

**EXPLORING THE EFFECTS OF EMOTIONAL INTELLIGENCE AND  
RESILIENCE ON TRAUMA COPING AMONG UNIVERSITY  
STUDENTS IN GERMANY AND SRI LANKA**

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Exposure to natural or human-made disasters is associated with long-term health consequences including mental health issues. Trauma can be considered as the severe mental health outcome of such kinds of disasters. University students as an academic population can also be exposed to different types of disasters. However, most students tend to remain within the academic society due to their coping capacities. It is possible that some students who are suffering from trauma may not have been identified and that some may even have healed due to individual resilience. This study investigates samples of German and Sri Lankan university students ( $N = 356$ ) to identify the relationship between emotional intelligence and its impact upon trauma comparing with resilience capacities. A purposeful sampling method was used for data collection. Independent sample t-test and hierarchical multiple regression analysis demonstrated that German students and Sri Lankan students used different levels of resilience capacity and emotional intelligence for trauma coping.

Keywords: trauma, emotional intelligence, resilience, approach coping, avoidance coping

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