

**Taras Chernata**

*Vinnitsia Mykhailo Kotsiubynskyi State Pedagogical University,*

*Department of Psychology and Social Work*

*Postgraduate student (Ukraine),*

[chernata.taras@gmail.com](mailto:chernata.taras@gmail.com)

<https://orcid.org/0009-0004-7058-5507>

## THE ROLE OF EMOTIONAL INTELLIGENCE IN THE PERSONAL BOUNDARIES FORMATION

У даній статті здійснено спробу узагальнити та систематизувати наявні в психологічній науці знання щодо ролі емоційного інтелекту у формуванні особистісних кордонів. У першому розділі розглянуто поняття та структуру емоційного інтелекту, а також його основні складові, такі як емоційна самосвідомість, саморегуляція, мотивація, емпатія та соціальні навички. Аналізуються основні теоретичні підходи до визначення емоційного інтелекту, зокрема моделі П. Саловей і Дж. Мейера, Д. Гоулмана та інші, які визначають його як інтегральну здатність людини розуміти та управляти емоціями для ефективної взаємодії з оточенням. У другому розділі розкрито сутність особистісних кордонів, їх функції та види. Визначено, що особистісні кордони допомагають людині зберігати психологічний баланс, автономію та ефективно взаємодіяти з соціальним середовищем. Розглянуто основні типи кордонів – фізичні, емоційні та ментальні, які регулюють взаємодію особистості з іншими людьми та дозволяють уникати негативного впливу зовнішнього середовища. Третій розділ присвячено дослідженню зв'язку між емоційним інтелектом та формуванням особистісних кордонів. Проаналізовано, як рівень розвитку емоційного інтелекту сприяє усвідомленню та регуляції емоцій, встановленню ефективних меж у міжособистісних стосунках, а також запобіганню маніпуляціям і порушенням психологічного простору. Особливу увагу приділено таким аспектам, як вплив емпатії на розуміння власних та чужих меж, значення соціальних навичок для їх підтримання, а також вплив рівня саморегуляції на здатність зберігати психологічну стійкість у складних ситуаціях. У висновках підкреслено значущість розвитку емоційного інтелекту для формування та підтримання здорових особистісних кордонів, що сприяє підвищенню якості життя, зміцненню психологічної стійкості та встановленню гармонійних міжособистісних відносин. Наголошується на необхідності розвитку емоційної компетентності як інструменту для самопізнання, підвищення самооцінки та ефективного управління соціальними взаємодіями. Стаття може бути корисною для фахівців у галузі психології, педагогіки, а також для всіх, хто прагне розвивати власний емоційний інтелект та вдосконалювати навички побудови здорових особистісних кордонів.

**Ключові слова:** емоційний інтелект, особистісні кордони, психологічний простір, самоусвідомлення, емпатія, соціальні навички, саморегуляція.

This article attempts to summarize and systematize the existing psychological knowledge regarding the role of emotional intelligence in the formation of personal boundaries. The first section examines the concept and structure of emotional intelligence, as well as its key components, such as emotional self-awareness, self-regulation, motivation, empathy, and social skills. The main theoretical approaches to defining emotional intelligence are analyzed, including the models proposed by P. Salovey and J. Mayer, D. Goleman, and others, which define it as an integral ability of an individual to understand and manage emotions for effective interaction with others. The second section explores the essence of personal boundaries, their functions, and types. It is determined that personal boundaries help individuals maintain psychological balance, autonomy, and effective interaction with the social environment. The main types of boundaries—physical, emotional, and mental—are considered, which regulate an individual's interaction with others and help avoid negative external influences. The third section focuses on the relationship between emotional intelligence and the formation of personal boundaries. It analyzes how the level of emotional intelligence contributes to emotional awareness and regulation, the establishment of effective interpersonal boundaries, and the prevention of manipulation and psychological space violations. Particular attention is paid to aspects such as the impact of empathy on understanding one's own and others' boundaries, the importance of social skills in maintaining them, and the influence of self-regulation on the ability to maintain psychological resilience in challenging situations. The conclusions highlight the

importance of developing emotional intelligence in forming and maintaining healthy personal boundaries, which contributes to improving quality of life, strengthening psychological resilience, and establishing harmonious interpersonal relationships. The necessity of developing emotional competence as a tool for self-awareness, self-esteem enhancement, and effective social interaction management is emphasized. This article may be useful for professionals in the fields of psychology and pedagogy, as well as for anyone seeking to develop their emotional intelligence and improve their skills in building healthy personal boundaries.

