



Bar-on Eq Test

Yetişkinler/Scholars

Adı Soyadı:

Testin Uygulanma Tarihi:

Doğum Tarihi:



| EQ Alt Testler | Min | Ortalama | Max | Ham Puan |
|-----------------------------|------------|-----------------|------------|-----------------|
| Emotional Self-Awareness | 6 | 4,8 | 30 | 29 |
| Assertivness(AS) | 6 | 4,8 | 30 | 29 |
| Self-respect(SR) | 6 | 4,8 | 30 | 29 |
| Self-actualization(SA) | 6 | 4,5 | 30 | 27 |
| Indepence(IN) | 6 | 3,6 | 30 | 22 |
| Empathy(EM) | 6 | 4,3 | 30 | 26 |
| Intrapersonal Relations(IR) | 6 | 4,6 | 30 | 28 |
| Responsibility(RE) | 6 | 5 | 30 | 30 |
| Problem-Solving(PS) | 6 | 4,3 | 30 | 26 |
| Realitytesting(RT) | 6 | 4,6 | 30 | 28 |
| Flexibility(FL) | 6 | 4,8 | 30 | 29 |
| Stress Tolerance(ST) | 6 | 4,3 | 30 | 26 |
| Impulse Control(IC) | 6 | 3,8 | 30 | 23 |
| Happiness(HA) | 6 | 4 | 30 | 24 |
| Optimism(OP) | 6 | 5 | 30 | 30 |

| Ana Kümeler | Min | Ortalama | Max | Ham Puan | Standart Puan |
|--------------------------|------------|-----------------|------------|-----------------|----------------------|
| Interpersonal | 30 | 27,2 | 150 | 136 | 90,6 |
| Intrapersonal | 18 | 28 | 90 | 84 | 93,3 |
| Stress Management | 12 | 24,5 | 60 | 49 | 81,6 |
| Adaptability | 18 | 27,6 | 90 | 83 | 92,2 |
| General Mod | 12 | 27 | 60 | 54 | 90 |

BAR-ON SONUÇLARININ YORUMLANMASI

Değerlendirme amacıyla Karan'a Bar-on (EQ) 15 alt test uygulandı. Bar-on (EQ) genel duygusal işlevlerin değerlendirmesini en iyi temsil ettiği düşünülen 15 alt test puanının birleştirilmesiyle oluşturulmuştur.

EQ değerlendirildiğinde, bu puanın bütün duygusal yeteneği değerlendirmesi açısından yorumlanabilir olduğu ve Karan'ın yaş grubu içerisinde genel duygusal yeteneğinin "YÜKSEK" sınırlar içerisinde olduğu görülmektedir.

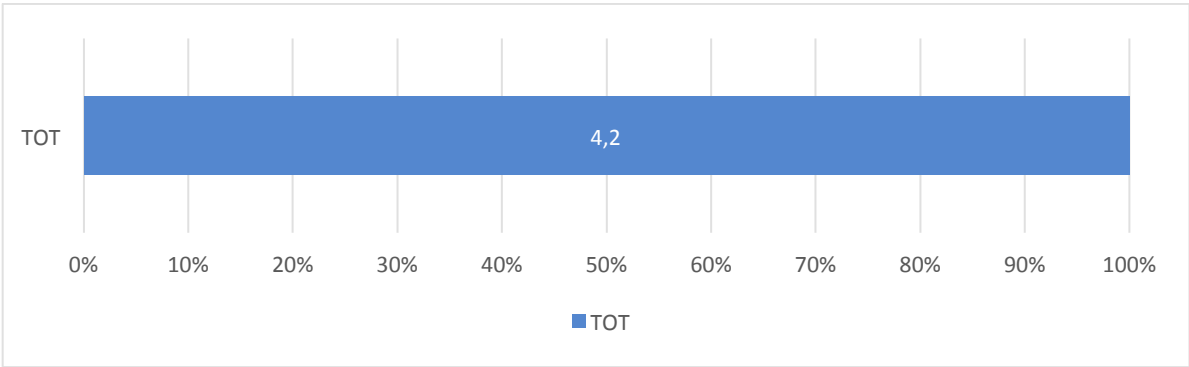
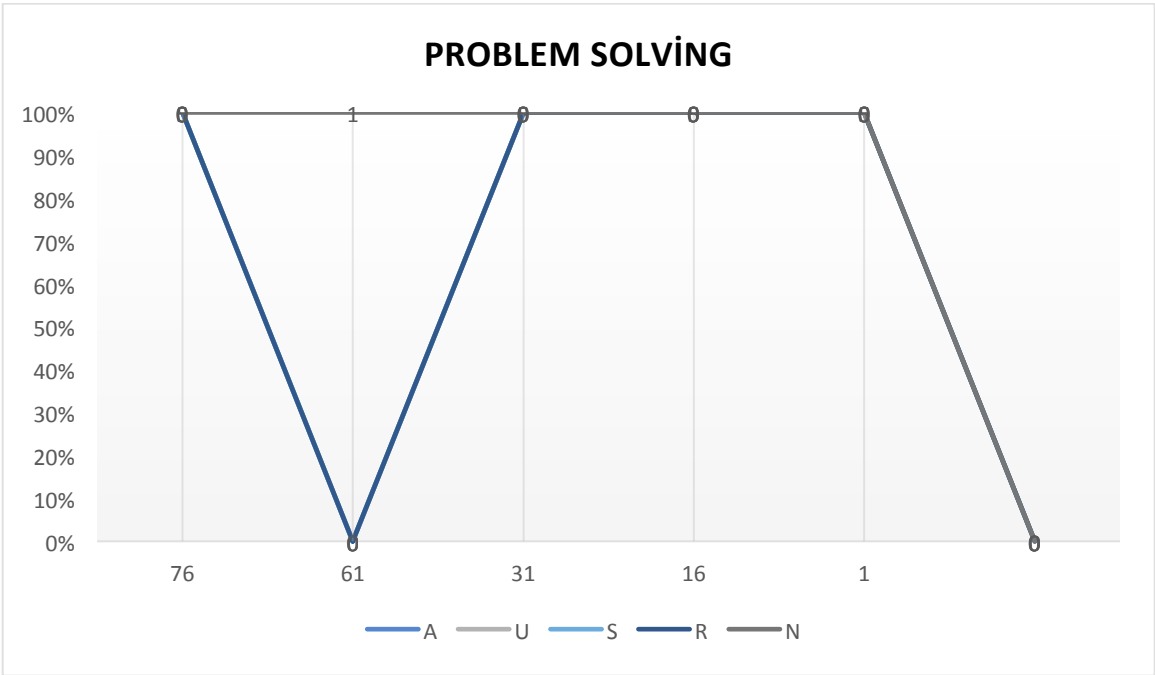
Küme puanları incelendiğinde Kişilerarası İlişkiler (Interpersonal) "YÜKSEK" düzeydedir.

