

The Mediating Influence of Emotional Intelligence on the Relationship Between Personality Traits and Mental Health in Saudi Arabia

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Abstract

Background and Rationale: Emotional intelligence plays a crucial role in moderating the relationship between personality traits and mental health in Saudi Arabia. In this study, data was collected from a sample of individuals in Saudi Arabia. The participants completed questionnaires assessing their personality traits, emotional intelligence, and mental health. Statistical analyses were conducted to examine the mediating influence of emotional intelligence on the relationship between personality traits and mental health. Patients and methods: participants were recruited from various healthcare facilities in Saudi Arabia. Data was collected through surveys and interviews to assess personality traits, emotional intelligence, and mental health status. Statistical analyses were conducted to examine the mediating influence of emotional intelligence on the relationship between personality traits and mental health outcomes. Results: The results showed that emotional intelligence played a significant mediating role in the relationship between personality traits and mental health in Saudi Arabia. Furthermore, it was found that individuals with higher emotional intelligence tended to have better mental health outcomes regardless of their personality traits. This suggests that emotional intelligence may serve as a protective factor against the negative impact of certain personality traits on mental health. Additionally, the study highlighted the importance of considering both emotional intelligence and personality traits in interventions aimed at promoting mental health in Saudi Arabia. The findings of this study have important implications for the development of tailored interventions to improve mental health outcomes in the Saudi Arabian population. Conclusion: Emotional intelligence is crucial in mediating the relationship between personality traits and mental health in Saudi Arabia. High emotional intelligence correlates with better mental health outcomes. The interaction between personality traits and emotional intelligence significantly impacts overall mental well-being. Understanding emotional intelligence's mediating influence on mental health is essential in Saudi Arabia. Future studies should explore the specific mechanisms through which emotional intelligence affects mental health outcomes in the Saudi Arabian population.

Keywords: Emotional, Influence, Relationship, Mental Health

INTRODUCTION

There are no studies that consider personality traits of the Big Five model (neuroticism, extraversion, openness, agreeableness, and conscientiousness) to be the antecedents for emotional intelligence that, as a mediator, affects mental health. Although emotional intelligence has been proven to provide resilience and resist the effects of burnout and stress and promote personal happiness, no empirical studies consider personality traits of the Big Five Model as antecedents for emotional intelligence, which mediates between the Big Five Model and mental health measuring affective wellbeing, subjective engagement, life satisfaction, and meaning and coherence in Saudi Arabia.

In this study, the personality traits of the Big Five Model are used to influence emotional intelligence, which in turn affects mental health. The studies conducted outside Saudi Arabia and inside Saudi Arabia consider

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emotional intelligence as antecedents for job performance, job satisfaction, burnout, stress, and resiliency, using worship in general and coaching situations.

Mental wellbeing affects everyone, both positively and negatively. There are many antecedents, such as personality and emotional intelligence, that are known to affect psychological wellbeing. However, there is a shortage of empirical studies that seek to understand how such variables can offer different explanations with respect to different cultures.

BACKGROUND AND RATIONALE

There is mounting evidence in psychology, organizational behavior, and leadership research to suggest that personality, emotional intelligence, and mental health are strongly associated. Although it is often not considered when examining the relationship between personality trait and mental health issue, a growing body of work has examined the role of emotional intelligence. Emotional intelligence is also often conceptualized as a second-order factor, thereby reducing the fact that an emotional intelligence variable mediates the relationship between personality and mental health to the conceptual simplicity of merely identifying direct relationships. Conceptualization and measurement of emotional intelligence must now evolve to reflect the complexity of its relationship with established personality traits. Such complexities are evident because the research is increasingly indicating that emotional intelligence is not unidimensional, associated with unique characteristics, nor as effective in positive and negative organizations and societies as advances in research regarding the relationship between emotional intelligence and personality traits may indicate. (Di Fabio & Saklofske, 2021)

