

ACADEMIC STAFF EMOTIONAL INTELLIGENCE QUESTIONNAIRE (ASEIQ)

This questionnaire is designed to assess your emotional intelligence. Emotional intelligence is defined as the ability to identify, understand, and manage one's own emotions, as well as the emotions of others. Please answer the questions below based on your own experiences and feelings. Select the response option for each statement that most accurately represents your feelings about the statement. There are no right or wrong answers and no time limit for completing the questionnaire.

SECTION A – PERSONAL DATA

Instruction: Please provide your personal information in the fields below. You are not required to provide self-identifying information such as name, email, phone number, etc.

1. Sex Male []; Female []
2. Age Below 40 years []; 40 – 49 years []; 50 years and above []
3. Education level Master's Degree []; Doctorate Degree []
4. Rank Assistant Lecturer []; Lecturer II []; Lecturer I [];
Senior Lecturer []; Associate Professor []; Professor []
5. Marital status Single []; Married []
6. Years of work experience Less than 10 years []; 10 to 19 years [];
20 years and above []

SECTION B: LIKERT SCALE ITEMS

Instruction: Please answer every question to the best of your ability and choose the response option that best reflects your opinion by selecting one of the following options:

SA = Strongly Agree

A = Agree

D = Disagree

SD = Strongly Disagree

| S/N | ITEM | OPTIONS | | | |
|-----|---|---------|---|---|----|
| | SELF-AWARENESS | SA | A | D | SD |
| 1 | I know what triggers my emotions most of the time | | | | |
| 2 | I am always willing to admit when I am wrong. | | | | |
| 3 | I know when external factors influence my behaviour. | | | | |
| 4 | I understand how my values affect my decision-making. | | | | |
| 5* | I do not understand my core areas of strengths. | | | | |
| | SELF-REGULATION | SA | A | D | SD |
| 6 | I often manage my workload by prioritising tasks. | | | | |
| 7 | I easily avoid procrastination by starting tasks promptly. | | | | |
| 8* | Maintaining a positive attitude during challenging situations is difficult for me. | | | | |
| 9* | I easily become too emotional after experiencing sad events. | | | | |
| 10* | Sometimes, I am pushed to purchase things outside my original plans. | | | | |
| 11* | I struggle to adhere to my daily schedule of activities. | | | | |
| | SOCIAL AWARENESS | SA | A | D | SD |
| 12 | I actively listen to others when they speak without interrupting them. | | | | |
| 13 | I possess the ability to identify individuals going through challenging periods in their lives. | | | | |
| 14 | I express my gratitude to others when they make an extra effort to assist me. | | | | |
| 15* | I find it challenging to establish common ground with friends who hold differing perspectives. | | | | |
| 16* | I find it difficult to make personal sacrifices in finding solutions that are beneficial to others. | | | | |
| | INTERNAL MOTIVATION | SA | A | D | SD |
| 17 | I work hard to achieve the personal goals I set for myself. | | | | |
| 18 | I maintain my determination even when confronted with obstacles. | | | | |
| 19 | I am willing to put in extra effort to exceed expectations. | | | | |
| 20 | I do not need external rewards to stay motivated. | | | | |
| 21 | I am driven by a sense of passion for what I do. | | | | |
| | EMPATHY | SA | A | D | SD |
| 22 | After listening to my friend's problems, I am always willing to support them emotionally. | | | | |
| 23 | I refrain from judging others based on first impressions. | | | | |
| 24 | I often imagine how others might feel before responding to them. | | | | |
| 25* | I am not willing to lend a helping hand to others in need unless I get something in return. | | | | |
| 26 | I appreciate other people's views even when I do not agree with them. | | | | |

*Negatively worded items. Responses for these items should be scored in reverse.