly selected from four local government areas of Osun state. Simple percentage, Standard deviation and regression were used to analyse the data at 0.05 level of significance. Findings revealed that there are significant relationships between the independent variables: introversion/extroversion ($r=0.58$); social intelligence ($r=0.79$); emotional intelligence ($r=0.84$). There is also joint contribution between the independent variables on adults adjustment to bereavement ($R=.714$, $R = .711$, $F\text{-ratio} = 383.423$) with 71% of independent variable accounted for adults adjustment to bereavement. The variables also had their magnitude of contribution at different levels which are significant order of contribution. Emotional intelligence ($\beta = .68$); Social Intelligence ($\beta = .22$); Introversion/Extroversion ($\beta = .09$). It is, therefore, recommended that every individual needs to develop emotional intelligence along growth to cope with life challenges. There is need for interactions to be socially intelligent to have the ability of coping with societal norms. Personality traits should be used to everybody's advantage.

Key words: Personality disposition, Social Intelligence, Emotional Intelligence, Adjustment, Bereavement.

INTRODUCTION

Every-one needs adjustment to function and cope with different life situations. There are unplanned circumstances that emerge in life such as death of loved ones, that individual has to solve internally and amicably. One could receive help externally, but there are some inherent factors that are more valuable, helpful and quicker than external efforts. Some of these learned or otherwise reside in the individual, which includes personality disposition, social and emotional intelligence. These three variables could help individual cope with bereavement.

Counselling psychology has limited attention to thanatology (study of death and dying). This lack of attention is surprising because it is expected that counselling psychologists have much to offer in the field of thanatology. It is believed that practical aspects of the discipline of counselling psychology match well with the needs of bereaved individual. According to Balk, Worgrin, Thornton, and Meagher (2007), Thanatology is a multidisciplinary field comprised of professional practicing medicine, theology, sociology, social work and psychology which has always been overlooked. Bereavement is the objective situation one faces after having lost an important or a loved one through death. Adjusting after the death of a loved one may not be an easy task due to the relationship that has been established between the deceased and the survivors. Hence there is need for coping to avoid stress or psychological trauma such as depression (Charles Le, Moyne Research Centre, 2013).

There are some coping traits that reside in individual which can be aided by some other concerned people to reduce impact the death blow may have on very close relations. The way in which a person grieves and cope depends on the nature of the loved one's death, culture, religious beliefs and more importantly some psychological constructs such as personality disposition (extroversion and introversion) social and emotional intelligence (Stoebe, Hansson, Schut, 2008). It is essential to know the characteristics of these traits, either learned

or inherited. These traits also reside in both young and old, depending on the way it is being nurtured in the individual. However, not everyone who experiences a loss, will develop psychological distress, individual can moderate this response (Greis, 2011). People cope with loss of a loved one in different ways depending on their personality traits. Most people who experience grief will cope well. Others will have severe grief and may need treatment (Love, 2007)

Personality has to do with individual differences among people in behavioural patterns, cognition and emotion, even though different personality theories present their own definitions of the word based on their own theoretical positions (Mischel, Shoda & Smith, 2004; Engler, 2009). The term "personality trait" refers to enduring personal characteristics that are revealed in a particular pattern of behaviour in a variety of situations. Personality is usually broken into components called the Big Five which are openness, conscientiousness, extroversion, agreeableness and neuroticism. These components are generally stable over time, and about half of the variance appears to be attributable to a person's genetics rather than the effects of one's environment (Briley, Tucker-Drob, 2014), so also the contributions of environmental factor cannot be overlooked.

Personality is a construct that is hard to understand and change in people, even though some may consciously or unconsciously prefer a personality disposition to the other (introvert or extrovert), the truth is that it affects people's disposition towards events which includes bereavement and environment. However, individual is accepted in his or her behaviour. One type is not better than the other. Each tends to have benefits and drawbacks depending on the situation. Introvert tends to be quiet, reserved, and less involved in social situation but spends more time alone (Cook, 2012). Introversion is a personality trait characterized by a focus on internal feelings rather than external sources of stimulation. This makes the introverted bereaved adult feel exhausted after spending time with a lot of people who had come to share in the grief (Craik, Salthouse, 2008; Kendra, 2015).