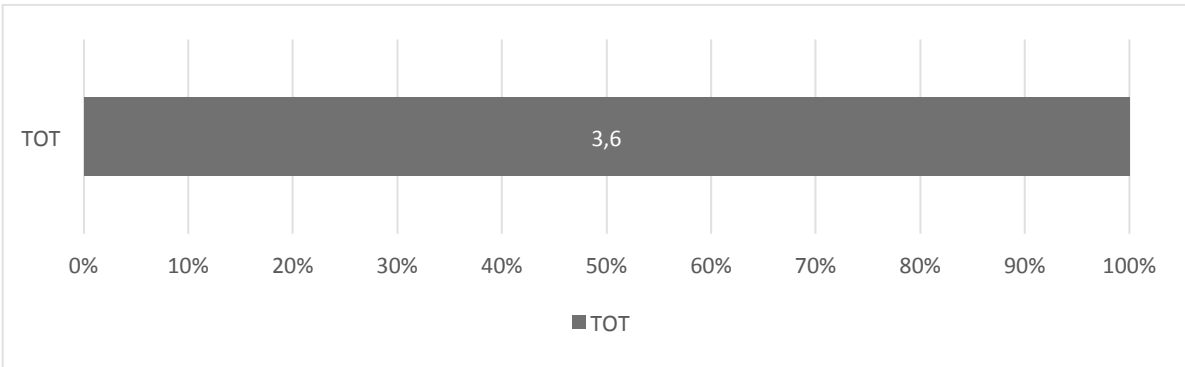
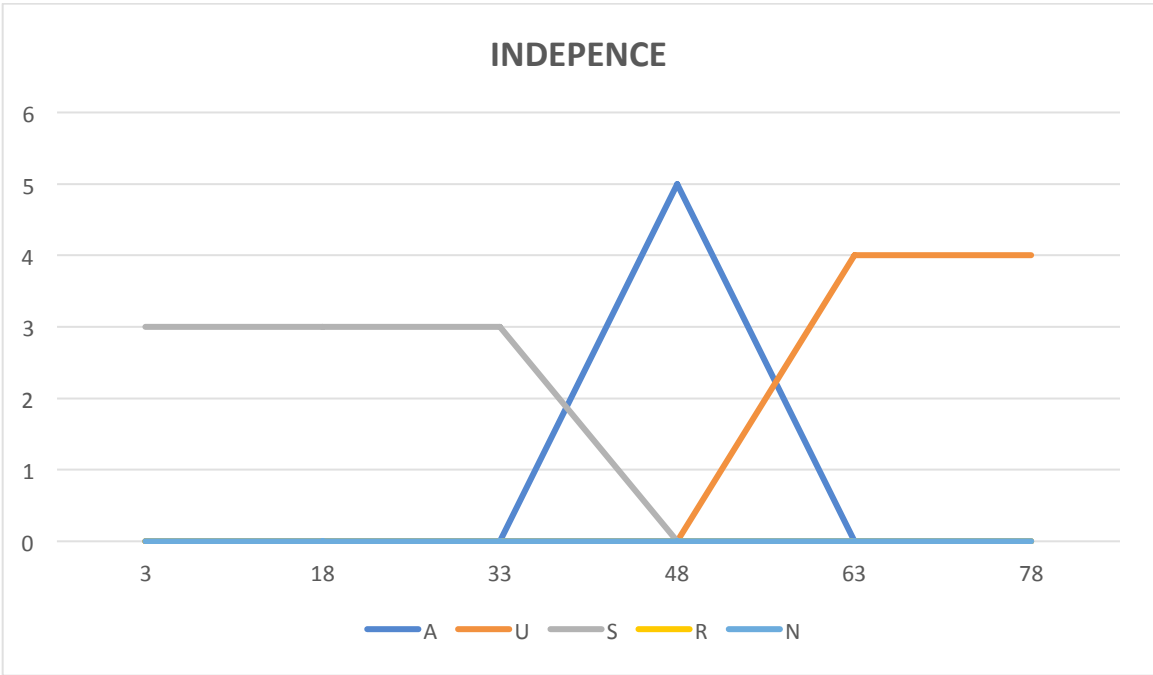
Karan'ın İçsel becerisi (Intrapersonal) bütüncül ve yorumlanabilir olduğu yaş grupları içinde "ÇOK YÜKSEK" düzeydedir. Karan'ın İçsel Beceri performansının diğer kümenin dönüştürülmüş puanlarına göre daha yüksek olduğu yani diğer kümedeki becerilerle karşılaştırıldığında en güçlü becerisinden bir tanesinin bu alanda olduğu görülmüştür.

Karan'ın Stres Yönetimi (Stress Management) bütüncül ve yorumlanabilir olduğu yaş grubu içinde "YÜKSEK" düzeydedir. Karan'ın diğer kümenin dönüştürülmüş puanlarına göre bu alanda daha düşük performansı sergilediği yani diğer kümedeki becerilerle karşılaştırıldığında en zayıf becerisi bu alanda olduğu görülmüştür.

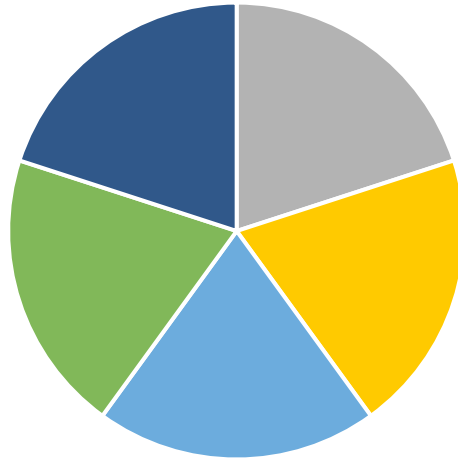
Karan'ın Uyarlanabilirlik Yeteneği (Adaptability) ile ölçülen uyum sağlama becerisi bütüncül ve yorumlanabilir olduğu yaş grubu içinde "ÇOK YÜKSEK" düzeyde olduğu değerlendirilmiştir.

Karan'ın Genel Mod (General Mod) becerisi bütüncül ve yorumlanabilir olduğu yaş grubu içinde "YÜKSEK" düzeyde olduğu değerlendirilmiştir.