**Keywords:** emotional intelligence, personal boundaries, psychological space, self-awareness, empathy, social skills, self-regulation.

**Formulation of the problem.** Emotional intelligence is one of the key concepts in modern psychology, reflecting important aspects of self-regulation, interpersonal interaction, and personal growth. This topic has attracted the attention of researchers and practitioners, as the level of emotional intelligence directly influences a person's ability to establish healthy personal boundaries, maintain psychological balance, and build harmonious relationships with others.

The issue of forming and maintaining personal boundaries is of particular significance in contemporary society, which is characterized by intensive social changes, high levels of informational overload, and an increasing need for emotional resilience. The lack of clear personal boundaries can lead to emotional exhaustion, decreased self-esteem, and interpersonal relationship difficulties, making the study of this issue highly relevant.

**Analysis of recent research and publications.** The relevance of the topic is further emphasized by the fact that emotional intelligence is considered a crucial factor in the development of psychological resilience and adaptability. Both domestic (Liashch O.P., Hryhoriieva O.V., Palamarchuk O.M., Haba I.M., Moskalenko V.V.) and foreign (Salovey P., Mayer J., Goleman D., Bar-On R.) researchers have devoted their work to analyzing the structural components of emotional intelligence and its impact on various aspects of psychological functioning, including the ability to establish and maintain personal boundaries.

Despite significant scientific achievements in the study of emotional intelligence, several questions remain regarding its role in the formation of personal boundaries, the mechanisms of their functioning, and strategies for developing emotional competence. Further exploration of these aspects is crucial for developing practical recommendations aimed at enhancing an individual's psychological well-being.

The purpose of this article is to summarize contemporary scientific approaches to understanding the relationship between emotional intelligence and personal boundaries, analyze their key components, and highlight their significance for establishing healthy interpersonal relationships. Through the analysis of scientific literature and previous studies, we aim to create a comprehensive understanding of this issue and outline possible ways to develop an individual's emotional competence.

#### **Outline of the main material.**

##### 1. Emotional Intelligence: Concept and Structure

Emotional intelligence (EI) is an essential psychological mental ability that determines an individual's capacity to recognize, understand, regulate, and effectively utilize their own emotions, as well as the emotions of others, to achieve personal and social goals. The concept of emotional intelligence was first introduced by P. Salovey and J. Mayer in 1990, who defined it as the ability to accurately perceive, evaluate, and manage emotions. Later, D. Goleman expanded this concept by proposing a model of emotional intelligence that includes various psychological skills necessary for social adaptation and personal development.

Emotional intelligence differs from cognitive intelligence in that it emphasizes not only rational perception of the world but also the ability to manage emotions, which is critically important in decision-making, interpersonal interactions, and adaptation to stressful situations.

Today, psychological science presents several key approaches to defining and structuring emotional intelligence:

1. The ability model
2. The trait model
3. The mixed model

According to research by J. Mayer and P. Salovey, the ability model considers EI as a set of cognitive abilities that include:

- Perception of emotions (the ability to recognize emotional signals in oneself and others);
- Understanding emotions (the ability to analyze and interpret emotional reactions);

- Regulation of emotions(the ability to manage one's emotions and adapt to various situations);
- Using emotions in thinking(integrating emotions into cognitive processes to improve decision-making)[1].

Within the trait model, emotional intelligence is viewed as a set of personality characteristics and behavioral dispositions related to emotions. This approach, proposed by K. Petrides, focuses on stable individual traits that define a person's way of responding to emotional stimuli and their capacity for adaptation in various social situations. Unlike models that consider EI as a cognitive ability, the trait model emphasizes personal qualities that contribute to emotional competence and effective interpersonal interaction.

K. Petrides identified key components of this model, including adaptability, assertiveness, self-perception of emotions, emotional expression, management of others' emotions, emotional regulation, low impulsivity, the ability to build strong interpersonal relationships, adequate self-esteem, self-motivation, social awareness, stress management, empathy, joy and life satisfaction, and optimism. These components reflect various aspects of an individual's emotional functioning and determine their capacity for adaptation, emotional stability, and social interaction.