Extroverts are often unfairly pegged as overly talkative or attention seeking. In reality they simply gain energy from engaging in social interaction. People, who are high in extroversion, need social stimulation to feel energized (Feiter & Kleinbaum, 2015). They gain inspiration and excitement from talking and discussing ideas with other people. Some of the extroversion traits include warmth, seeking novelty and excitement, assertiveness, cheerfulness, talkativeness, action oriented, friendly and engaging. This personality trait could be an advantage to the adults' coping skill and adjustment during bereavement. Gregoire (2014) opined that the introvert has a capacity for deep thought and meaningful relationships, they are able to intensify focus on important tasks and they have heightened emotional sensitivity. While introverts and extroverts are often viewed in terms of two extreme opposite, the truth is that most people lie in the middle of the extroversion/ introversion continuum, which can be an advantage in their coping with bereavement (Tartakovsky, 2013). There are certainly plenty of introverts who are socially reserved and prefer to stay home and read a book rather than go to a party, but there are also plenty of introverts who enjoy socializing bereavement.

During social events, people are expected to make small talk with strangers, stick to upbeat topics and get to know loads of people in bereavement. A natural extrovert might thrive in these settings, but for the introverts they might be too much to handle. In fact, many introverts often feel that they do not fit into the mainstream crowd and wonder if there is something wrong with them altogether. Extroverts actually derive their energy from interaction with others, the more interaction, the more upbeat and energetic they are. But introverts are drained from too much interaction (Cornell University Researchers, 2013)

Social intelligence (SI) is another construct that can affect the adjustment of adults to bereavement. It is the capacity to effectively navigate and negotiate complex social relationships and environments. Data Scientist, Rose (2015) believes social intelligence is an

aggregated measure of self, social awareness evolved social beliefs and attitudes, and a capacity and appetite to manage social change. Some authors like Ganaie and Mudasir (2015) have restricted the definition to deal only with knowledge of social situations. They assert that social intelligence is a person's competence to understand his or her environment optimally and react appropriately for socially successful conduct. SI can also be described as a combination of abilities: the first is a basic understanding of people; and the second is the skills needed for interacting successfully with them; it is also the ability to get along with others and to encourage them to cooperate with one.

People with high SI are often said to have "nourishing behaviours" which make others around them feel valued, loved respected and appreciated. These people are very appealing to others and are often described as having "magnetic personality". Conversely, people that are low in SI are often described as "toxic", they cause others to feel angry, devalued, frustrated, inadequate or guilty. They are often alienating people. However, people can be unintentionally "toxic", but their low social intelligence is simply due to lack insights, just because they are so pre-occupied with personal stresses that they fail to see the impact of their behaviour on others. Such people often undergo radical behaviour. However many believed that social intelligence can be nurtured and improved upon, especially during early childhood and adolescence.

Many people believe that SI ought to be a developmental priority in early education, public schooling and adult professional development. This way, individuals learn to win the respect they crave, to influence others effectively and achieve their objectives by working from empathy. It is more than just trying to make one-self more likable. Having better social intelligence can reduce conflict and create more efficient and effective collaboration. Socially intelligent people can carry on conversations with a wide variety of people, being tactful and appropriate in it. SI people learn how to play various social roles being guided by norms, rules and listening. SI individuals are concerned about the impression they make on others. They learn to play different social roles which allow them to feel comfortable with all types of people. SI person understands the emotions of others and being careful not to hurt their feelings.

SI is not reduced by age because people grow up with it, when the growth is normal. The adults will always associate with their peers and family friends. They do this tactfully without committing errors and they get along with their associates. This type of relationship could later help them a lot when they are faced with challenge of bereavement in their old age. Angner, Ray, Saag and Allison (2009) found that despite the fact that the body and mind are slowing, most older adults nevertheless maintain an active life style, they remain happy or happier than when they were younger, and increasingly value their social connection with family and friends. Researchers are beginning to better understand the factors that allow some people to age better than others. For one, research has found that the people who are best able to adjust well to changing situations early in life are also able to better adjust later in life (Rubin, 2007; Sroufe, Collins, Egeland & Carlson, 2009)

Emotional Intelligence (EI) is the capacity of individuals to recognize their own and other people's emotions to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behaviour (Coleman, 2008). Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is inborn characteristics (Salovey, Mayer & Caruso, 2000; Furnham, Chamorro-Premuzic, 2006). Salovey et al (2000) also proposed a model that identified four different factors of emotional intelligence: perception of emotion (watch for the body and facial expressions); the ability to reason using emotion (using emotion to promote thinking and cognitive); the ability to understand emotion (giving meanings to observed emotions); and the ability to manage it (responding to the emotions of others).

