



Study of Emotional intelligence among Adolescents.

Anuradha Bhusaree

Research Scholar

Dr. S. V. Savdekar

Research Guide,

S.G.B. Amaravati University,

Amravati

Abstract

The present study finds out the gender and inhibition differences between male and female adolescents on emotional intelligence. Total 160 students were included in the study 80 male and 80 female adolescents. In these groups also included 40 adolescents from rural area and 40 adolescents from urban area. All sample included in this study collected from Aurangabad district. In this study Gender and Inhibition of the sample are the independent variables. The two way analysis of variance is used for compare the group of gender and inhibitions. The result shows that there is significant difference of emotional intelligence between male and female adolescents. Female adolescent's level of emotional intelligence is higher than the male adolescents. There is significant difference of emotional intelligence between rural and urban adolescents. Rural adolescent's level of emotional intelligence is higher than the urban adolescents

.Key Words: Emotional intelligence and Adolescents

INTRODUCTION:

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. Emotional intelligence is generally said to include a few skills: namely emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

Adolescence is the time when a person acquires the ability to think further than the present, envision its implication and the future, also grasp the complexity of relationships. The experiences, knowledge and skills in both areas of physical and emotional acquired in adolescence have important implications for an individual's prospects in adulthood. The concept of emotional intelligence gives a new strength to the individual's intelligence, which is



considering a deliberate rivalry (personal performance), on the other hand the recognition intelligence is a strategic ability (long term capability). The emotional intelligence makes it able to forecast the attainment because it involves how individuals apply knowledge in a direct success. Emotional intelligence is a type of Social intelligence which is a predictor in special areas such as educational and job performances. In the other word, it has an ability to assure feelings and pleasures by one and others

Emotional intelligence is an intelligence having to do with discerning and understanding emotional information. Emotional information is all around us. Emotions communicate basic feeling states from one individual to another -- they signal urgent messages such as "let's get together" or "I am hurting" or "I'm going to hurt you." What ability tests of emotional intelligence tell us is that only some people can pick up and understand and appreciate the more subtle versions of those messages. That is, only the high EI individual understands the full richness and complexities of these communications.

Emotional information is crucial. It is one of the primary forms of information that human beings process. That doesn't mean that everybody has to process it well. But it does mean that it is circulating around us, and certain people who can pick up on it can perform certain tasks very well that others cannot perform. We all need emotional intelligence to help us through our emotionally demanding days. Even if we are not emotionally intelligent ourselves, we may rely on those higher in emotional intelligence to guide us. But guide us to what? What is it that people high in emotional intelligence can see that so many others are blind to? The key to this lies in what those high in emotional intelligence are particularly good at doing themselves. They're particularly good at establishing positive social relationships with others, and avoiding conflicts, fights, and other social altercations. They're particularly good at understanding psychologically healthy living and avoiding such problems as drugs and drug abuse. It seems likely that such individuals, by providing coaching advice to others, and by directly involving themselves in certain situations, assist other individuals and groups of people to live together with greater harmony and satisfaction.

OBJECTIVES OF THE STUDY:

1. To examine the emotional intelligence of male and female adolescents.
2. To examine the emotional intelligence of urban and rural adolescents.
3. To study the interaction effect of gender and inhibition on the emotional intelligence of adolescents.



HYPOTHESES OF THE STUDY:

1. There will be significant difference of emotional intelligence among male and female adolescents.
2. There will be significant difference of emotional intelligence among rural and urban adolescents.
3. There will be significant interaction effect of gender and inhibitions on emotional intelligence on adolescents.

METHDOLOGY

Participants:

For this study total sample 160 adolescents are included. For this research work a simple random sampling technique is used. The sample consist of total 160 subjects including two groups first group gender i.e. male (n=80) and female (n=80) and second group inhibitions i.e. rural (60) and urban (60) adolescents. The age level, educational status and nativity of the subjects had controlled to a certain extent i.e., age ranges between 11-20 years, educational status below graduation.

Variable:

Independent variable

1. Gender: Male and Female
2. Inhibitions: Rural and Urban

Dependent variable

1. Emotional intelligence

Research Design

To reach out the objectives of present investigation 2X2 factorial design is used as depicted below;

2 X 2 Factorial Design

Inhibitions (B)	Gender (A)	
	Male (A1)	Female (A2)
Rural	A1B1	A2B1
Urban	A1B2	A2B2

Psychological Devisees:

The following psychological devisees were used in the present research work.