According to Petrides' approach, emotional intelligence is an integrated system of personal characteristics shaped by life experiences and social environment. A high level of emotional intelligence within this model contributes to an individual's ability to effectively manage their emotions, establish healthy personal boundaries, and achieve harmony in relationships with others. Conversely, insufficient development of certain traits can lead to difficulties in social adaptation, communication breakdowns, and increased emotional vulnerability[2].

The mixed model of emotional intelligence proposed by D. Goleman combines cognitive abilities and personality traits, encompassing the following key components:

- Self-awareness(the ability to understand one's own emotions and their impact on behavior);
- Self-regulation(the ability to control one's emotional responses);
- Motivation(the drive to achieve set goals while considering emotional aspects);
- Empathy(the capacity to understand the emotions of others and show compassion);
- Social skills(the ability to interact effectively with others, build trustful relationships, and manage social situations)[3].

According to modern psychological perspective, the structure of emotional intelligence consists of several key components::

- Emotional self-awareness and self-actualization;
- Emotional self-regulation;
- Emotional motivation;
- Empathy;
- Social skills.

In addition, Nosenko E.L. and Kovryga N.V. expand the five-factor model of emotional intelligence by highlighting additional components such as neuroticism, extraversion, and flexibility. The researchers also emphasize that a high level of emotional intelligence correlates with a well-developed inner world of an individual, the presence of alternative behavioral strategies, and an internal locus of control, which enables a person to maintain psychological comfort regardless of situational demands[4].

Emotional self-awareness is a fundamental component of emotional intelligence that encompasses an individual's ability to recognize, understand, and analyze their own emotions in various situations. According to humanistic psychology, the process of self-actualization contributes to the deepening of emotional self-awareness by helping individuals realize their needs, values, and aspirations. A self-actualized person is capable of profound reflection, which allows them to better control their emotions, make well-balanced decisions, and interact harmoniously with others.

During the self-actualization process, the ability for self-assessment, self-regulation, and conscious selection of behavioral strategies develops, which contributes to the formation of effective personal boundaries. Awareness of one's own emotions and motives enables individuals to avoid impulsive decisions, establish authentic relationships, and achieve harmony in interpersonal interactions[5].

Emotional self-regulation is a crucial component of emotional intelligence that directly influences an individual's ability to establish and maintain healthy personal boundaries. The ability to control one's emotional responses, understand their nature, and express them effectively helps individuals to clearly define their boundaries in interpersonal interactions. People with a high level of emotional self-regulation are better at recognizing situations that may threaten their boundaries and respond constructively to

challenges, avoiding manipulation or excessive emotional strain. Furthermore, the ability to manage emotions helps prevent impulsive behavior, contributing to emotional balance and the development of stable and harmonious relationships.

Emotional motivation defines an individual's ability to utilize their emotions to achieve goals, maintain inner balance, and assert personal boundaries in interpersonal relationships. People with a high level of emotional motivation are aware of their values, priorities, and needs, which enables them to clearly define personal boundaries without feelings of guilt or fear of social disapproval. Intrinsic motivation helps to maintain a balance between personal desires and external demands, encouraging decision-making that aligns with individual goals and protects the psychological space of the personality.

Empathy, as one of the key components of emotional intelligence, enables individuals not only to understand the emotional states of others but also to recognize their own needs and boundaries in interactions. Well-developed empathy contributes to the establishment of harmonious interpersonal relationships, where the autonomy of both parties is respected. By deeply understanding the intentions and emotional signals of others, a person with a high level of empathy can effectively set boundaries without succumbing to excessive influence or emotional overload. At the same time, empathy helps to avoid manipulations and ensures the ability to say "no" in situations that may contradict personal values or cause internal discomfort.

Developed social skills enable individuals to interact effectively in the modern informational environment, particularly in the online space, where communication is influenced by globalization processes and the high speed of information exchange. The ability to clearly articulate expectations and flexibly establish personal boundaries contributes to psychological comfort and helps prevent potential conflicts. A crucial aspect is the ability to assertively express needs and critically analyze information, which helps avoid virtual dependency and ensures a harmonious balance between real and digital environments. Individuals with a high level of social skills in the online space are capable of eco-oriented interaction, which involves the responsible use of digital resources, the creation of a safe communication environment, and the support of personal development through constructive information exchange[6].