According to Brackett, Rivers and Solvey (2011), the first branch of EI is 'Perception of emotion' includes the ability to identify and differentiate emotions in the self and others. A basic aspect of this ability is identifying emotions accurately in physical states (including bodily expressions) and thoughts. At a more advanced level, this ability enables one to identify emotions in other people, works of art, and objects using cues such as sound, appearance, colour, language and behaviour. The ability to discriminate between honest and false emotional expressions is seen as strong perceiving ability. The ability to express emotions and related needs are indication of more complex problem solving. The second branch is the use of emotion to facilitate thinking. This is the ability to gather emotions together to facilitate cognitive activities such as reasoning, problem solving, and interpersonal communication. The major skill here is using emotions to organize thinking by focusing on important information about the object or person. The skill focuses on the use of emotions to help judgement and memory processes, and generating moods to hasten the consideration of multiple perspectives.

The third branch is the understanding and analyzing emotions which includes comprehension of the language and meaning of emotions and an understanding of the antecedents of emotions. The skill needed in this area includes labelling emotions with accurate language as well as looking into the similarities and differences between emotion labels and emotions themselves. The last and fourth branch is reflective regulation of emotions, which includes the ability to prevent, reduce, enhance, or modify an emotional response in oneself and others as well as the ability to experience a range of emotions while making decisions about the usefulness of an emotion in a given situation. It also looks into monitoring and reflecting on one's own emotions and those of others which represents more complex problem solving within the branch.

There are normal people whose lives could be better following a traumatic experience such as the death of a loved one. There are usual reports of people feeling happier, healthier and more hopeful after a major crisis. This positive change experienced by survivors is called post-traumatic growth. Studies (Cavazotte, Moreno, Hickmann, 2012) estimate that about half to two-thirds of survivors of a catastrophic event report experiencing growth as a result of their trauma, that is, their major life crisis puts them on a path to a better, more fulfilling life. Through emotional intelligence, five things could be gained from adversity: new appreciation of life could be gained; stronger mental health could be built; experience of better relationships; new possibilities could be recognized; and a spiritual change could be visible. All these could be experienced in bereavement. Utz, Lund, Caserta, De Vries (2011) in their study asserted that higher competency was associated with more positive mental health outcomes, suggesting that grief is complicated by the need to enhance and/or restore daily life activities as well as the need to deal with the sadness associated with the loss. Arshad, Abbas, Mahmood (2015) found that females were emotionally intelligent than males in marital adjustment. The loss of a loved one is typically followed by a mix of intense emotional reactions (Bonanno, 2008; Bonanno, Goorin, Coifman, 2008).

It is possible to replay the cause of grief over and over in one's mind, or the incident could be so shocking to lead to a temporary form of amnesia. Also we at times run away from the reality that makes one feel it is not happening, but a mistake. The ability to understand one's grief is part of EI, which is a cure for grief. EI helps to transform guilt into acceptance in the time of bereavement especially when the adult feels the death could have been evaded if she/he had intervened (Lenneville, 2014). The guilt would later turn to forgiveness in the midst of adjustment

There are myths and facts about grief that would not help an individual to adjust to normal life. People believe grief will go by ignoring it. The truth is that it will make it worse in the long run. It is also the belief of people that one needs to "be strong" in the face of loss. Crying does not mean one is weak either. The period of grief is not fixed as some people feel, it differs from

individual to individual. People come in contact with what has changed in their lives when they grieve. Following loss, the grieving person has to relearn the world and themselves because everything has changed (Kerr, 2007; Amy, 2016). Grief is not an illness. One does not get over profound grief because people are changed both by their love and the loss of their loved ones. However, life will eventually have meaning again, even though the loss will always be part of one's life. It is not unusual for grief to be felt over an extended period of time even for many years.