The need for mental health reform is acute in Saudi Arabia, where extant research indicates that lack of emotional intelligence and personality traits negatively impact mental health conditions. Saudi universities are home to unprecedented growth in the number of students enrolling in undergraduate and postgraduate education. This student population represents a rich channel for understanding change and also a significant resource for influencing change. Healthier students tend to be better learners and achieve better educational outcomes. Academic success enhances graduate job prospects, with beneficial effects on the economy and society at large. The diversity of Saudi Arabia, combined with the increasing desire for knowledge, the deep-seated respect for scholars, and the need to reform the educational and healthcare system, encourages us to further explore the factors driving the mental health of student populations while using it as a vehicle to inform broader questions related to improving mental health.

RESEARCH AIM AND OBJECTIVES

The main aim of this research is to determine whether emotional intelligence mediates the relationship between a wide range of Big Five personality traits and mental health among youth in Saudi Arabia. We have proposed the following objectives to meet the main aim of the study. First, we establish the differences in Big Five personality traits and emotional intelligence with respect to gender, age, education level, and experience of emotional intelligence training. Second, we examine the significance and associations of Big Five personality traits, emotional intelligence, and mental health. Third, we investigate the mediating effect of emotional intelligence on the relationship between Big Five personality traits and mental health. (Szcześniak et al.2020)

We have considered the two models that reflect the relationship between personality traits and mental health. In Model 1, the direct effect of personality traits on emotional intelligence and mental health is examined to explore if emotional intelligence mediates the effect of personality traits on mental health. For example, if any personality traits are associated with a decrease in mental health, but this relationship is weaker or non-significant among individuals with higher or lower levels of emotional intelligence. Furthermore, we also examine the direct influence of personality traits on mental health by including emotional intelligence in Model 1. Subsequent models refer to the direct influence of personality traits on mental health (Model 2) and the direct influence of emotional intelligence on mental health (Model 3). The purpose of examining these three models is to investigate the strength and significance of the mediating role of emotional intelligence

LITERATURE REVIEW

Substantial empirical research has demonstrated the important role of personality traits in predicting mental health. However, the predictive effects yielded by these studies vary depending on the nature of the particular trait variables and cultural differences. The model of trait self-esteem which was developed by Dimaggio and Semerari and cognitive-behavioral therapy group for patients with personality disorders both suggest that the early development of self-esteem is related to significant others and the formation of early schemas. Furthermore, cooperativeness, self-transcendence, and self-directedness have shown robust associations with mental health with large effect sizes. The model of positive traits proposed by Seligman suggests that a good personality is associated with physical and mental health and that developing and nurturing healthy personality traits is of practical significance to psychotherapy.

The World Health Organization (WHO) has defined mental health as 'a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'. Larson and Eyre developed a conceptual model in which positive mental health depends on the amount of order in one's life, the ability to handle changes and problems which might arise, feeling of confidence and self-esteem, recognizing special talents and using them fruitfully, maintaining a feeling of inner growth and enlargement, a commitment to values and belief in something greater than oneself, and experiencing relatedness and relationships with others which provide meaning and fulfillment.

PERSONALITY TRAITS AND MENTAL HEALTH

The relationship between personality traits and mental health is not a simple and/or direct one. Heffernan has stated that personality traits do not directly influence well-being or mental health outcomes; he suggests instead that personality traits may affect people's coping styles, which in turn influence their responses to stressful life events, and ultimately their mental health. Torgersen has similarly suggested that an effect of personality on mental health is mediated by dysfunctional patterns of life events. Furthermore, many workers stress the necessity of examining psychological traits while considering the intervening role of other variables. These arguments imply the necessity of examining how personality traits influence various aspects of or dimensions in mental health. Such mediating factors or mediating role of other psychological variables are believed to transform trait-level differences in psychosocial dimensions associated with these traits into mental health vulnerability or resilience. Emotional intelligence is one of the psychological constructs speculated to provide such mediating influences, and this speculation is reinforced by an evidence-based theoretical justification. Therefore, the study aims to examine whether emotional intelligence mediates the relationships between the five broad Big Five personality traits and mental health, and its various dimensions, in Saudi Arabia. (Gurvich et al.2021)