EMOTIONAL SELF-AWARE



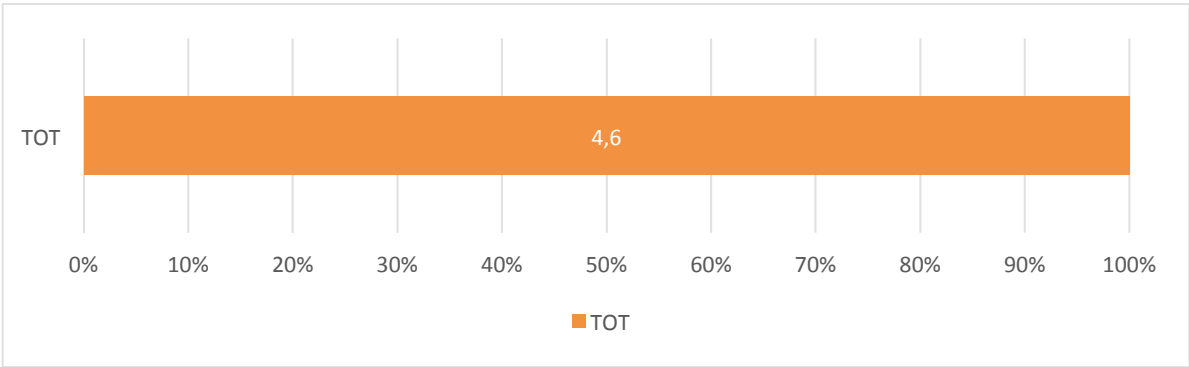
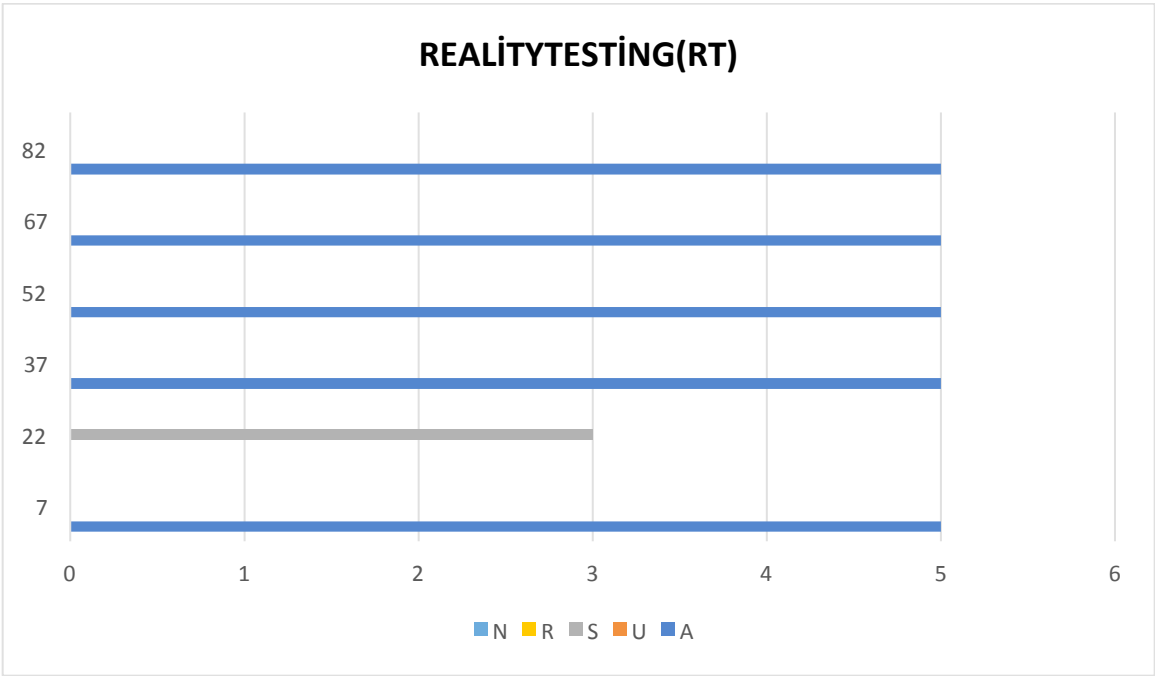
■ 6 ■ 21 ■ 36 ■ 51 ■ 66 ■ 81

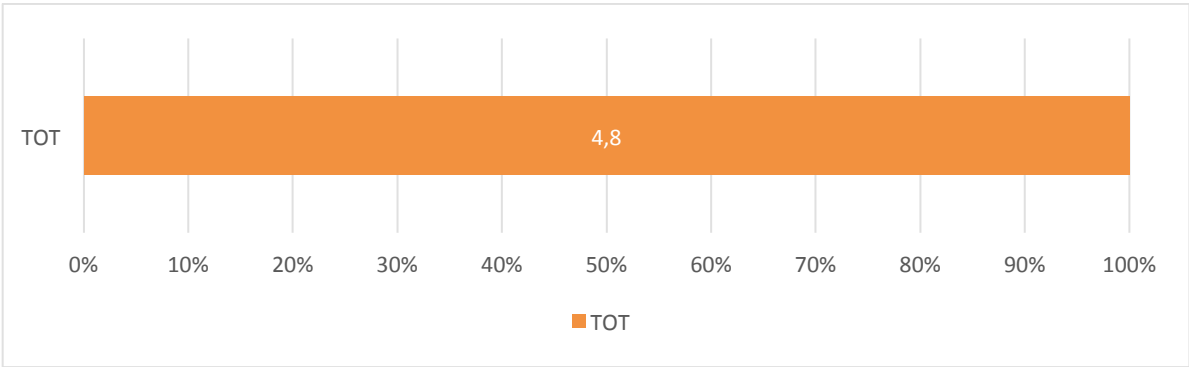
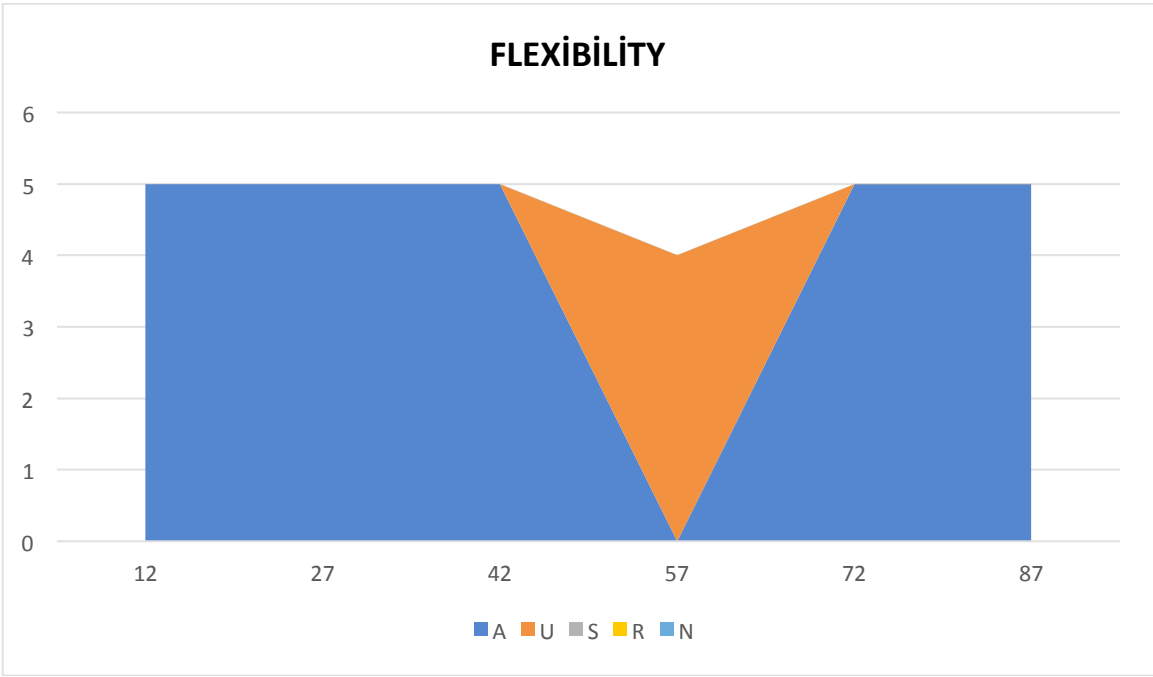
TOT