In order to adjust in bereavement, individual may sometimes prefer to keep thoughts and feelings to oneself. One can also decide to share with other people to reduce the sense of isolation and loneliness that comes with grief. Nevertheless, some personality traits could enhance adjustment during bereavement. It would be an added advantage for older adults to possess social and emotional intelligence which can help them to support both young and old to adjust to bereavement when it occurs. This is strongly supported by Brown, Brown, House, & Smith, (2008) who asserted that different aspects of social support should include older adults' giving support to others, which has been found to be beneficial for their adjustment to widowhood. This study is therefore looking into personality disposition, social and emotional intelligence as source of coping when there is bereavement.

Statement of the problem

It could be very painful to lose someone deeply cared about or loved. An individual may experience all kinds of difficult emotions, and it may feel like the pain and sadness will never vanish. However, there is neither right nor wrong way to grieve, there are healthy ways to cope with the pain and be renewed to move on in life. Adjusting to reality depends mostly on the individual's personality and some psychological traits. Grief and loss have great effect on older adults. Although people experience losses at every age, the effect is felt and increases as one grows older. The source of the adjustment to bereavement could be the natural endowments inherent in individuals which could be stronger than external efforts. Therefore, the study focused on the adult adjustment during this stage of life because death is inevitable. The affected adults need adjustment during this period in order to lead a fulfilled life.

METHODOLOGY

Population and Sample: The participants for the study were both widows and widowers who had been bereaved at one point or the other. The sample consisted of 264 who were randomly selected at different locations (such as work place, store/shop, school, church, mosque, market, hospital) from Ife Central, North, East and South Local Government Areas of Osun State. Their age ranged between 35 and 65. The sample comprised both literates and non-literates, Christians and Muslims.

Instrumentation: Four different scales were adopted and adapted by the researcher for the study. The Introversion/ Extroversion scale developed by experts in Psychology Today. 10 items were adopted from the test to measure their personality. Social Intelligence scale developed in PsyToolKit by Gisbert Stoet (1998) was used to measure their level of social intelligence. Emotional Intelligence by Daniel Goleman (1995) was also used to measure their level of emotional intelligence. Adjustment scale by Graham Spanier (1995) was also adopted and used to measure their level of adjustment to life situations.

Validity and Reliability of the instrument: In order to assess the extent to which the instruments have been able to achieve their aims, the process of content validity was used by cross examination and verification. Researchers in the area of psychology also helped to review the items. According to Psychology Today, the Introversion and Extroversion scale has the Cronbach alpha value 0.71. The Social Intelligence scale constructed by Gisbert Stoet (1998) has a Cronbach alpha value of 0.76. The Emotional Intelligence scale by Daniel Goleman

(1995) with Cronbach alpha coefficient of 0.85. The adjustment scale by Grahan Spanier (1995) has the Cronbach alpha coefficient of 0.83.

Reliability of Research Instrument: The test -re-test reliability co-efficient was used for the study. The instruments were pre-tested on 25 respondents that were not included in the scope of the study to ascertain the reliability of the instrument. The instruments were scrutinized and necessary modification were made before the final administration. The reliability coefficient of each of the instruments was determined by yielding the following values 0.79, 0.74, 0.80 and 0.72 respectively.

Procedure for Data collection: The researcher made use of two research assistants for easy collation and interpretation to some individuals where necessary.

Method of Data Analysis: Sample percentage and Pearson Product Moment Correlation (PPMC) statistical analysis were used to analyse the data. Simple percentage was used to analyse the demographic characteristics of respondents while Pearson Product Moment Correlation (PPMC) was used to establish the relationship among the independent (Personality disposition, Social and Emotional Intelligence) and dependent (Adjustment) variables.

Research Hypotheses: Three research hypotheses were postulated to guide the study. Ho1: There is no significant relationship between extroversion/introversion, social and emotional intelligence on adults' adjustment to bereavement in four Local governments of Osun State.

Ho2: There is no joint contribution between extroversion/introversion, social and emotional intelligence on adults' adjustment to bereavement in four Local governments of Osun State.

Ho3: There is no significant contribution of extroversion/introversion, social and emotional intelligence to adults' adjustment to bereavement in four Local governments of Osun State.

RESULTS

Research Hypothesis One: There is no significant relationship between Introversion/Extroversion, social intelligence, Emotional intelligence on Adults' Adjustment to bereavement in Four Local Government Areas of Osun State.