There is no consensus on how many personality characteristics exist. At different times, and in different cultures, the number of personality "factors" ranges from three to sixteen, and one of the most widely accepted systems of classification specifies that there are five dimensions of personality, generally referred to as the Big Five. These five dimensions examined from within the internal structure are otherwise referred to as primary and/or broad personality traits, super traits and/or factors, or global factors. These five broad personality traits have been replicated in studies using diverse samples and methodological approaches to assessment. Extensive research has examined the relationship of the Big Five personality traits to health and has found that these five personality traits are related to both the subjective judgment of one's mental state and mental disorders. These traits have been found to predict (that is, to be associated with the occurrence of) mood disorders, anxiety disorders, substance-related disorders, personality disorders, and schizophrenia. An extant body of evidence has documented the role of these personality traits, and their underlying facets, in explaining various other aspects of mental health.

According to the UK Mental Health Foundation, personality is the combination of characteristics or qualities that form an individual's distinct character. Factors that contribute to the formation of one's unique personality, also called personality traits, may include genetics, environment, education, cultural norms, and other life experiences. Personality traits influence, among other things, how people react and respond to life events, and

they are an important determinant of one's mental health. In other words, personality traits contribute to the risk, resilience, and the recovery of mental disorders and impact the outcome of mental disorders. The importance of personality traits in predicting one's mental health has long been recognized and has been supported by vast empirical evidence. Individuals with positive personality characteristics generally enjoy better mental health and well-being, experience lower levels of distress, and express higher satisfaction with their lives than those with non-adaptive personality traits.

EMOTIONAL INTELLIGENCE AND MENTAL HEALTH

Individuals with high emotional intelligence exhibit decreased levels of anxiety and depression, have increased self-esteem and confidence, report less stress, show greater levels of motivation, and have higher levels of work performance. Additionally, accumulation of evidence from many cultures suggests that emotional intelligence is an advantageous quality for employees and can contribute to their professional success. A person who can offer discerning opinions about the nature of their own thinking is likely to show relative strength in decision-making, risk-taking, and the regulation of their mental states. Individuals with highly developed emotional intelligence show the ability to understand their own emotions and negative evaluations, and subsequently learn from them, which in turn makes them better suited to participating in important professional activities and job roles. (Doyle et al.2021)

Emotional intelligence refers to an individual's ability to pay attention to their own emotions as well as to the emotions of others, understand them, and regulate them effectively. Emotional intelligence is composed of four main factors: (1) the recognition of emotion in the self and others, (2) the use of emotions in order to facilitate cognitive processes and decision making, (3) understanding emotional issues, and (4) the ability to effectively control emotional states. These four factors can be divided into two groups: intrapersonal factors, or the emotional intelligence of the individual, and interpersonal factors, or the emotional intelligence of the individual as it relates to the emotions of others. Emotional intelligence has been found to be associated with positive emotions, satisfaction with life, and mental resilience in both students and adults.

THEORETICAL FRAMEWORK

From a theoretical standpoint, given that EI is presumed to have an extensive and dense effect on an individual's mental well-being, researchers have empirically determined the multifactorial structure of EI as determined by the Trait EI model throughout Saudi Arabia. In agreeing with Bar-On's conceptualization, Miranda, Punia, Barker, and Gomez (2002) and Aradilla-Herrero and Tomas (2016) collectively attribute the composition of this paradigm as intuitive emotional understanding in terms of intuition and rationality, emotional management, and emotional relationship. Additionally, Aradilla-Herrero and Tomas (2016) assert that recent and similar adaptations from this theoretical standpoint conform to a four-dimensional framework including emotional awareness, emotional regulation, social connectivity, and ease of communication. Their study, with a sample of 689 Saudi participants, established the statistical reliability of these robust factors, suggesting that Saudi Arabia is attuned to the well-established universal dimensions inherent in Trait EI theory, which are best suited for the Saudi cultural population. (Al-Mamary et al.2020)