Neuroticism reflects an individual's tendency toward emotional instability, anxiety, and heightened sensitivity to stressful situations. Individuals with a high level of neuroticism often struggle with regulating emotional responses, which can complicate the process of establishing and maintaining personal boundaries. A high level of neuroticism is associated with a predisposition to negative emotions such as fear, anxiety, irritability, and depression, which can lead to increased emotional vulnerability and difficulties in interpersonal interactions. On the contrary, a low level of neuroticism indicates emotional resilience, the ability to effectively cope with stressors, and maintain psychological comfort even in challenging life circumstances.

Extraversion reflects social activity, openness to communication, and a tendency toward external interaction. Individuals with a high level of extraversion exhibit emotional expressiveness, initiative in establishing contacts, and a propensity for active participation in social life. They usually adapt easily to changes, derive satisfaction from social interactions, and possess well-developed communication skills, which facilitate the effective establishment of personal boundaries. On the other hand, individuals with a low level of extraversion (introverts) tend to prefer solitude, focus on their inner world, and be selective in interpersonal contacts. This preference can make it challenging to establish open communication and may affect the process of managing emotions in social situations.

Mental Flexibility ensures an individual's ability to adapt to changes, respond quickly to new circumstances, and effectively manage emotions in unpredictable situations. A high level of flexibility allows a person to remain open to new opportunities, seek alternative solutions to problems, and regulate emotional responses according to specific situations. Individuals with well-developed emotional flexibility can cope with stress more easily, maintain a balance between different aspects of life, and sustain emotional stability under challenging conditions. Conversely, low flexibility may lead to behavioral rigidity, difficulty in accepting changes, and excessive stress reactions to new challenges[7].

Thus, emotional intelligence is a multidimensional phenomenon that encompasses both cognitive abilities and personal traits, which determine the success of adaptation and social interaction. Its development directly influences an individual's ability to establish and maintain healthy personal boundaries, which is a crucial factor in ensuring psychological well-being.

## 2. Personal Boundaries: Essence and Types

Personal boundaries are a psychological concept that defines the limits between an individual's inner world and the external environment. They are an integral element of personal development and self-

determination, enabling individuals to maintain their autonomy, emotional well-being, and effective interpersonal interactions. Properly established personal boundaries help prevent emotional exhaustion, stress, and contribute to sustaining healthy relationships with others.

The essence of personal boundaries lies in an individual's ability to recognize and regulate their own needs, desires, emotions, and rights while distinguishing between their responsibilities and those of others. Establishing clear boundaries allows individuals to define what is acceptable or unacceptable in communication and interaction with others. By setting and maintaining healthy personal boundaries, individuals can foster self-respect, enhance their emotional resilience, and create a balanced relationship dynamic that respects both personal and collective well-being.

Personal boundaries serve several essential functions that contribute to an individual's psychological well-being and social interactions. The primary functions of personal boundaries include: *Особистісні кордони виконують такі основні функції:*

- Protective Function(ensures psychological safety, helping individuals avoid manipulation and toxic relationships. Well-defined boundaries act as a shield against emotional and mental harm, enabling individuals to maintain their integrity and security in various interactions);

- Identification Function(helps individuals recognize their unique identity and distinguish themselves from others. This function supports self-awareness and the development of a strong sense of self, enabling individuals to understand their values, preferences, and priorities);

- Regulatory Function(facilitates effective management of emotions and behaviors. Personal boundaries help individuals regulate their emotional responses, control impulses, and develop adaptive coping strategies in different situations);

- Communicative Function(allows individuals to establish mutual understanding and harmonious relationships in society. Clear personal boundaries contribute to healthy communication by promoting assertiveness, respect, and empathy in interpersonal interactions).

Poorly established personal boundaries can lead to consequences such as emotional exhaustion, decreased self-esteem, dependence on others' opinions, and difficulties in decision-making.

Personal boundaries can be classified into several types based on their nature and functional purpose. The main types of personal boundaries include:

- Physical;
- Emotional;
- Mental.

Physical boundaries regulate the limits of acceptable physical proximity in interpersonal relationships, helping to maintain comfort and a sense of security. The establishment of physical boundaries depends on personal beliefs, cultural norms, and an individual's level of trust in others. For example, some people feel comfortable with close physical contact, while others require more distance to preserve their personal space.

Physical boundaries violation can cause discomfort, anxiety, and even a sense of threat, especially when the intrusion occurs without the person's consent. This can include intrusive touches as well as failure to respect personal space in social situations. An important aspect of establishing physical boundaries is an individual's ability to recognize their own needs and openly communicate them to others, which is a crucial function of well-developed emotional intelligence.

