

ABSTRACT

The purpose of this study was to establish the relationship between Emotional Intelligence and psychological wellbeing of Presbyterian clergy in Kenya. The study was guided by the following objectives; to establish the relationship between self-awareness, self-regulation, empathy, social skill and psychological wellbeing of Presbyterian clergy in Kenya. This study used a descriptive survey design of research. The target population for this study was all the 874 clergy, consisting of the ministers and pairing Elders. From a sample of 874, a sample size of 176 clergy comprising of 88 ministers and 88 pairing elders was selected for the study. Purposive sampling was used to identify the parish ministers and the pairing elders from the sampled parishes. The resultant sample was 176 respondents. The study used three sets of data collection tests; psychological wellbeing test, emotional intelligence test and a questionnaire. Piloting was carried out in 20 parishes that were not included in the final study. Face validity was ascertained by the expert scrutiny and review of the choice of the research instruments. Split half method was used to test the reliability of the questionnaires. Spearman Brown prophesy formula was used to ascertain the reliability of the instruments. A correlation co-efficient of 0.88 was obtained and thus the instruments were deemed reliable. Descriptive statistics were used to analyze the quantitative data obtained, using frequency counts, percentages and weighted averages. For inferential analysis, linear and multiple regression and Pearson's correlation analysis were calculated at a significance level of 0.05 to determine if there was any relationship between the independent and the dependent variables. The research drew these conclusions from the study; The self-awareness component of Emotional intelligence had a positive influence on the psychological wellbeing of the clergy, where most of the clergy had above average levels of self-awareness, scored high on psychological wellbeing tests. The study concluded that most of the clergy in the Presbyterian Church had self-regulation component of Emotional intelligence and that self-regulation was essential in enhancing the psychological wellbeing of the clergy. Empathy was found to influence the psychological wellbeing of the clergy. However, some of the clergy lacked sufficient levels of empathy, and this was challenging to their psychological wellbeing. Social skill ranked the highest predictor of clergy's psychological wellbeing. The researcher recommends the following actions to be taken; the church policy makers to revise the policies for recruitment of clergy, to include emotional intelligence tests so as to assess the Emotional intelligence of the clergy they are recruiting. The theological college management to revise the training curriculum for the clergy, and update the public institutions offering theology as a course, on matters relating to self-regulation. The stakeholders of the Presbyterian church to organize seminars and workshops to the clergy in service, and train them on the importance of empathy in their work. Further to seek services of professional counselling psychologists to train the clergy on how to be empathetic, as well as the benefits of empathetic leadership in the church. The clergy also to be trained on how to handle cases brought by their congregants empathetically. This would increase their empathy, enable them feel with their peers and share feelings and emotions thus improving their psychological wellbeing. The top management of the Presbyterian church to carry out psychoeducation to the clergy on emerging issues in the society that they need to be socially aware of in real-time. This will enable the clergy to be in touch with the reality on the ground, and be prepared to tackle the issues for themselves as well as for their congregations, as they serve as leaders.