Table 1: Descriptive Statistics and Inter-correlations among the Variables

Variable	N	Mean	SD	1	2	3	4
Adults' Adjustment	264	30.49	12.02	1.00			
Introversion/Extroversion	264	12.23	4.91	.582**	1.00		
Social Intelligence	264	16.19	10.32	.788**	.761	1.00	
Emotional Intelligence	264	17.61	9.16	.841**	.574	.806	1.00

** Correlation is significant at the 0.05 level (2-tailed)

Table 1 contains descriptive statistics and inter-correlations among the study variables. As shown in the table 1, adults' adjustment to bereavement is significantly correlated with introversion/extroversion ($r=.582$; $p<.05$), social intelligence ($r=.788$; $p<.05$) and emotional Intelligence ($r=.841$; $p<.05$). There were also significant correlations among the independent variables. This implies that there is relationship between personality disposition, social intelligence, emotional intelligence and adults adjustment to bereavement independently.

Research Hypothesis Two: There is no joint contribution between Introversion/Extroversion, Social and Emotional Intelligence on Adults' Adjustment to bereavement in Four Local Government Areas of Osun State.

Table 2: Multiple Regression Analysis Adjustment to Bereavement Data

R= .802				
Multiple R(adjusted)=.714				
Multiple R ² (adjusted)=.711				
Standard error of estimate= 4.04				
Analysis of Variance				
Model	Sum of Square (SS)	DF	Mean square	F
Regression	13912.515	3	4637.505	3383.423
Residual	3168.993	262	12.095	
Total	17081.508	265		

Table 2 shows that the independent variables (Introversion/Extroversion, Social and Emotional Intelligence) when pulled together have significant effect on Adults' adjustment to Bereavement. The value of R (adjusted)=.714 and R²(adjusted)=.711. The analysis of variance performed on the multiple regressions yielded an F-ratio value of 383.423 with 71.1% of independent variables accounted for adults' adjustment to bereavement and was found to be significant at 0.05 level. This implies that personality disposition, social and emotional intelligence, if pulled together, will jointly affect adults' adjustment to bereavement.

Research Hypothesis Three: There is no significant contribution of extroversion/introversion, social and emotional intelligence to adults' adjustment to bereavement in four Local governments of Osun State.

Table 3: Relative Contribution of Independent Variables to the Prediction

Model	Unstandardized coefficients	Standardized coefficients		T	P
	B	Standard error	B		
Constant	.993	.956		1.038	.000
Introversion/Extroversion	.011	.005	.087	2.051	P<0.05
Social Intelligence	.219	.039	.217	5.677	P<0.05
Emotional Intelligence	.787	.073	.681	10.811	P<0.05

Table 3 shows that the independent variables made a significant contribution to the prediction of adults' adjustment to bereavement. In term of magnitude of contribution, emotional intelligence made the most significant contribution ($\beta=.681$; $t=10.811$; $p<0.05$) to the prediction. Other variables made significant contributions in the following order: social intelligence ($\beta=.217$; $t=5.677$; $p<0.05$) and introversion/extroversion ($\beta=.087$; $t=2.051$; $p<0.05$ significant level. This implies that the three independent variables will contribute to adults' adjustment to bereavement at different degrees

DISCUSSION

The result of the first hypothesis revealed that there is a significant relationship between extroversion/introversion, social and emotional intelligence in the adjustment of adults to bereavement. This indicates that adult with personality disposition, social and emotional intelligence, will be able to cope with bereavement. One major life course event that may influence adults' social relationships is the death of a spouse, a high probability event, especially for women. The interaction can be more complex depending on some other factors such as environment, gender, status and so on. Social and emotional intelligence skills would play positive role, if possessed, it would affect the well-being of the adults in widowhood. However, there is thin line between who people are and what they can do, ability and natural man are interwoven. It can be equally difficult to differentiate between personality and skills. Emotional competencies are thought to be important for social functions conveying information also coordinating social encounters (Keltner & Handt, 2001). There is converging evidence from other lines of research that emotional competencies are associated with social adaptation which needs at least a good measure of emotional intelligence. A large number of studies with different categories of people suggest that the capacity to decode, understand and regulate emotion is associated with social and emotional adaptation (Eisenberg, Fabes, Guthrie, Reiser, 2000; Halberstadt, Denham & Dunsmore, 2001). Social intelligence could be seen as collaborator with some other variables such as emotional intelligence and personal traits to make an individual better in adjustment. In other words, these variables usually complement each other for individual to be well adjusted. This corroborates the assertion of Hall and Bernieri (2001) who suggest that social competence does not represent cohesive domain ability. Haffey also found that age does not moderate adjustment with emotional intelligence, but emotional intelligence has a great impact on adjustment.