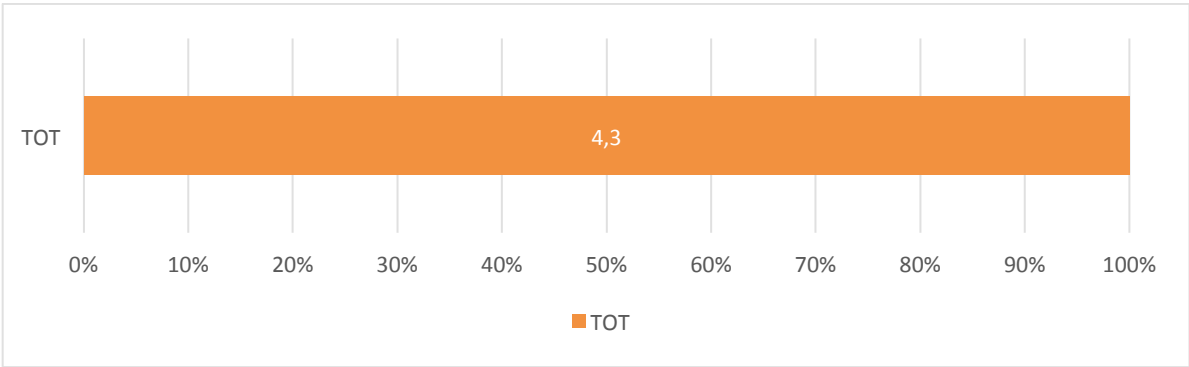
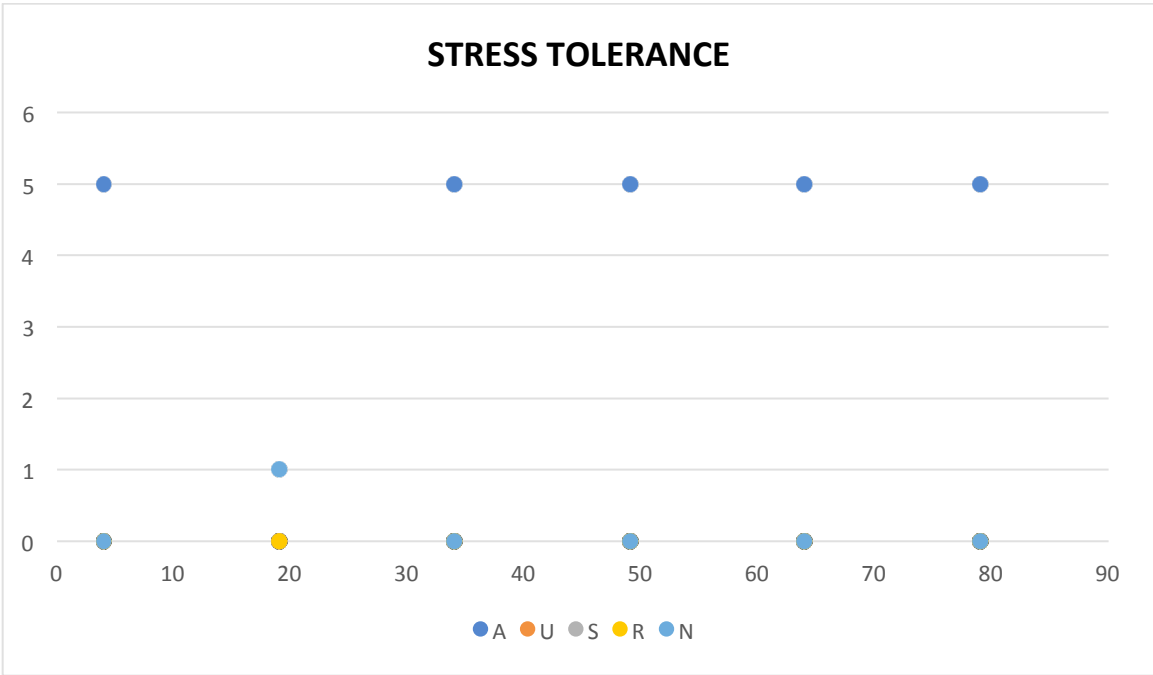
4,8

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

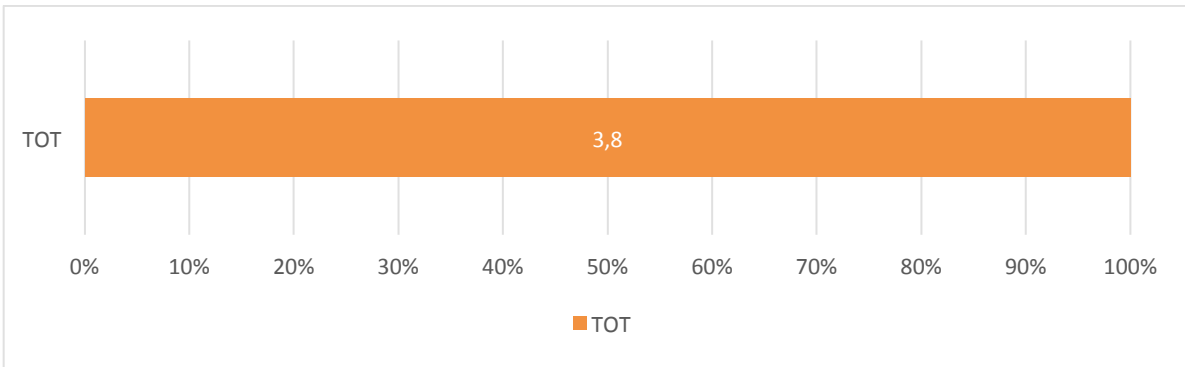
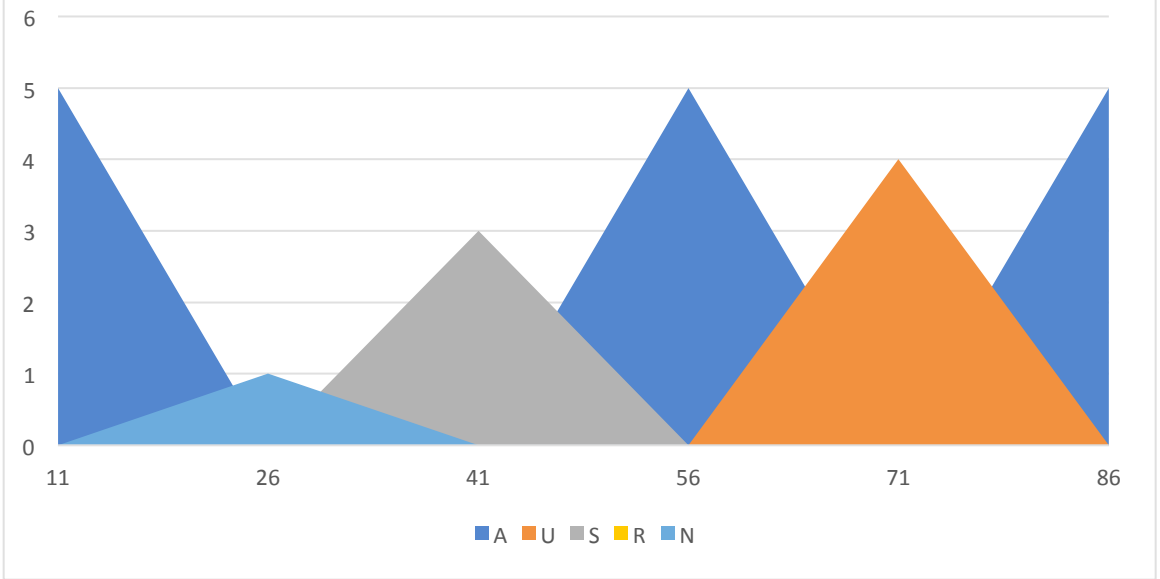
■ TOT



