

THE CORRELATION OF PSYCHOLOGICAL LITERACY AND EMOTIONAL INTELLIGENCE: IN ADOLESCENT PERSONALITY**Fayzullaev Mirzaodil Mirzamurodovich***University of Business and Science**Teacher of the Department of Pedagogy and Psychology*[*mirzaodilf@gmail.com*](mailto:mirzaodilf@gmail.com)

Annotation: *This article analyzes the interrelationship and correlation between psychological literacy and emotional intelligence (EI) from the perspective of adolescent personality development. The study reviews the work of Uzbek, CIS, and foreign researchers on this topic. The article identifies the impact of adolescents' psychological literacy and EI levels on social and academic success, as well as the interrelations between these factors. Statistical correlation analysis and typological tables are used in the assessment.*

Keywords: *psychological literacy, emotional intelligence, adolescents, personality development, social success, academic success, correlation, foreign research.*

Introduction: In modern society, psychological literacy and emotional intelligence are considered crucial factors in shaping adolescent personality. Psychological literacy refers to the ability to understand and manage one's emotions and develop self-confidence in decision-making in personal and social life. Emotional intelligence, on the other hand, is the ability to accurately understand, evaluate, and manage one's own and others' emotions. Both of these components significantly impact adolescents' social and academic success. This article investigates the correlation between psychological literacy and emotional intelligence based on the studies of Uzbek, CIS, and foreign scholars. The influence of these factors on adolescent personality development is analyzed based on research methodology and correlation analysis results.

Literature Review: Studies in the fields of psychological literacy and emotional intelligence have been widely conducted in many countries. In Uzbekistan, psychological literacy and EI are considered important factors for adolescents. For example, A. Karimova (2018) studied the impact of adolescents' psychological literacy on social success and found that a high EI level helps them effectively manage social relationships. Russian researchers M.V. Koryagina (2019) and A.S. Makarova (2020) examined the effects of EI and psychological literacy on adolescents' academic success. Research indicates that adolescents with higher EI can improve their academic performance by managing their emotions. In the United States, Goleman (1995) developed the EI

concept, emphasizing its importance for personal and professional success. Mayer and Salovey (1997) analyzed the cognitive components of EI and examined its impact on personality development.

These studies establish a direct relationship between psychological literacy and EI. In particular, the level of EI during adolescence significantly impacts personality development.

Research Methodology: The research methodology included the following methods:

- **Correlation Analysis:** Statistical correlation coefficients were calculated to determine the correlation between psychological literacy and EI. Surveys and psychological tests were conducted with 100 adolescents.
- **Typological Analysis:** The connection between EI levels and adolescents' social and academic success was presented in tables and graphs.
- **Experiment and Observation:** Group discussions and observations were conducted with adolescents to evaluate their levels of psychological literacy and EI.

Discussion and Analysis: The results show a significant correlation between psychological literacy and EI. The correlation table illustrates the degree of association between psychological literacy and EI, with findings showing that adolescents with high EI levels have better emotional self-regulation.

The typological table shows that adolescents with higher psychological literacy also achieve greater social success, while those with moderate EI levels tend to perform relatively well academically.

Moreover, the influence of family and educational institutions on EI and psychological literacy was identified. A supportive family environment contributes to enhancing EI, and friendships also play an important role in EI development.

Table 1.

Correlation table between psychological literacy and EI

Determinants	EI level	Social success	Academic success
Family atmosphere	High	High	High
Educational institutions	Average	Average	High
Friendly relations	High	High	Average

Table 2.

A typological table between psychological literacy and success



Literacy rate	Social success	Academic success
High	High	High
Average	Average	High
Low	Low	Average

This article reveals new approaches to the study of the relationship between psychological literacy and emotional intelligence and has a significant impact on the development of adolescent personality.

Table 3.

Correlation between the components of psychological literacy and emotional intelligence

Components of Psychological Literacy	Components of Emotional Intelligence	Degree of Correlation	Explanation
Self-awareness	Identifying emotions	High	Self-awareness helps to understand and understand emotions correctly.
Self-management	Managing emotions	High	Through self-management, a person effectively manages his emotions and reduces stress.
Social awareness	Empathy (understanding others)	High	Through the ability of social awareness, a person can better understand others and establish close relationships with them.
Ability to make decisions	Emotional thinking	Average	Decision-making skills can be made more effective through emotion-based thinking.
Resistance to stress	Managing emotions	High	Resilience to stress is enhanced by managing emotions.
Self-confidence	Self-motivation	High	A person with high self-confidence is successful in self-motivation.
Communication skills	Managing social relationships	High	Communication skills play an important role in the effective

			management of a person's relationship with others.
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The table above shows the correlation between the components of psychological literacy and emotional intelligence. The interdependence of these components is of great importance in the development of the personality of adolescents.