The second hypothesis reveals that the independent variables (introversion/extroversion), social and emotional intelligence) accounted for adults' adjustment to bereavement. The components of these variables were able to lead to adults' adjustment to

bereavement. Nevertheless, anyone could be bereaved, old or young, male or female, however, the difference lies in the degree of the independent variables residing in the individual that will help in coping mechanism. The result shows that if the three are favourably disposed in an individual, adjustment to various issues of life could be managed. Myleen, Micheal and William (2009) conducted a study to examine the possible relationship between individual's personality types and elements of emotional intelligence. The results of the study indicated that there are powerful associations between introversion/extroversion and emotional intelligence. Samuel (2011) also found that personality factors and emotional intelligence had significant correlations with psychological well-being. Fernandez-Berrocal, Acaide and Extremera (2006) opined in their study that the ability to discriminate clearly among feelings and the ability to self-regulate emotional state were associated with better psychological well-being.

The third hypothesis shows that there is contribution from each of the variables at different degrees and levels to adult's adjustment to bereavement. Emotional intelligence made the most significant contribution, followed by social intelligence and also introversion/extraversion to adults' adjustment to bereavement. Emotional intelligence is today considered to be very important construct for success in all walks of life. Haffey (2006) in a study reported that adjustment and emotional intelligence indicate that higher emotional intelligence may predict better overall adjustment as well as better functioning in terms of internalizing and externalizing behaviours. Arshad, Abbas and Mahmood (2015) found in their study a high positive correlation between emotional intelligence and marital adjustment. Hence, the way one will adjust to bereavement with the aid of emotional intelligence depends on the closeness of people involved. Intellectual intelligence is not enough on its own to be successful in life, but emotional intelligence will help in the management of stress and emotions when faced with issues of life. Although social intelligence is closely related to emotional intelligence, but they are not the same in nature and function. Emotions evolve to serve a social purpose that enables us, as humans, to survive. To be well integrated to social norms, it is to be done intelligently. Personality traits (introversion/extroversion) come last in the adults' adjustment to bereavement. Basing adjustment on personality may be unpredictable because personality could be moderated by environment making individuals to behave irrational. This could even affect adjustment to life situations if care is not taken.

Implications of the Study for Social Welfare Counselling

- * Due to environmental settings and situations that we see and meet every time, everyone needs adjustment.
- * It is very important to note that the skills needed to adjust to situations in life is not built up suddenly, it grows gradually with an individual. Hence, the independent variables, especially emotional, social intelligence, and good personality traits are constructs that should develop with an individual.
- * Man is a social being, as a result, people need to interact in other to know where they need to adjust so that when they receive a big blow such as death of a loved one, they will be resilient enough to cope.
- * Adjustment skills should be encouraged in every person either young or old to be able to cope with life stressors that pose threats to one's life
- * Emotional intelligence is needed in every sphere of life because it aids good performance and helps to achieve maximally.

Recommendations

- * An Individual that is bereaved should look for opportunities to obtain help and support.



- * Everyone needs encouragement to be competent in having emotional and social intelligence coupled with good personality traits to cope with unpleasant situations.
- * Every personality trait should be advantageously used for one's benefit and the benefits of others.
- * It will be necessary for all to be resilient in nature to engage in life situations with hope and humour despite devastating losses
- * Individuals should be able to interact with their environments to promote their well-being against overwhelming influence of risk-factors.

Conclusion

In communication, there is always the opportunity to communicate with good emotional and social intelligence. The intention and outcome of communication are usually considered. Individual's personality comes into play through the attention to the impact of that communication on others, seeking feed-back and monitoring the response will adjust individual's behaviour. Sometimes, people fail to respond in a way that demonstrates emotional competency. On the bright side, they can enhance their social intelligence at any time. As people excel in all endeavours they have to work hard to break poor emotional and social response patterns. This effort, however, is usually rewarded by significantly improved relationship dynamics with significant others, friends and co-workers. As people grow up awareness should always be created into having these variables in good measure to prepare them ahead for adjustment to life pressing situations such as bereavement