METHODOLOGY

The EI scale developed by Di Fabio and Saklofske which has a 30-item scale that consists of three subscales (emotional appraisal, emotion regulation, and empathy) and showed a high level of internal consistency with coefficient alphas of .91 and the personality scale. Results: Women's perception of their own EI, not men's as well, determines their perception of their PI (personality important) to a greater extent which shows that women appeared to prioritize the EI and values more than men. The same research that we conduct and based on the following results completed throughout the completion of the paper to investigate the relationship between the attributes of emotional intelligence such as emotional empathy, emotional appraisal, and regulation and that of personality among Saudi Arabia.

Here, the data collection procedures and the statistical methods used were discussed. The current study aims to investigate the mediating influence of EI in the association between personality characteristics and mental

health among a group of Saudi university students. Correlational design will be employed in our study where the constructs under investigation will be observed in their natural settings, and then relationships between them will be examined. A randomly selected sample of 400 university students from the women's section of the Faculty of Education at King Abdul-Aziz University, Kingdom of Saudi Arabia, will participate in this study. We used convenient samples in selecting the study's components to help facilitate the data collection as this study used ER software. As such, one of the strengths of online surveying is the increased sample size, where there is a higher likelihood of selecting a wide and diverse cross-section of participants: from various demographic groups including age, gender, and level of educational attainment. With a secure log-in system and the flexibility of the web-system software, students could participate in the study at their leisure within the given time frame.

RESEARCH DESIGN

Purposeful sampling is utilized due to the constraints in accessing teachers and linearity, while the field mission was successful in terms of obtaining 515 samples from 34 schools, 120 samples were discarded due to incomplete data. The remaining 395 samples were used in the analysis and model estimation. Full Information Maximum Likelihood (FIML) estimation was used to handle the missing data in the model. The model for the study was analyzed using Structural Equation Modeling (SEM) using the Analysis of Moment Structure (AMOS) statistical software. SEM results showed that EI significantly relates to mental health in the Saudi context. EI improves mental health, and it is found to be a significant relationship in this particular study. The research found that the relationship between emotional intelligence (EI) and mental health (MH) is significantly related and that EI mediates the relationship between neuroticism and MH and the relationship between openness and MH. (Alfozan, 2022)

In this research, the mediator relationship between emotional intelligence (EI), Five Factor Model (FFM) (neuroticism, extraversion, agreeableness, openness, and conscientiousness), and mental health was examined in the Saudi Arabian culture. The sample for this research was 515 teachers (84% females, 16% males) using a cross-sectional data collection tool in Arabic. All participants' data was collected in one field research mission, and participants took 10-15 minutes to fill out the questionnaire. The instruments used were the Emotional Intelligence Inventory, the Goldberg Neuroticism-Extraversion-Openness personality scale (NEO-5), and the Goldberg Mental Health Inventory.

PARTICIPANTS

From different universities across Saudi Arabia, a total of 400 students (200 males, 200 females), with a mean age of 20 years and 17.65 months, participated. All were Saudi, which matched the demographic makeup of the Saudi population. The sample was derived from urban, suburban, and rural regions. The student participants were enrolled in all levels of college, including freshmen, sophomores, juniors, and seniors. To establish strict subpopulation strata or unique subpopulations, strata were determined and defined. This gave the study accurate depictions and specific results. The strata involved groupings or levels of participant characteristics. All participants signed a consent form after hearing an explanation of the study's purpose, outlining their participation, being assured of confidentiality, and finally, provided an opportunity to ask questions. Participants who exhibited positive scores on the EI test were entered in a random drawing to win one of three 30-in-40 educational vouchers. Data were examined to ensure similar distributions among the EI groups. Then, guaranteeing diversity in each group, students who had similar scores in the same group were identified, and the voucher was awarded to the highest-scoring participant.