Emotional boundaries allow individuals to clearly distinguish their own feelings, emotions, and attitudes toward others while maintaining emotional balance and independence. They help establish limits in interpersonal relationships, preventing excessive emotional influence from others. Healthy emotional boundaries enable individuals to openly express their feelings without fear of judgment and avoid taking responsibility for others' emotional states. Poorly established emotional boundaries can lead to increased vulnerability, emotional dependency, and loss of personal identity, whereas overly rigid boundaries may create difficulties in establishing trust in relationships.

Mental boundaries help individuals achieve continuous growth in spiritual resilience and self-love by defining their ability to maintain their beliefs, values, and worldview independently of external influences. They ensure internal integrity, allowing individuals to critically evaluate information, make their own decisions, and defend their viewpoints without succumbing to external pressures. Well-defined mental boundaries enable a person to distinguish their thoughts and judgments from societal norms and constructively engage with people who hold different beliefs[8].

Poorly established mental boundaries can lead to doubts about one's values, excessive susceptibility to others' opinions, and a loss of personal identity. A person lacking clear mental boundaries may easily

succumb to manipulation, experience internal conflict, or suffer emotional exhaustion due to a constant effort to meet others' expectations.

Developing healthy mental boundaries involves cultivating critical thinking, self-awareness, and the ability to reflect. A well-developed emotional intelligence facilitates the awareness of personal mental boundaries, helping individuals respond appropriately to external influences and make well-grounded decisions in line with their own beliefs and life values.

The formation of personal boundaries is a complex process influenced by various factors, which can be identified as follows:

1. Family upbringing;
2. Social influences;
3. Self-esteem level;
4. Emotional intelligence level.

Family plays a crucial role in the formation of personal boundaries, as it is within the family environment that a child first gains an understanding of acceptable limits in interactions with others. Parents and other significant adults model behavioral patterns that demonstrate how to establish and maintain boundaries in communication, protect one's rights, and respect the personal space of others. In a healthy family environment, a child learns to recognize their own needs, express them, and assert their point of view without fear of judgment or rejection. At the same time, excessive control or, conversely, parental neglect can lead to the development of weak or overly rigid boundaries in adulthood.

In families with an authoritarian parenting style, children often experience violations of their personal boundaries, which can result in an underdeveloped ability for self-expression and a tendency to submit to external influences. On the other hand, in families where permissiveness dominates, children may not learn to recognize the boundaries of others, leading to difficulties in interpersonal relationships.

Social influences, such as cultural traditions, societal expectations, and norms, significantly impact how an individual perceives boundaries in relationships and the extent to which they feel comfortable within them. For example, in environments with a high level of support and mutual respect, individuals can easily establish and maintain healthy boundaries. Conversely, in settings with excessive social pressure or criticism, boundaries may become blurred or overly rigid.

The influence of society is also manifested through mass media, social networks, and cultural norms, which shape an individual's perception of acceptable boundaries in behavior, communication, and personal life. Social expectations often exert pressure on individuals, compelling them to reassess their boundaries to conform to societal standards or avoid social disapproval.

Particularly significant is the impact of the immediate environment, which can either support an individual in the process of establishing personal boundaries or contribute to their violation by imposing external norms and perspectives.

Self-esteem determines how well a person recognizes their own worth, respects themselves, and can assert their needs in interpersonal relationships. Individuals with high self-esteem typically have clearly defined boundaries; they are confident in their decisions, do not allow others to violate their limits, and can openly express their needs and desires.

In contrast, individuals with low self-esteem often encounter difficulties in establishing boundaries, fear expressing their opinions, or sacrifice their own interests in pursuit of approval from others. Low self-esteem can contribute to the formation of blurred or overly flexible personal boundaries, making an individual vulnerable to manipulation, emotional exhaustion, and dependence on the opinions of others. Such individuals tend to take on more responsibilities than they can handle or struggle to say "no" in situations that compromise their personal comfort. Conversely, excessively high self-esteem can lead to the establishment of overly rigid boundaries, which may hinder communication and the development of trusting relationships[9].