REFERENCES

- Amy, M. (2016) What Mentally Strong People Don't do (twitter.com/#)
- Andi, H. K. (2013). Emotional Intelligence and Personality Traits: A correlational Study of MYEIT and BFI. *International Journal of Academic Research in Business and Social Sciences*. 2(10), 2222-6990.
- Angner, E., Ray, M.N., Saag, K. G., & Allison, J.J., (2009). Health and Happiness among Older Adults. A Community based Study. *Journal of Health Psychology*, 14, 503-512.
- Arshad, M; Abbas, I., & Mahmood, K. (2015). Emotional Intelligence and Marital Adjustment among Professionals of different Organisations. *Research on Humanities and Social Sciences* ISSN (Paper) 2224-5766 ISSN (Online), Vol.5, No.1.
- Balk, D., Worgrin, C., Thornton, G., & Meagher, D. (Eds., 2007). *Handbook of Thanatology: The Essential body of Knowledge for the Study of death, dying and bereavement*. Northbrook, IL: Association for death, Education and Counselling.
- Bonanno, G.A (2009). *The other side of Sadness: What the new Science of bereavement tells us about life after loss* NewYork: Basic Books.
- Bonanno, G.A., Goorin, L., & Coifman, K.G (2008) Sadness and grief. In M. Lewis; J. Haviland Jones, and L.F. Barrel (Eds). *Hand book of Emotion* (3rd ed., Pgs. 797-810). New York::Guilford Press.
- Brackett, M.A., Rivers, S. E., & Solvey, P. (2011). Emotional Intelligence: Implications for Personal, Social, Academic, and Work place success. *Journal and Personality Compass* 5/1(2011): 88-103
- Briley, D.A., & Tucker-Drob, E. M. (2014) Genetic and environmental Continuity in personality Development: A Meta-Analysis" *Psychological Bulletin* 140 (5):1303-31.Doi:10.1037/a0037091
- Brown, S.L., Brown, R.M, House, J.S. & Smith, D.M. (2008) *Coping with spousal loss: Potential buffering effects of self-reported helping behaviour*. *Personality and Social Psychology Bulletin*, 34(6), 849 - 861
- Cavazotte, Flavia; Moreno, Valter; & Hickmann, Mateus (2012). "Effects of leader intelligence, personality and emotional intelligence on transformational leadership and managerial performance". *The Leadership Quarterly* 23 (3): 443-455. doi:10.1016/j.leaqua.2011.10.003.
- Charles Le Moyne Hospital Research Centre (2013) Bereavement-related depression in the older adult population: A distinct disorder? *Journal of Affective disorders* (Impact factor) 115 (3). Doi: 1016/j.jad.
- Coleman, A. (2008). *A Dictionary of Psychology*. (3rd Ed.). Oxford University Press. ISBN 0780199534057.
- Cook, G (2012). The Power of Introverts: A Manifesto for quiet Brilliance. [www.scientificamericans.com/articlethe-power of introverts](http://www.scientificamericans.com/articlethe-power-of-introverts)
- Cornell University Researchers (2013). Differences between Extroverts and Introverts Explained by reaction to dopamine. Retrieved from www.nydaily.com/life-style/health/study. on 5th May 2016.
- Craik, F,I,M, & Salthouse TA. (2008). *The handbook of aging and cognition*. 3rd. New York, NY: Psychology Press.
- Eisenberg, N., Fabes, R. A. Guthrie, I. K. & Reiser, M. (2000). Dispositional Emotionality and Regulator: Their Role in Predicting Quality of Social Functioning. *Journal of Personality and Social Psychology*, 78, 136 – 157.
- Engler, B (2009). *Personality Theories*. 8th ed. Belmont, CA: Wadsworth Cenage Learning.
- Feiter, D.C., & Kleinbaum, A.M. (2015). Popularity, Similarly, and the Network extroversion bias. *Psychological Science*, 26 (5),593-603 doi 10.1177/0956779761559
- Fernandez-Berrocal, P., Alcaide, R., & Extremera, N.,(2006). The Role of Emotional Intelligence in Anxiety and Depression among Adolescents. *Individual Differences Research*, 4(1)
- Furnham A, Chamorro-Premuzic T. (2006). Personality, intelligence, and general knowledge. *Learning and Individual Differences*. 16: 79-90. doi: 10.1016/j.lindif.2005.07.002.



