



## Effect of Gender on Mental Health and Emotional Intelligence among College Students

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### ABSTRACT

Objective: 1. to find out the mental health among Male and Female college students. 2. To find out the emotional intelligence among Male and Female college students. Hypothesis: 1. there will be no significant between Male and Female on dimension mental health. 2. There will be no significant between Male and Female on dimension emotional intelligence. Sample: For the present study 100 Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were Male and 50 subjects were Female. The age range of subjects was 18 to 25 years (Mean 21.56, SD = 2.5). Tools 1. Mental Health Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 2. Emotional Intelligence test: Pedhe and Hyde were used for measuring Emotional intelligence. Variable Independent variable-area of residence a) Male b) Female Dependent Variable 1. Mental Health 2. Emotional Intelligence Conclusion: 1. Male have significantly high mental health than the Female Students. 2. Male have significantly high emotional intelligence than the Female Students.

**Keywords:-** *mental health, emotional intelligence, male and female, students*

### Introduction:

Importance of sport is evident and definite for people and societies, and its social, political and psychological aspects have been studied and a special attention has been paid to its connection with the psychological health. Many studies exist about the useful effects to sport and its relation to psychological happiness (Biddel, 1993; Thorlindsson, 1990) self-respect and self- controlling (Gil, 1986; Gilroy, 1989) and reduction to the negative and harmful behaviors such as smoking and drinking Alcohols (Marcus, 1993; Hastad, 1984) and increasing the age (Paffenbarger, 1986). Beside its valuable role in the physical health, sport also has a close relationship with the mental health specifically in preventing the mental disorders. People, who are not active, may face increasing risk of heart disease, mental problems, scruple and other health matters. (Vainio, 2002).

Success in the various levels and aspects to life either personal or professional is a concern to whole people, who are physically and mentally normal. There are some definitions for the intelligence quotient (EQ) but the most comprehensive is that definition which has been suggested by (Ciarrochi, 2001) They consider the



intelligence quotient as the ability to feel emotions to achieve practical emotions which can help in evaluating thought, Researchers have been focusing on the have an effect on of emotional intelligence on persona academic and occupational success in the career and life, and highlighting the rules and marketing of emotional intelligence for cognitive activities. In ultra-modern years, emotional Genius has been utilized to the locate out about of persona social adaptation, life delight and subjective wellbeing, which opens the way for the introduction of emotional talent into individual psychological adjustment and social adaptation.

Emotional Genius hyperlinks cognitive and emotional processes, and helps the interaction, infiltration and marketing between the two (Abdollahi, Yaacob, Talib et al., 2015; Kim, Sung, Park et al., 2015). It is practical to keep that emotional Genius is an imperative psychological useful resource and an functionality to promote person mental health. The look up on the characteristics of emotional intelligence and mental health of college university college students can assist us to effectively apprehend the form of emotional brain and its relationship with mental health, provide theoretical practise for mental health education of college students, and more importantly, aid us beautify the cultivation of emotional Genius of college university college students from any different point of view (Lawal, Idemudia, & Senyatsi, 2018; Li, Cao, Cao et al., 2015; Rohilla & Tak, 2016).

In day through day teaching, we can correct add capabilities teaching for emotional talent to help college university college students decorate their abilities of mental health care. At the equal time, we mix bodily education, sports activities things to do competitions, bodily exercising and emotional Genius and mental health in a entire manner to understand whether or not or now not emotional intelligence can alter the negative have an impact on of life activities on mental health (Howe, Falkenbach, & Massey, 2014). This will enlighten mental health personnel about how to alleviate the bad have an impact on of a variety of kinds of stress on college students' mental health, to in addition help them overcome psychological catastrophe and end feasible problems. This paper, in order to understand the relationship between emotional intelligence and college students' mental health, conducts a whole survey and look up on the university college students from six universities in China, and attracts corresponding conclusions chiefly primarily based on the situation survey, so as to supply a theoretical groundwork for the implementation and enchancement of mental health education for college students, and a scientific foundation for their mental health counseling and education.