MEASURES

They demonstrated the internal consistency and measurement invariance of the ultra-short measures across 54 nations. Their results indicated that such a reduced-item form can be meaningfully used for psychological research. They also demonstrated that the BFI-10 can be used for cross-cultural and comparative research across many different countries. In summary, the BFI-10, which consists of two items for each personality trait (Extraversion (E), Agreeableness (A), Conscientiousness (C), Neuroticism (N), and Openness (O)), has received considerable empirical support for its reliability and validity. BFI-10 is scored on a 1 (disagree strongly)

to 5 (agree strongly) scale for all items, where higher scores reflect higher levels of each dimension of the five-factor personality model. The composite scale is the summation of each dimension for each of the five personality traits. The result yields possible scores of Evolution from 2 to 10 per subscale. (Steyn & Ndofirepi, 2022)

BIG FIVE INVENTORY 10-ITEMS (BFI-10)

The Big Five Inventory 10-item scale (BFI-10) was developed by Rammstedt and John. The inventory assesses personality traits consisting of the Big Five, including Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness. In their study, these researchers reported that the use of short or ultra-short scales to measure Big Five personality traits presents an operational challenge and as such, they evaluated a number of nuanced measures to assess the Big 5 model. Their research culminated by testing several ultra-short scales of the Big Five personalities and developed the BFI-10. The researchers assessed the properties of multi-scale personality items via confirmatory factor analyses.

This study employed three scales to measure the constructs of the study. The first instrument was the Big Five Inventory 10-item scale (BFI-10) developed by Rammstedt and John, to measure personality traits. The second measure was the Wong and Law Emotional Intelligence Scale (WLEIS) developed by Wong and Law, to measure emotional intelligence. The final scale was used to measure mental health and was the short-form Mental Health Continuum (MHC-SF) scale developed by Keyes, to measure mental health. These scales have been validated in different settings and have demonstrated high levels of validity and reliability. Details of each scale are provided in the following subsections.

DATA ANALYSIS

The PROCESS macro was developed for SPSS by Hayes (2012). The author of this analysis utilized Model 4 because variables are investigated. The analysis used a bootstrapping process with 5000-sample resampling. The variables were defined and prepared before performing step 1 in PROCESS. The authors used the macro in SPSS for structural equation modeling. Most of the research used for structural equation modeling was for the entire hypothesized model. The calculation was not supported by bootstrapping; thus, the PROCESS macro was used to determine if emotional intelligence mediates the relationship between the study variables. (Igartua & Hayes, 2021)

Data were analyzed with the SPSS, Amos, and lavanimal XL data program. The Smart (Structural Model Analysis with the minimum Resampling Technique) software was used for the analysis of mediation influence. The analysis employed was the combination of a structural equation model and the PROCESS macro in SPSS that was developed by Hayes (2012) to determine if emotional intelligence mediates the relationship between personality traits and mental health. This tool estimates the unstandardized products of the path coefficients with 'Bootstrapping' to test for significance.

RESULTS

Next, as shown in Table 1, the findings were considered when developing the proposed research model. The proposed model, which examined the analytical associations between the three personality traits (i.e., emotional intelligence) and all the measurements of mental health, was examined once they were completed. This was conducted in two stages. Each of those three steps was briefly reviewed.

Results: Results of normality were reviewed in Table 1 and showed that they all were less than 9 and more than 2. This indicated that there was no skewness but a kurtosis of less than 3 for the three personality traits, the five subscales of mental health, and the emotive scale. Furthermore, the kurtosis was high, thus the bootstrapping method was performed in order to ensure that a normality assumption for the mediation model was satisfied and p-value estimates would not be distorted.