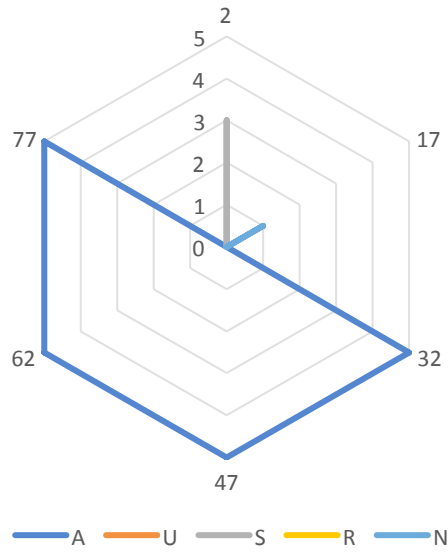




IMPULSE CONTROL



HAPPINESS

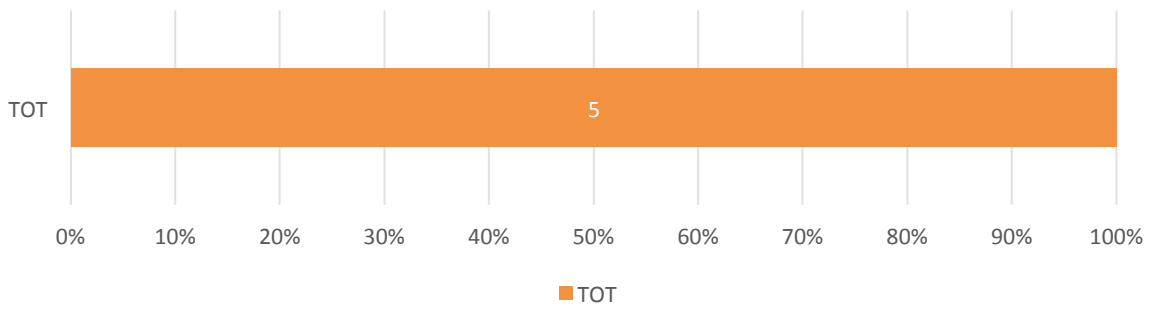
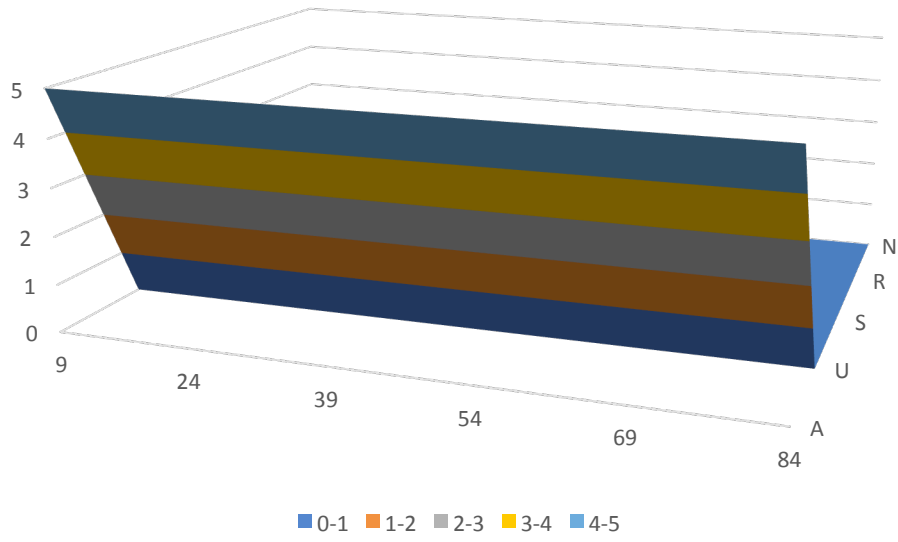


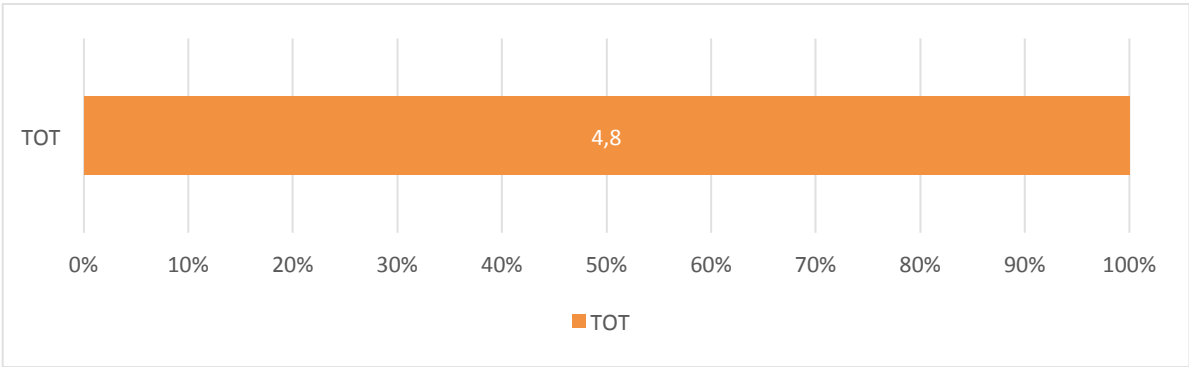
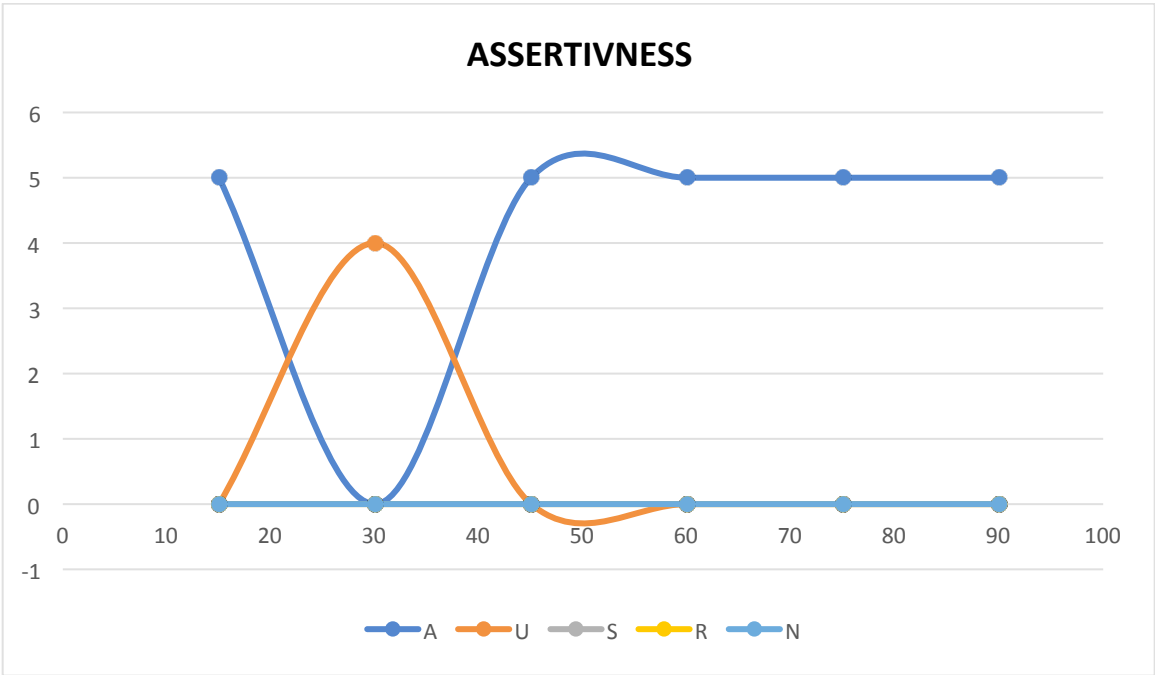
TOT