- Ganaie, M.Y & Mudasar, H. (2015). A Study of Social Intelligence and Academic Achievement of College Students of District Srinagar, *Journal of American Science* 11 (3)
- Gregoire, C. (2014). Some Unflattering Research About Introverts. Retrieved from www.huffingtonpost.com on 17th May 2016.
- Greis, L. M. (2011). Fostering Resiliency after a loss. A focus on Adjustment Disorder Related to Bereavement. Retrieved from http://sopha.stkate.edu/na_nursing. on 15th May 2016.
- Haffey, K. C. (2006). Relationship between Emotional Intelligence and Psychological Adjustment in Children with cancer. *An Unpublished Ph.D Thesis Auburn University, Auburn, Alabama, USA.*
- Halberstadt, A. G. Denham, S.A. & Dunsmore, J. C. (2001). Affective Social Competence, *Social Development*, 10, 79 – 119.
- Hall, J. A. & Bernieri, F. J. (2001). *Interpersonal Sensitivity: Theory & Measurement*. Mahwah, NJ: Lawrence Erlbaum.
- Keltner, D. & Handt, J. (2001). Social Functions of Emotions in T. J. Mayne & G. A. Bonanno (Eds), *Emotions: Current Issues and Future Directions. Emotions and Social Behaviour*. (pp. 192 – 213), New York: Guilford.
- Kendra, C. (2015) <http://www.verywell.com/whatis-introversion27959919>.
- Kerr, B.A. (2007) Emotional Intelligence Activities for Adults: Creating an Emotional Intelligent World. www.hrdqstore.com/creating-an-emotional-intelligent-world.
- Lenneville, E. (2014) Can Adults improve their Emotional Intelligence. *Journal of Scientific American Mind*. Retrieved from www.scientificamerican.com on 17th may 2016.
- Love, A. W. (2007). Progress in Understanding grief, Complicated and Caring for the Bereaved. *Contemporary Nurse*, (27) 1, 73-83
- Mayer, J.D., Salovey, P. & Caruso, D.R. (2000). Models of Emotional Intelligence. In R. J. Stenberg (Ed.). *Handbook of Intelligence* (Pg. 396-420) Cambridge, England: Cambridge University Press.
- Mischel, W., Shoda, Y., & Smith, R.E (2004) *Introduction to Personality toward an Integration*. New York: John Wiley & Sons.
- Mistra, S. G. (2015). Study of Relationship between Emotional Intelligence and Social Adjustment. Third 21st CAF Conference at Havard, in Boston, USA. September 2015, Vol. 6, No. 1; Issn: 2330 – 1236.
- Myleen, L. Michael, R. & William, F. (2009). A Study of Personality Preferences and Emotional Intelligence. *Leadership and Organization Development Journal*, 30 (4) 421 – 434
- Rubin, D. (2007). Preloss Marital Dependence, and older adults Adjustment to Widowhood. *Journal of Marriage and Family*, 66(1), 220-235, Doi:1111/j. 0022-2445, 2007'.00016x
- Samuel, S, (2011). Personality and Psychological Well-Being of Adolescents: The Moderating Role of Emotional Intelligence. *Social Behaviour and Personality*, 39 (6), 782 – 794
- Sjoberg, L. (2008). Emotional Intelligence ad Life Adjustment. In J. C. Cassady & M. A. Eissa (Eds), *Emotional Intelligence: Perspectives on Educational & Positive Psychology*. (pp.169 – 184). New York: Peter Lang Publishing.
- Sroufe, L.A., Collins, W.A., Egeland, B., & Carlson, E.A., (2009). *The development of the person; The Minnesota Study of risk and adaptation from birth to adulthood*. New York, NY: Guilford Press.
- Stoebe, M.S., Hansson, R.O., & Schut, H. (Eds, 2008). *Handbook of bereavement Research and Practice: Advances in Theory and Intervention*, Washington, DC: American Psychological Association.
- Tartakovsky, M. (2013). 7 Persistent Myths about Introverts & Extroverts. Psycho Central. Retrieved from <http://psychcentral.com/blog/archives/2013/09/11/7-persistent-myths-about-introverts-extroverts> on 2nd May, 2016.
- Utz, R.L; Lund, D. A., Caserta, M.S; & De Vries, B (2011). Perceived Self Competency Among the Recently Bereaved.. *Journal of Social Work and End life Palliative Care*, 7 (2-3): 173 - 194.