Relación entre inteligencia emocional y depresión-ansiedad y estrés en estudiantes de medicina de primer año
Relationship between emotional intelligence and depression-anxiety and stress in medical students freshmen

René Javier Barraza-López manners, Nadia Andrea Muñoz-Navarro and Claudia Cecilia Behrens-Pérez

Background: Emotional management has been described as part of the desirable clinical skills in medical students, however the high prevalence of depression, anxiety and stress, especially freshmen, would negatively affect their emotional perception deteriorating learning, welfare personal and social. Objective: To determine the degree of relationship between the branches of emotional intelligence and self-rated depressive-anxious and stress symptoms reported by college freshmen medicine. Method: Under a non-experimental design, a sample of 106 freshmen of medicine of the 2013-2014 cohorts were surveyed, to raise the TMMS-24 data and DASS-21 scale was used. Data analysis was done using the Pearson correlation coefficient. Results: The results indicate the existence of inverse correlations between branches clarity and repair anxious depressive symptoms and stress and direct correlations between branch care and depression. Discussion: Lower levels of depression-anxiety and stress involve greater perceived ability to understand and manage emotions, while higher levels of depression involve a tendency to pay more attention to emotions which perpetuate itself rumination of these states. These results provide valuable information as to the need to enhance the skills of emotional intelligence in order to reduce the negative effects of mood and anxiety symptoms in medical students and increase the positive perception of emotional management linked to clinical skills.

Key words: Emotional Intelligence, Depression, Anxiety, Stress, Medical Students.

Introducción

La teoría de la inteligencia emocional considera la ésta como una inteligencia genuina, que propicia el uso adaptativo de las emociones facilitando el procesamiento de la información emocional, permitiendo utilizar nuestras emociones a favor de un razonamiento más efectivo. En este sentido se reconoce que la inteligencia emocional es una variable que se pone en juego en las profesiones de...