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

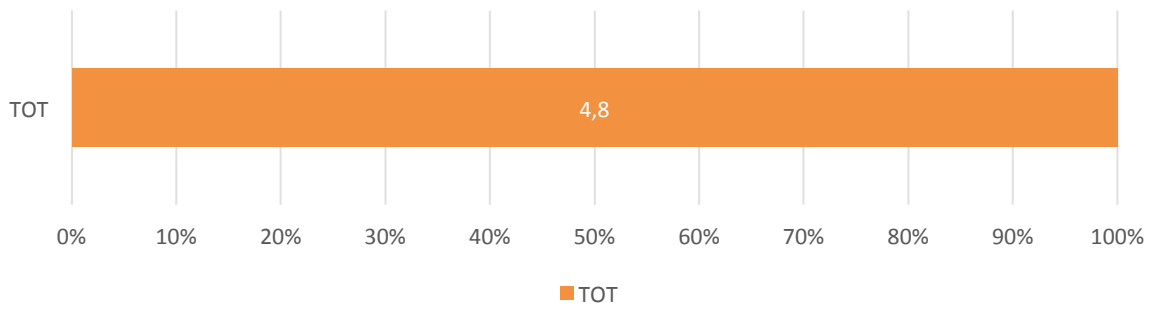
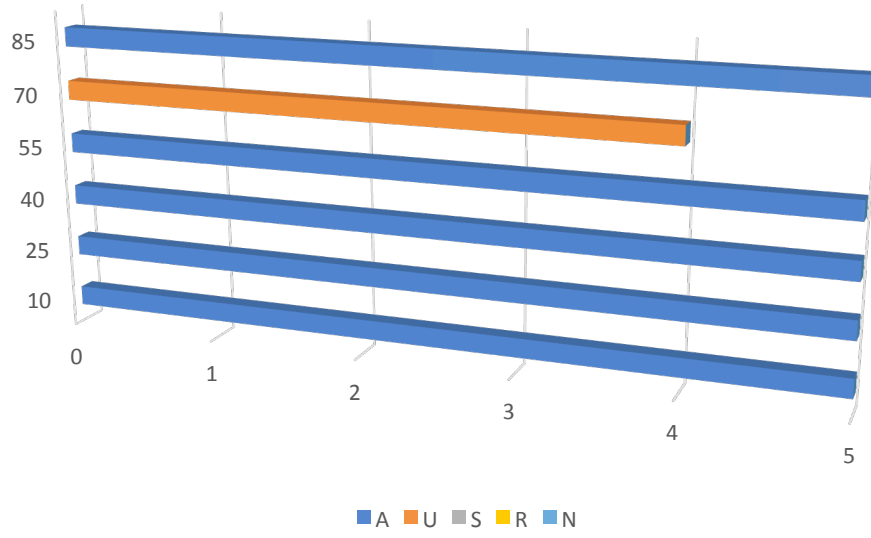
TOT

OPTIMISM

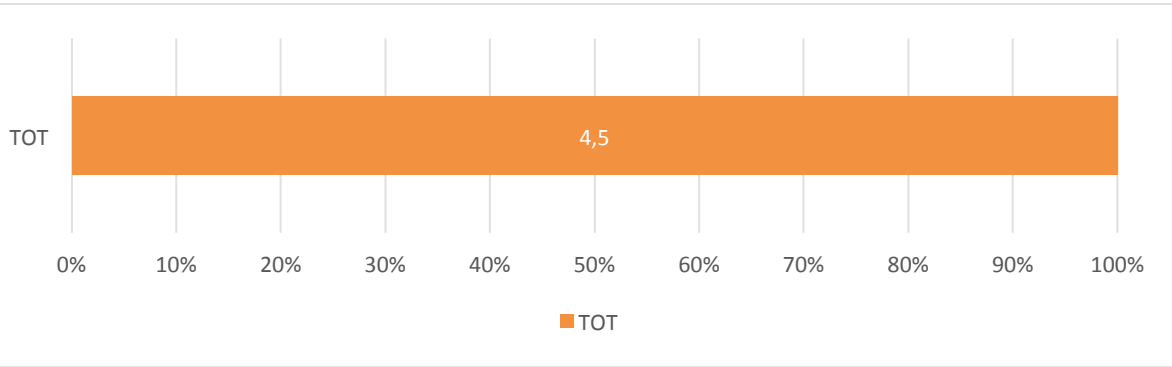
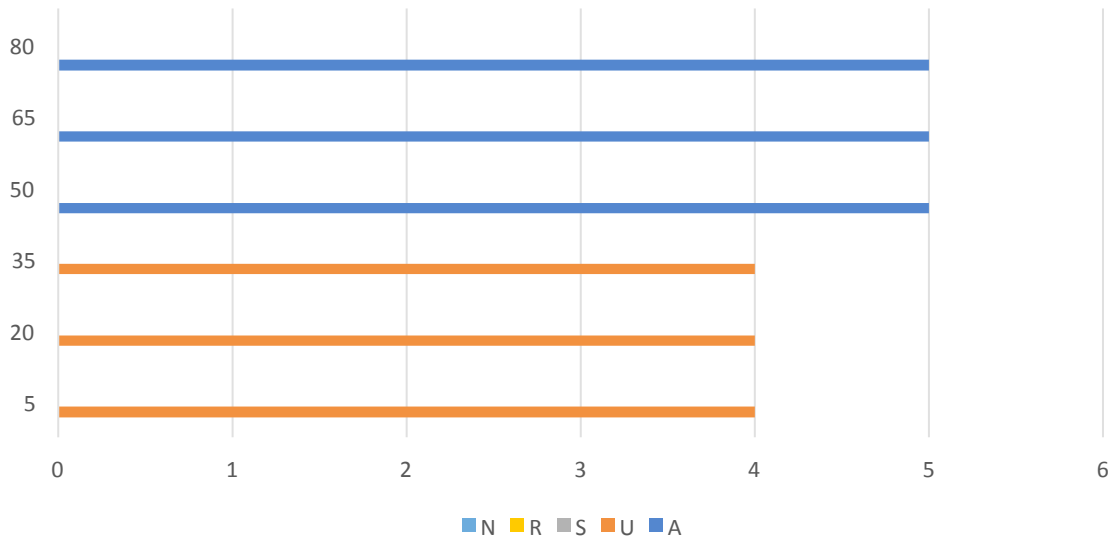