Previous lookup has frequently posted that emotional talent and mental health are very essential for non-public success, then again there are many disputes about the relationship between emotional Genius and mental health. Does the larger emotional intelligence supply the extra wholesome psychology, or vice versa? There has been controversy and communicate in the instructional circles on this issue. Domestic research, in general, is although at a mainly shallow level, with more repetition and imitation and even a lot of fallacies on the other hand a great deal



much less innovation (Darban, Karamzahi, Balouchi et al., 2016). Especially for the so-called "emotional quotient" in a wide variety of books constantly published, no longer entirely scientific and theoretical groundwork alternatively moreover the authentic influence in exercising require in a similar fashion enchantment and verification.

Romualdas Malinauskas (2018) This learn about investigated the position of gender as a practicable predictor of fitness behaviour and attainable moderator of the relationship between emotional brain and fitness behaviour. This cross-sectional learn about protected 1214 college students (597 men and 617 females). Data have been accumulated the use of the Schutte Self-Report Inventory and the Health Behaviour Checklist. Stepwise more than one regression evaluation was once done with the factors of fitness behaviour as the established variables to have a look at the predictive price of the emotional brain symptoms as the impartial variables. Gender anticipated all classes of fitness behaviours. Only one indicator of emotional intelligence, appraisal, envisioned the Accident Control and Traffic Risk Taking categories. The emotional Genius indicator of social abilities emerged only as a predictor of Wellness Maintenance and Enhancement in college students. Gender moderates the relationship between all emotional talent warning signs and fitness behaviour elements besides the relationship between Appraisal and Substance Risk Taking and the relationship between Utilization and visitors threat taking.

### **Objectives:**

1. To find out the mental health among male and female college students.
2. To search the emotional intelligence among Male and Female college students.

### **Hypothesis of the study:**

1. There will be no significant between Male and Female on dimension mental health.
2. There will be no significant between Male and Female on dimension emotional intelligence.

### **Sample:**

For the present study 100 Sample were selected from Jalna, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were Male and 50 subjects were Female. The age range of subjects was 18 to 25 years (Mean 21.56, SD = 2.50).

### **Tools**

#### **1) Mental Health Inventory:**

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity



mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54

## 2) Emotional Intelligence test:

Pedhe and Hyde were used for measuring Emotional intelligence. This test is developed and standardized by Pedhe and Hyde the 34 items are rated on a five point scale.

### Variable

**Independent variable-** Area of Residence a) Male b) Female

**Dependent Variable** 1. Mental Health 2. Emotional Intelligence

## Statistical analysis and discussion

Mental Health and Emotional Intelligence among Male and Female students Mean S.D. and "t" Value.

Dimensions	Male		Female			
	Mean	SD	Mean	SD	df	t
Mental Health	160.58	5.78	150.26	5.01	98	9.54**
Emotional Intelligence	78.96	7.80	65.78	6.00	98	5.72**

The results related to the hypothesis have been recorded. Mean of mental health score of the Male Students Mean is 160.58, SD = 5.78 and that of the Female Mean is 150.26, SD = 5.01 The difference between the two mean is highly significant ('t' = 5.72, df = 98, P < 0.01) It is clear that Male and Female Differ Significantly From each other from the mean scores and graph it was found that the Male Students have Significantly high mental health than the Female Students.

The results related to the hypothesis have been recorded. Mean of Emotional Intelligence score of the Male Students Mean is 78.96, SD = 7.80 and that of the Female Mean is 65.78, SD = 6.00. The difference between the two mean is highly significant ('t' = 5.72, df = 98, P < 0.01) It is clear that Male and Female Differ Significantly From each other from the mean scores and graph it was found that the Male Students have Significantly high Emotional Intelligence than the Female Students.

In addition to this measure of normal health, due to the shortage of research carried out to set up an affiliation between EI and health-related behaviors, and between EI and addiction-related behaviors (Kun and Demetrovics, 2010; Martins et al., 2010), we additionally wished to appraise this relation in our study, making use of the HBC, a scale especially designed to investigate wholesome behaviors, which affords two wide categories, Preventive Health Behavior and Risk Taking Behavior, and 4 greater precise factors.



### **Conclusion:**

1. Male Students have significantly high mental health than the Female Students.
2. Male Students have significantly high emotional intelligence than the Female Students.

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