Abstract

This study examines the role of Perceived Emotional Intelligence (PEI) (measured by the Spanish version of the Trait Meta-Mood Scale) and general self-efficacy as predictors of burnout and engagement dimensions. The unique contribution of PEI dimensions on the burnout and engagement scores is explored, controlling the influence of demographics characteristics, perceived stress and self-efficacy. Data were collected from a sample of 373 Spanish undergraduate students (mean age= 21.87 yr; SD= 5.82 yr) and analyzed using hierarchical regressions. Results indicate the relevance of PEI as an individual resource and support the hypothesis that this construct accounted for non-overlapping variance on academic burnout and engagement above and beyond classic constructs predicting these criterion measures such as perceived stress and general self-efficacy.