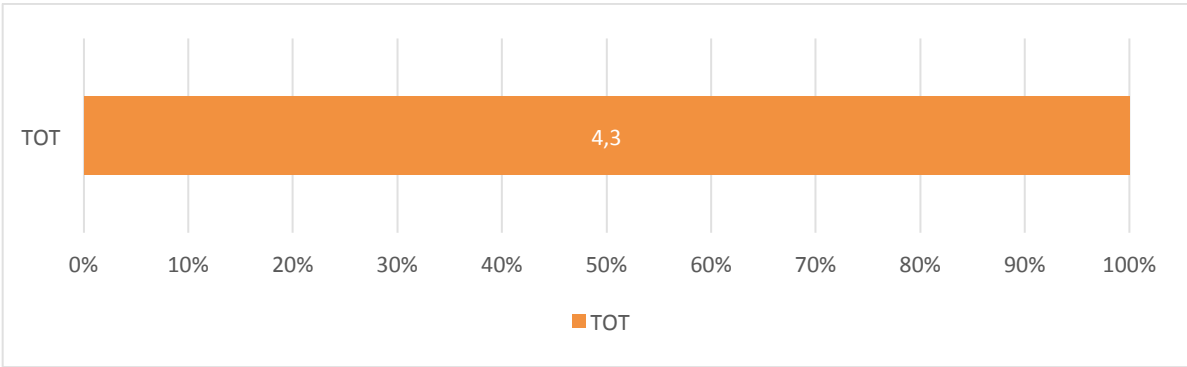
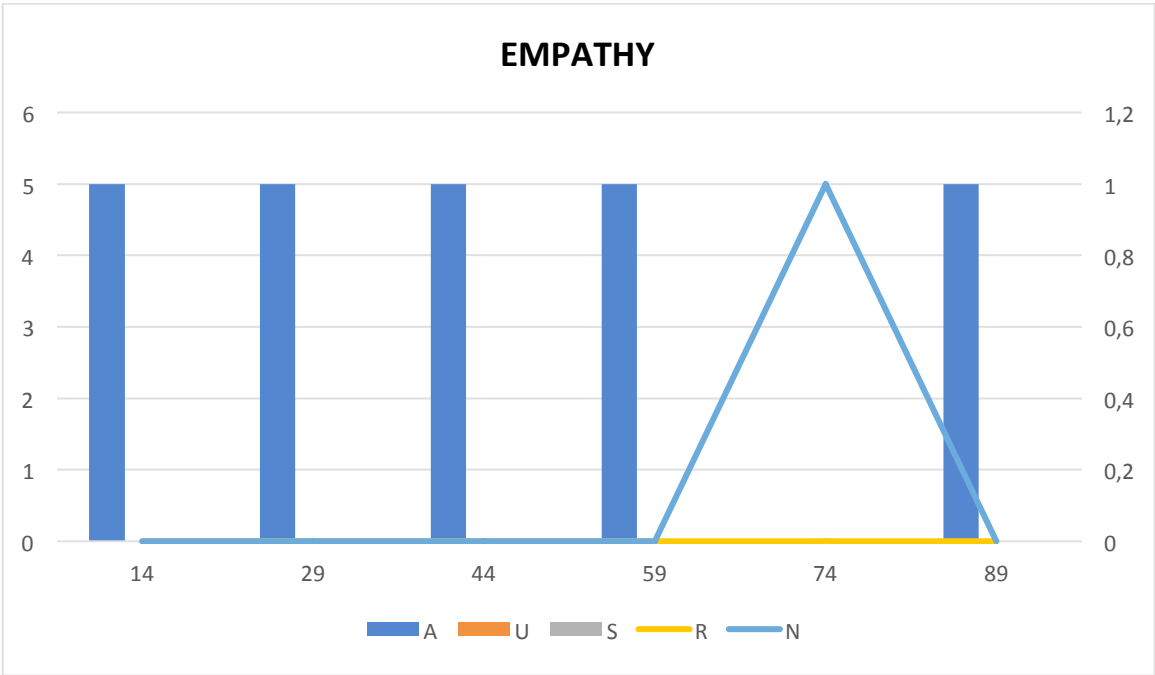