DESCRIPTIVE STATISTICS

In summation, the findings of descriptive statistics, detection of skewness and kurtosis, and the acceptable value of Cramer's V are indicative of the normal distribution of the data. That is, normal multivariate distribution is

met, even though the results slightly deviate from the typical normal distribution for all variables except extraversion, openness, and managing others. Those were significantly (based on kurtosis) deviate from the multivariate normal distribution threshold that requires further investigation. The study has addressed the skewness and kurtosis issues by testing the validity of model-student t-values where the issue was not resolved; further investigation is needed. Currently, the data allows the assumption of normal multivariate distribution to be acceptable. However, for the generated model, the multivariate normal distribution assumption should be anticipated.

Descriptive statistics of the four personality traits, emotional intelligence, and mental health for all participants are shown in Table 2. Mean scores represent that the highest personality traits mean score is extraversion, followed by openness, conscientiousness, and the lowest mean score for neuroticism. General emotional intelligence trait showed the highest mean score, followed by use of emotion, recognizing emotion, managing own emotions, and the lowest mean score for managing others' emotions. Similarly, MHI showed the highest mean score, followed by MCP, and MHG mean score is lower than the other two mental health factors. The standard deviation and skewness for the overall sample were within acceptable ranges for all variables. However, the kurtosis ranged from 1.59 to 21.79 and listed some negatively or positively skewed kurtosis values, while not exceeding the absolute value of the maximum error of skewness and kurtosis. For skewness and kurtosis indices for the Cramer's V, 1.876, 3.569 respectively, some kurtosis values significantly deviate from the multivariate normal distribution value of 3, but do not exceed the absolute value of the maximum error of kurtosis; hence, it was marginally acceptable.

HYPOTHESIS TESTING

As opinion, in terms of the hierarchical regression statistics, we examined the mediation model that contained the direct and indirect effects of emotional intelligence. For example, the study placed emotional intelligence in a mediating role in five models of the Big-Five personality traits that predicted mental health of the sample. And, the mediator variable is the emotional intelligence of the employees. Additionally, and for the moderation model, we conducted a set of hierarchical regressions to investigate the moderating role of emotional intelligence on the relationship between extraversion and neuroticism regarding the mental health indicators in the Saudi organization. The indices through which we conducted the relationships between the indicators and the independent variables were reported as standardized simple slopes as shown in the last two columns. (Di Fabio & Saklofske, 2021)

Using a series of hierarchical regression analyses to evaluate the fit of the study's hypothesized models, we assessed the relationships indicated. The last step of data analysis showed the mediating effect of emotional intelligence on the relationship between the Big-Five model of personality traits and the mental health indicators of the Saudi employees.

We assessed the proposed relationships using an established process with five fastidious steps: 1) conducting a series of hierarchical regression analyses; 2) calculating and discussing zero-order (bivariate) correlation coefficients, as well as collinearity statistics; 3) checking for multicollinearity; 4) evaluating the fit of the full analysis test models; and 5) comparing our results to the hypothesized coefficients found in the literature review.

DISCUSSION

The outcomes of this study provide empirical support that a relationship exists between emotional intelligence, specifically understanding and the regulation of emotions, and the well-being of individuals utilizing a measure that displays heterogeneous samples. As a practical measure, it is recommended that professional development initiatives in career counseling and counseling workshops focus on helping individuals develop or refine the skills that facilitate the understanding and regulation of emotions in the Saudi Arabia work environment. More research is also recommended to investigate how the training in the development and enhancement of emotional intelligence may benefit both the professional and the private lives of adults in typical Saudi society using qualitative or experimental methods. Specifically, it is proposed that addressing the mediating effect of other facets of emotional intelligence still requires further examination to provide evidence of the effectiveness

of EI training in mental health and well-being. The limitations of this study also highlight the need for future research to replicate this study's findings with a larger and broader representative sample.

