



The Relationship between Teachers' Level of Participation in Recreation Activities and Emotional Intelligence and Life Satisfaction

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Abstract

The aim of this study is to determine whether there is a relationship between the recreation activities in which teachers participate in their free time and emotional intelligence, and life satisfaction and to ascertain the effect of emotional intelligence on life satisfaction. In line with this purpose, 2688 teachers working in the city center of Tokat constitute the target population of the study. According to the sample calculation, at least 336 surveys were sufficient and the analysis was conducted on 404 respondents. In the study, "Personal Information Form," "Participation in Recreation Activities Form", Emotional Intelligence, and Life Satisfaction Scales were used. According to the findings obtained from the research, it was found that teachers' participation in recreation activities differ according to gender, age, marital status, number of children, income status, and tenure, and there is a significant relationship between life satisfaction and emotional intelligence and also emotional intelligence affects life satisfaction.

Article Type

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