SELF-RESPECT

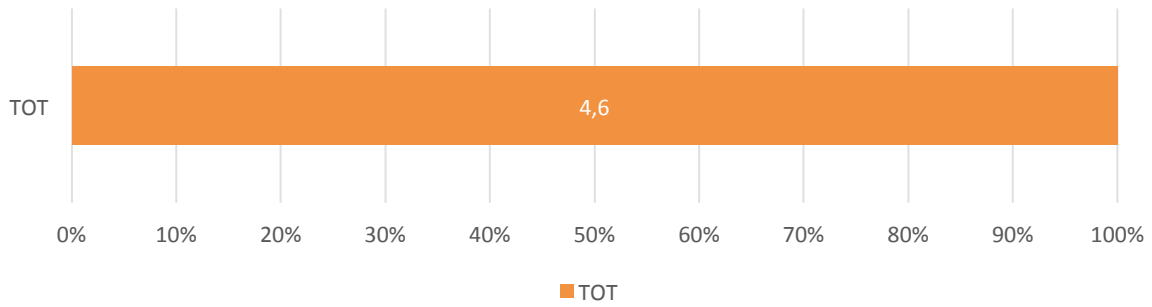
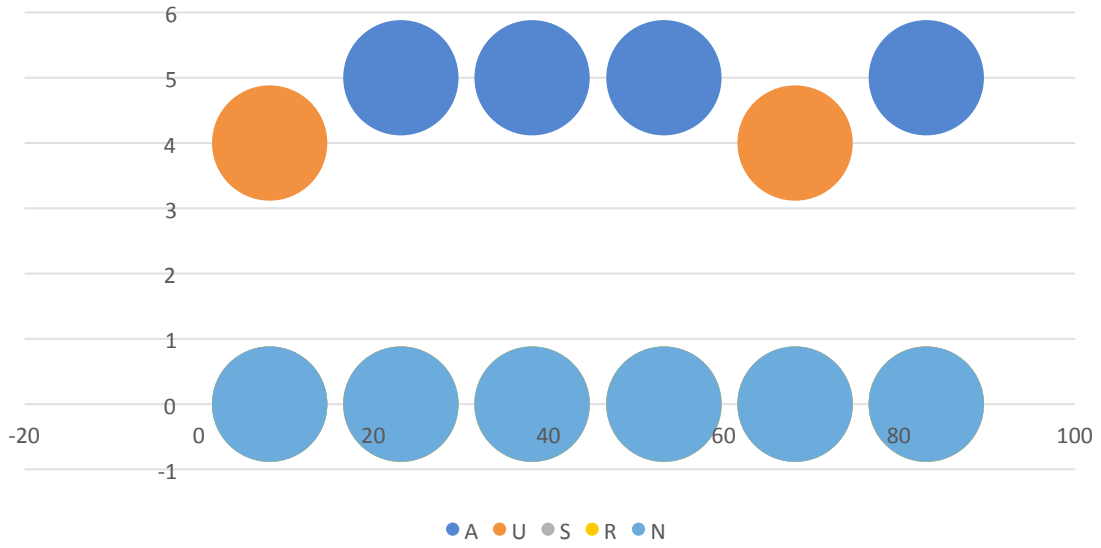


SELF-ACTUALIZATION

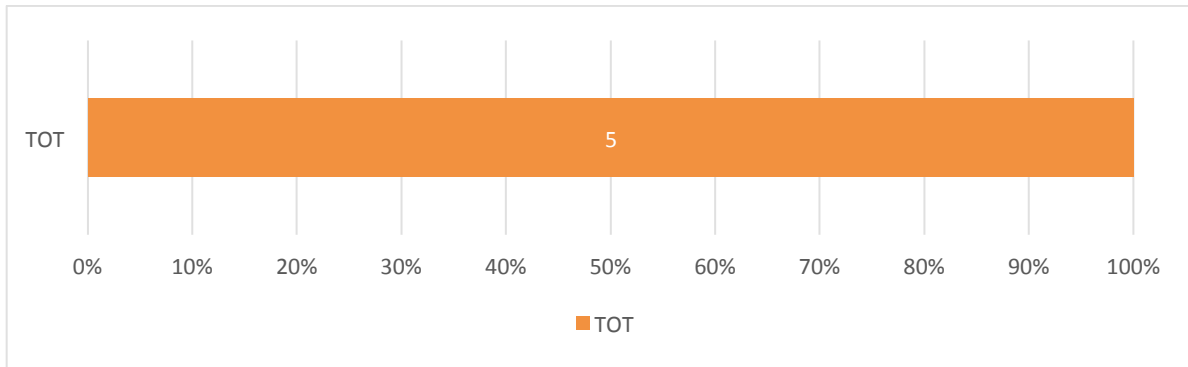
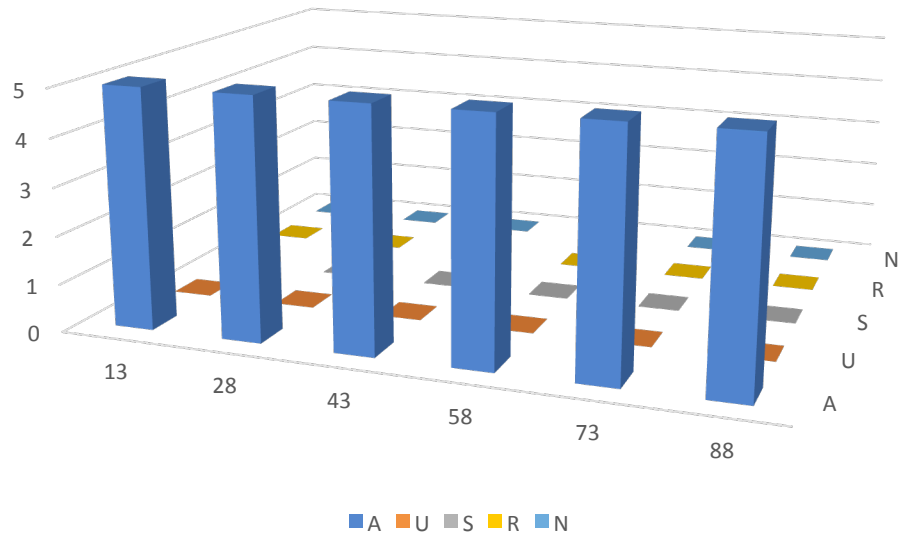




INTRAPERSONAL RELATIONS



RESPONSIBILITY



The EQ-i Scales and What They Assess

| EQ-i SCALES | The EI Competencies and Skills Assessed by Each Scale |
|----------------------------|--|
| | |
| Intrapersonal | Self-awareness and self-expression: |
| Self-Regard | <i>To accurately perceive, understand and accept oneself.</i> |
| Emotional Self-Awareness | <i>To be aware of and understand one's emotions.</i> |
| Assertiveness | <i>To effectively and constructively express one's emotions and oneself.</i> |
| Independence | <i>To be self-reliant and free of emotional dependency on others.</i> |
| Self-Actualization | <i>To strive to achieve personal goals and actualize one's potential.</i> |
| | |
| Interpersonal | Social awareness and interpersonal relationship: |
| Empathy | <i>To be aware of and understand how others feel.</i> |
| Social Responsibility | <i>To identify with one's social group and cooperate with others.</i> |
| Interpersonal Relationship | <i>To establish mutually satisfying relationships and relate well with others.</i> |
| | |
| Stress Management | Emotional management and regulation: |
| Stress Tolerance | <i>To effectively and constructively manage emotions.</i> |
| Impulse Control | <i>To effectively and constructively control emotions.</i> |
| | |
| Adaptability | Change management: |
| Reality-Testing | <i>To objectively validate one's feelings and thinking with external reality.</i> |
| Flexibility | <i>To adapt and adjust one's feelings and thinking to new situations.</i> |
| Problem-Solving | <i>To effectively solve problems of a personal and interpersonal nature.</i> |
| | |
| General Mood | Self-motivation: |
| Optimism | <i>To be positive and look at the brighter side of life.</i> |
| Happiness | <i>To feel content with oneself, others and life in general.</i> |

| Total | Min | Ortalama | Max | Ham Puan | Standart Puan |
|--------------|------------|-----------------|------------|-----------------|----------------------|
| EQ | 90 | 27,06 | 450 | 406 | 90,2 |

| EQ Scales | Sınıflandırma |
|-------------------|----------------------|
| Çok Düşük | 20 - 40 |
| Düşük | 41- 60 |
| Normal | 61- 80 |
| Yüksek | 81- 90 |
| Çok Yüksek | 91 - 100 |