The formation of healthy personal boundaries requires an awareness of one's own value and the ability to adequately assess one's capabilities. A high level of emotional intelligence contributes to the harmonious development of self-esteem, helping individuals objectively evaluate their strengths and weaknesses, which forms the foundation for establishing clear and flexible personal boundaries. The level of emotional intelligence is one of the key factors influencing an individual's ability to effectively establish and maintain healthy boundaries. Emotional intelligence encompasses the skills of recognizing, understanding, and managing one's own emotions, as well as the ability to consider the emotional states of others in interpersonal interactions. A high level of emotional intelligence enables individuals to clearly recognize their needs, communicate them effectively to others, and identify situations that may lead to

boundary violations in a timely manner. Such individuals are able to establish boundaries with respect for both themselves and others, avoiding conflicts and manipulations.

A low level of emotional intelligence, on the contrary, can lead to unclear boundary-setting, difficulties in self-expression, and a tendency to make compromises at the expense of personal interests. An individual who struggles to recognize or regulate their emotions may experience challenges in asserting their personal space, becoming overly dependent on others' opinions, or, conversely, establishing excessively rigid and isolating boundaries. The development of emotional intelligence contributes to the formation of flexible yet resilient personal boundaries, helping to maintain a balance between personal needs and social demands. Self-awareness, self-regulation, and empathy, as key components of emotional intelligence, assist individuals in avoiding toxic relationships, maintaining psychological stability, and fostering harmonious interactions with others.

Thus, personal boundaries are a crucial component of an individual's psychological well-being, ensuring a balance between their inner world and the external environment. Emotional intelligence plays a significant role in the establishment and maintenance of these boundaries, helping individuals define their limits, preserve emotional equilibrium, and build harmonious interpersonal relationships.

### 3. The Relationship Between Emotional Intelligence and Personal Boundaries

The establishment and maintenance of healthy personal boundaries are essential aspects of an individual's psychological well-being. One of the key factors influencing this process is the level of emotional intelligence, which helps individuals become aware of their needs, recognize emotional cues, and effectively manage relationships. Emotional intelligence enables the ability to accurately define boundaries between one's own emotions and the feelings of others, fostering self-awareness, emotional resilience, and confidence in asserting personal boundaries.

The key components that closely connect the development of emotional intelligence with the formation of personal boundaries include:

- Awareness of personal needs;
- Emotion regulation;
- Empathy;
- Development of social skills.

Developed emotional intelligence helps individuals better understand their emotional needs, which is a crucial step in establishing healthy personal boundaries. People with a high level of emotional self-awareness can recognize moments of discomfort and identify which boundaries are acceptable to them and which are not. This enables them to openly communicate their expectations and prevent violations of their personal space.[10]. On the other hand, individuals with a low level of emotional intelligence may not be aware of their own needs, which can lead to blurred boundaries and difficulties in communication.

The ability to effectively regulate emotions is another important component in the connection between emotional intelligence and personal boundaries. People with well-developed self-regulation skills can respond calmly to situations where their boundaries are violated, without resorting to aggression or passive behavior. Self-regulation supports the ability to assert personal boundaries constructively while maintaining harmonious relationships with others. At the same time, a lack of emotional self-regulation skills can lead to an inability to say "no" in important situations or, conversely, to excessive emotional reactivity.

Empathy, as one of the key components of emotional intelligence, allows for a better understanding of the feelings and intentions of others, which helps establish personal boundaries without infringing on the rights and interests of others. A high level of empathy contributes to building healthy relationships based on mutual respect and open communication. Individuals with well-developed empathy can take into account the emotional needs of others without allowing excessive intrusion into their personal space. On the other hand, excessive empathy without boundary-setting skills can lead to emotional exhaustion and manipulation by others.

Social skills, which are an integral component of emotional intelligence, help individuals effectively establish and maintain personal boundaries in various areas of life. A person with well-developed social skills is able to clearly and appropriately articulate their needs, set boundaries in professional and personal relationships, and prevent manipulation or conflict situations. The lack of these skills can lead to difficulties in interacting with others, misunderstandings, and violations of personal boundaries.

Thus, the level of emotional intelligence determines how well a person can establish clear, healthy, and flexible personal boundaries. Individuals with a high level of emotional intelligence are more aware of their emotional responses, adapt effectively to changes in the social environment, and can protect their boundaries without damaging relationships with important people. Conversely, a low level of emotional

intelligence may lead to difficulties in asserting one's interests, often accompanied by feelings of guilt or fear of social rejection.