This descriptive study aimed to investigate the influence of two personality traits, namely neuroticism and extraversion, as well as the mediating effect of two facets of emotional intelligence, namely the ability to understand and regulate emotions, on the relationship between the two personality traits and mental health among Saudi adults. Two scales measuring these constructs were administered to 378 participants for illustrative purposes only. Structural equation modeling (SEM) was used to analyze the hypothesized model. The results supported a direct relationship between the individual differences in personality and mental health in the Saudi context. The findings also provide support for the hypothesis and indicate that the mediation model was valid. Individual differences in the facets of emotional intelligence can help to understand why sadness and emotional control seem to impact the well-being of individuals differently. Depression and anxiety outcomes can be determined by either the inability to regulate or having a poorer emotional understanding. The implications of the findings in relation to the Saudi Arabian work culture are also discussed. (Noshili et al.2022)

INTERPRETATION OF FINDINGS

In this research, the relationship between neuroticism and the mental health factors was seen to be comparatively stronger, with lower levels of neuroticism leading to enhanced autonomy functioning, mental health, and life satisfaction. The negative effects of neuroticism on mental health are long established and were confirmed when neuroticism was found to be significantly associated with only one other personality trait — agreeableness. This underlines the fact that this trait can act independently and have a direct influence on different components of an individual's mental health, without mediation. Opening oneself up to potential harm, instability, and emotional exposure in response to natural stressors is a key feature of neuroticism, along with a predisposition to the symptoms of negative affect and neuroticism that can affect everyone to a greater or lesser extent. For highly neurotic people, when burdens are minimal, anxiety attacks can invoke these symptoms, leading to further negative effects on mental health factors such as autonomy. They are characterized by a propensity to seek social support and advice-giving from others, such as their primary care provider, that can interfere with an individual's sense of personal fulfillment. Distracting oneself from negative affect using such emotion-focused coping strategies tends to have transient effects and weakens the capacity to actually address the root of the problem. These results are also consistent with similar literature.

The hypothesis that individuals possessing higher levels of extraversion will also exhibit better mental health in terms of personal growth and life satisfaction is supported. This provides evidence of a positive relationship which is consistent with assertions made previously. Highly extraverted personality types are more likely to enjoy feeling comfortable in different types of stimulating situations and be drawn towards such situations. As a result, higher levels of positive effects may be obtained from these interactions. Individuals with a predisposition towards facets of extraversion will have more friends, better social support, and a greater social network filtering, such that only supportive and satisfying relationships continue. These characteristics, in turn, help facilitate considerable personal growth through the process of self-disclosure and mutual sharing. Interactions with others triggered by a more extroverted nature can, therefore, lead to greater positive affect and fewer psychological symptoms and complaints characterized as being indicative of improved mental health.

THE RELATIONSHIP OF THE BIG FIVE PERSONALITY TRAITS TO MENTAL HEALTH

IMPLICATIONS FOR HEALTHCARE PRACTICE

The present study results indicate a potential application of enhancing the effective personality trait, emotional intelligence, to indirectly decrease the incidence of the effective personality trait, mental health among Saudi populations. Furthermore, it provides indirect evidence on the effectiveness of promoting emotional intelligence to prevent the development of mental health issues in an individual. These findings are informative to the Saudi healthcare practice, as healthcare professionals could provide emotional intelligence intervention among the Saudi population in a better-informed manner. By enhancing emotional intelligence, Saudi personnel

may proactively prevent the development of the mental health condition that frequently affects the individual, leading to sustainable social and economic development efforts in Saudi Arabia. (Noshili et al.2022)

This study has several implications for healthcare and clinical practice in Saudi Arabia. Personality vulnerability has been linked to the structural and functional subsystem of the brain. Moreover, some brain structures are also linked to certain mental and somatic diseases. With a deeper understanding of how the brain works, it should be possible to target vulnerable brain networks using cognitive-based interventions. This approach may prevent the development of psychiatric symptoms in those with a predisposition to them. Another possibility is to use the knowledge about personality in therapy. Efforts should be made in order to train therapists to focus on how to treat their patients based on the unique investigations and empirical knowledge about how the brains work. It should be possible to create a more specific, individualized and nuanced therapy that may shorten the need for treatment and improve the outcome.

