Identifying and prioritizing factors affecting emotion management based on dominant personality types at Islamic Azad University

Mirmojid Ghazati[1]   **Ruhollah Samiei*[2]**   **Abdolaziz Peqeh[3]**

Abstract

In this study, in order to investigate in depth and gain further understanding of the subject in this field, as well as to identify the dimensions, components, and indicators that constitute them, in addition to theoretical foundations, semi-structured interviews were used for further understanding, and then quantitative approaches were used to confirm the qualitative results. In the qualitative section, first, emotion management based on dominant personality types was identified using literature review, content analysis, and interviews with experts, and then the obtained factors were screened using the fuzzy Delphi method. Then, the obtained factors were classified into four categories of contextual, cognitive-social, structural, and behavioral factors using exploratory factor analysis.The data obtained from the questionnaire were analyzed using the structural-interpretive modeling technique and plotted in an interactive network at 4 levels, which resulted in contextual factors at the highest level and cognitive-social factors and structural factors at the second level. Their behavioral factors were placed at the first level. Also, in the quantitative section, the value of the goodness of fit index (GOF) was 0.767. Considering that the three values of 0.01, 0.25, and 0.36 are introduced as weak, medium, and strong values for GoF, this index is at the strong level. Therefore, it can be said that the model has a very good fit, meaning that the model extracted from the qualitative data has a good fit with the data collected from the participants in this study. Conclusion: The personality type of individuals affects their behavior and their type of tendency. So that some of them tend towards gradual changes and some towards transformational changes.Also, the presence of personality and psychological problems can have a significant impact on motivation, performance, and work morale.

Keywords: Islamic Azad University, Emotion Management, Personality Types, Self-Awareness, Emotion Management

[1] Department of Management, Aliabad Katul Branch, Islamic Azad University, Aliabad Katul, Iran. ghozati.51@gmail.com

[2] Aliabad Katul Branch, Islamic Azad University, Aliabad Katul, Iran. (Corresponding Author) r-samiei@aliabadiau.ac.ir

[3] Department of Statistics, Aliabad Katul Branch, Islamic Azad University, Aliabad Katul, Iran. pagheh@gmail.com