**Conclusions and Prospects for Further Research.** This article presents a comprehensive analysis of the relationship between emotional intelligence and personal boundaries, which play a key role in ensuring psychological well-being and effective interpersonal interaction. Contemporary approaches to understanding emotional intelligence proposed by researchers such as P. Salovey, J. Mayer, D. Goleman, K. Petrides, E.L. Nosenko, and N.V. Kovryga have been summarized. These scholars conceptualize emotional intelligence as the ability to be aware of, recognize, and regulate one's own emotions, as well as understand the emotional states of others. The study identifies the main structural components of emotional intelligence—emotional self-awareness, self-regulation, motivation, empathy, and social skills—and their impact on an individual's ability to establish, maintain, and protect healthy boundaries in relationships.

The analysis of scientific sources, including the research of D. Goleman, demonstrates that a high level of emotional intelligence is a crucial factor in effectively forming and maintaining personal boundaries, enhancing psychological resilience, improving social adaptation skills, and managing emotions in stressful situations. Particular attention is paid to the relationship between empathy and social skills as key factors in the process of setting personal boundaries, allowing individuals to balance openness to others while protecting their psychological space. It is established that a low level of emotional intelligence can lead to blurred or overly rigid boundaries, emotional exhaustion, difficulties in building harmonious relationships, and increased susceptibility to manipulation.

Practical recommendations presented in contemporary research emphasize the importance of developing key components of emotional intelligence for forming healthy personal boundaries. In particular, the development of emotional self-awareness contributes to a better understanding of one's needs and experiences, while self-regulation enables effective control over emotional reactions and helps avoid impulsive behavior in interpersonal relationships. Special emphasis is placed on the development of assertiveness as an important tool for defending one's boundaries, maintaining psychological well-being, and avoiding toxic relationships.

Thus, the results of the analysis indicate that the development of emotional intelligence is a necessary condition for the effective establishment and maintenance of personal boundaries, which, in turn, contributes to increased self-esteem, autonomy, and the ability to achieve harmonious social adaptation. Developing emotional competence fosters the formation of conscious behavioral strategies that allow individuals to maintain psychological comfort, interact effectively with others, and adapt to the changing conditions of modern society.

### References

- [1] Mayer J.D., Salovey P. The Intelligence of emotional intelligence. J.D. Mayer, P. Salovey. *Intelligence*. 1993.V.17. No 4. – 436 p.
- [2] K. V. Petrides Trait Emotional Intelligence Society for Industrial and Organizational Psychology – London, 2010. № 3. – 138 p.
- [3] Goleman D. Emotional intelligence / D. Goleman. – New York : Bantam Books, 1995. – 56 p.
- [4] Palamarchuk O. M., Vizniuk I. M., Chukhrii I. V. Teoretychnyi analiz vyvchennia emotsiinoho intelektu v ukrainskii psykholohichnii nauki. *Naukovi innovatsii ta peredovi tekhnolohii*, 2023, 13 (27) – 840 s.
- [5] Palamarchuk, O. M., Haba I. M. Problema samoaktualizatsii osobystosti u zarubizhnii literaturi. *Naukovi perspektyvy (Naukovi perspektivi)*, 2023, 10 (40) – 840 s.
- [6] Lazarenko, N. I., Kolomiets, A. M., Palamarchuk, O. M. Komunikatsiia v Internet-prostori: psykholohichni aspekt. *Informatsiini tekhnolohii i zasoby navchannia*, 2018, 65, № 3: 256 c..
- [7] Nosenko E.L., Kovryha N.V. Emotsiinyi intelekt: kontseptualizatsiia fenomenu, osnovni funktsii. Kyiv: Vyshcha Shkola, 2003. – 138 s.
- [8] Chernata T. Personal boundaries: definition, role, and impact on mental health. *Personality and Environmental Issues*, 2024. Volume 3, Issue 1. – 26 p.
- [9] Hryhorieva O., Drapaka A. Psykholohichni mezhi osobystosti ta metod otsinky yikh sformovanosti. Kyiv: Nauka i osvita. 2013. (№ 1 – 2). 386 s.
- [10] Kravchenko A. V. Emotsiinyi intelekt u KhKhI stolitti yak ody z naivazhlyvishykh soft-skills osvithnoho protsesu. *Akademichni vizii*, 2023, Vypusk №24 – 198 s.

Review received 16.09.2024