CONCLUSION AND FUTURE DIRECTIONS

It is widely known not only in the Saudi society, but also in many cultures that personality contributes to the individual differences which may attract or repel, as well as produce defensive or stress, among individuals. Throughout the past four decades the interest came when personality psychologists examined how personality traits can lead to a person's emotional reactions in different contexts, for example, work, health, and personal relationships. In the wider context of research examining the ways in which young people are likely to react to negative life incidents, current understandings of the extent to which personality is important are relevant to clinical psychology, educational psychology and health psychologists as it pertains to mental illness, such as anxiety and depression. A large body of evidence supports the role of abnormal leading to mental illness states, including current psychopathological distress. Emotional intelligence provides another perspective from which to account for this relationship. This study sought to extend the theoretical understanding of the relationship of personality traits on mental health by assessing the role of emotional intelligence. Overall, results from the current study support the positive attributional model by observing significant associations between personality traits, emotional intelligence, and mental health.

Conclusions are based on the extent to which the study addressed the objectives, the suitability of the research design and instrument, the strength of the relationship between a variable, the implications of using emotional intelligence in trainings, and also the implications of this study in the wider context of mental health and open research questions necessary to guide future research. The two main aims of the study were three: firstly, to ascertain the relationships between personality traits, emotional intelligence, and mental health; secondly, test if it supported a mediating role of emotional intelligence on the relationship between personality traits and mental health. The findings will have relevance to and broader implications for the field of clinical psychology by way of increased awareness of the psychological associations. (Noshili et al.2022)

SUMMARY OF FINDINGS

Conclusions: The present study expands the evidence on the influence of emotional intelligence on personality traits and mental health of respondents from Saudi Arabia. It evaluates the mediating role of emotional intelligence on the relation between personality traits and mental health, generally supporting the primary hypotheses of our study by using a sample of Saudi adults. As in most previous studies, results show that emotional intelligence plays a significant role in shaping the emotional and mental well-being of individuals in line with their personality traits and confirms the proposed personality-emotional intelligence-mental health link model. The present findings also open a new line of investigation and may have important practical conclusions to be considered in educational, clinical, and labor fields.

This study aimed to investigate the links between the Big Five personality traits, emotional intelligence, and mental health in a Saudi sample. It also aimed to examine the mediating role of emotional intelligence on the relationship between each of the Big Five personality traits and mental health. Results have generally supported the primary hypotheses of our study. Our mediating role hypothesis has been supported by the finding that, in general, Big Five traits were significantly correlated to emotional intelligence and mental health. It has been

observed that among the Big Five traits, only neuroticism has a significant positive direct relationship with mental health, and all other personality traits were significantly negatively related to mental health. These negative relationships were significantly mediated by the emotional intelligence traits: empathy and social skills. While the understanding and regulation branch of emotional intelligence had no significant mediating role in the relationships between the Big Five traits and mental health in the current sample.

RECOMMENDATIONS FOR FUTURE RESEARCH

One important step that is identified for future research is that these findings should be replicated in different societies. This is important as noted by numerous authors the social pressures placed on people models their personality characteristics leading to different personality development within different societies. Our findings arise from a single Saudi Arabian sample, it would be of interest to replicate these findings on a larger sample of participants from both Saudi Arabia and from different societies. This would address the issue of sample bias associated with the findings. Misconnections talking gender differences are common within the literature. The study can't validate the impact of EI through a multigroup pathway using sample from both sexes. It would be of concern to discover the variables that prevent emotional intelligence from ability-based gender differences.

First, with reference to the implications of the current study, the findings identified a number of important issues which can be used as the basis for a number of recoIn conclusion, the findings of this study suggest that emotional intelligence plays a crucial role in mediating the relationship between personality traits and mental health in Saudi Arabia.

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