Self-Awareness and Identifying Emotions: Self-awareness is an individual's ability to accurately perceive their own feelings, needs, and desires. This component of EI is highly related to the ability to "detect emotions" because the better a person understands their own emotions, the easier it is to understand the emotions of others.

Self-control and emotional management: Self-control is the ability to control emotions and cope with stressful situations. This is directly related to the "emotion management" component of EI. For example, a teenager who can effectively control his emotions will have the ability to overcome difficulties in stressful situations.

Social Awareness and Empathy: Social awareness is a component of psychological literacy that allows an individual to understand the situations of others. This is related to the empathy component of EI. People with strong empathy are more effective in social settings and have the ability to help and understand others.

Decision Making and Emotional Thinking: Decision making skills can be improved by thinking with emotions. It is moderately correlated with the emotional reasoning component of EI, as emotions play a role in decision-making. However, this correlation is relatively low compared to other components.

Stress Resilience and Emotion Management: Teens with high levels of stress resilience tend to manage emotions. It is highly related to the ability to manage emotions. The ability to control one's emotions in stressful situations helps a person to overcome various difficulties.

Self-Confidence and Self-Motivation: Adolescents with high self-confidence are more successful in achieving goals according to the self-motivation component of the EI. .

Communication skills and managing social relationships: Communication skills are important for an individual to effectively interact with others. This is related to the social relationship management component of EI, which helps the individual to interact positively with society.

Below is a table showing the correlation based on Kolmogorov's psychological literacy methodology, Salovey and Mayer's emotional intelligence methodology, and Tromso's social

intelligence methodology. In this table, the correlation coefficients between each type of intelligence are represented by numbers. Correlation indicators are evaluated based on the accepted traditional scale:

- High correlation: 0.70 - 1.00
- Average correlation: 0.40 - 0.69
- Low correlation: 0.10 - 0.39

Types of Intelligence	Psychological Literacy	Emotional Intelligence	Social Intelligence	Correlation Index	Explanation
Psychological Literacy	-	0.76	0.69	High/ Medium	The strong connection between psychological literacy and emotional intelligence increases a person's ability to understand and manage their own emotions.
Emotional Intelligence	0.76	-	0.72	High	A high correlation between emotional intelligence and social intelligence enhances empathy and social communication skills.
Social Intelligence	0.69	0.72	-	High/ Medium	The connection between social intelligence and psychological literacy provides a better understanding of social situations and greater self-awareness.

Correlation between psychological literacy and emotional intelligence (0.76): This high correlation indicates that psychological literacy helps teenagers understand their emotions and increase their self-awareness. According to Salovey and Mayer's methodology, individuals with high emotional intelligence understand themselves well, which strengthens psychological literacy skills.

Correlation between emotional intelligence and social intelligence (0.72): According to the Tromso methodology, a high level of social intelligence develops a person's empathy and social communication skills. This high correlation between emotional intelligence and social intelligence plays an important role in emotional response in social situations.

Correlation between psychological literacy and social intelligence (0.69): Although this correlation is moderate, psychological literacy helps a person understand social situations and build good relationships with others. Based on Kolmogorov's methodology, individuals with high psychological literacy have the ability to understand themselves and others, which enhances effective communication in social situations.

Summary. High to moderate correlations between these three major intelligence components are important for self-awareness, management, and effective relationships with others. Therefore, the connections between psychological literacy, emotional and social intelligence of adolescents help them develop their life skills. The high correlation between the components of psychological literacy and emotional intelligence suggests that they are important for improving the social and academic success of adolescents. Components of psychological literacy, such as self-awareness, management, and social awareness, directly influence components of EI. Therefore, teaching adolescents psychological literacy and emotional intelligence skills will positively affect their personal and social success. Based on the results of the research, it was confirmed that there is a positive correlation between psychological literacy and emotional intelligence. Adolescents with high EI and psychological literacy were found to be more socially and academically successful. Family support and friendships were evaluated as important factors in the development of adolescents' EI.

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