1. Emotional Intelligence Scale

This scale was developed by Hyde, Pethe and Dhar (2001). **Development of the Scale:** After consulting relevant literature, 106 items were developed. Each item was transferred on a card. A panel of 50 judges with postgraduate degree with more than 10 years of experience in their relevant fields was selected for the study. The final form of the scale constituted 34 items. The reliability of the scale was determined by calculating reliability coefficient on a sample of 200 subjects. The split-half reliability coefficient was found to be 0.88. Validity besides face validity of all items was related to the variable under focus, the scale has high content validity.

Result and Discussion:

The mean (with graphical representation) and standard deviation for Emotional intelligence and stress level were analyzed. Looking to the objectives of the present investigation analysis of collected data was done by employed 2X2 way ANOVA with the help of SPSS, in order to study the effect of various independent variables on emotional intelligence and stress.

Table No. 1
Mean and SD for the Emotional Intelligence

Independent Variable		N	Mean	SD
Gender	Male	80	64.03	16.46
	Female	80	72.68	17.52
Inhibition	Rural	80	71.17	18.40
	Urban	80	65.52	16.14

Table No. 1 shows that the mean and SD value of independent variable gender and inhibition for the Emotional Intelligence. Mean value of male adolescents on Emotional Intelligence is (Mean = 64.03) and SD value is (SD = 16.46). Mean value of female adolescents on Emotional Intelligence is (Mean = 72.68) and SD value is (SD = 17.52). Second independent variable in this study is an Inhibition. Mean value of rural adolescents on Emotional Intelligence is (Mean = 71.17) and SD value is (SD = 18.40). Mean value of female adolescents on Emotional Intelligence (Mean = 65.52) and SD value is (SD = 16.14).

Table No. 2
ANOVA Table of Adolescents on Emotional Intelligence

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Gender	2992.90	1	2992.90	10.87	0.01
Inhibition	1276.90	1	1276.90	4.63	0.05
Gender * Inhibition	1416.10	1	1416.10	5.14	0.05
Within	42948.50	156	275.31		
Corrected Total	48634.40	159			

Table No. 2 shows that the summary of ANOVA for independent variable Gender and Inhibition. Data for the adolescents on the score of Emotional Intelligence. F ratio for the independent variable gender on Emotional Intelligence is ($f = 10.87$) for df 1 and 156. F value is significant at the level of 0.01. It means the male and female adolescents are significantly differing on each other on the Emotional Intelligence. Hypothesis No. 1, "There will be significant difference of emotional intelligence among male and female adolescents". Above results of f test and mean concluded that the male and female adolescents are significantly differing on each other on the emotional intelligence. Female adolescents mean score on emotional intelligence is greater than mean score of the male adolescents. It means that Hypothesis no. 1; "There will be significant difference of emotional intelligence among male and female adolescents" is accepted. Female adolescent's level of emotional intelligence is higher than the male adolescents.

Second independent variable in the study is Inhibition. F ratio for the independent variable Inhibition on Emotional Intelligence is ($f = 4.63$) for df 1 and 156. F value is significant at the level of 0.05. It means that rural and urban adolescents are significantly differing on each other on the Emotional Intelligence. Hypothesis no. 2, "There will be significant difference of emotional intelligence among rural and urban adolescents". Above results of f test and mean concluded that the rural and urban adolescents are significantly



differing on each other on the emotional intelligence. Rural adolescents mean score on emotional intelligence is greater than the urban adolescents. It means that Hypothesis no. 2; “There will be significant difference of emotional intelligence among rural and urban adolescents” is accepted. Rural adolescent’s level of emotional intelligence is higher than the urban adolescents. Interaction effect of gender and Inhibition f ratio is ($f = 5.14$) for df 1 and 156. F value is significant at the 0.05 level of confidence.

Conclusion:

- There is significant difference of emotional intelligence between male and female adolescents. Female adolescent’s level of emotional intelligence is higher than the male adolescents.
- There is significant difference of emotional intelligence between rural and urban adolescents. Rural adolescent’s level of emotional intelligence is higher than the urban adolescents.

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