



A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE IN ADOLESCENTS

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ABSTRACT

Emotions serve as a powerful source of human energy. Almost in every experience there is an affectionate emotional aspect and managing them can have a significant role in general health and particular emotional health. Emotional intelligence is a social intelligence identifying the ability to adjust one self's emotions with others. Emotional intelligence refers to the ability to perceive, control and evaluate emotions. It is an attempt to study the gender differences in emotional intelligence. "Emotional Intelligence Inventory" by S.K.Mangal and Shubra Mangal was used to collect the data. The sample consists of 45 boys and 45 girls. There is significant difference in emotional intelligence of boys and girls.

Keywords: Emotional Intelligence, Gender Differences, Adolescents, Mangal Emotional Intelligence Inventory (MEII), T-Test.

Introduction

Emotions serve as a powerful source of human energy. Almost in every experience there is an affectionate emotional aspect and managing them can have a significant role in general health and particular emotional health. Emotional intelligence is a social intelligence identifying the ability to adjust one self's emotions with others. Emotional intelligence refers to the ability to perceive, control and evaluate emotions. Goleman (1998) defines Emotional Intelligence as the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships.

Emotionally intelligent people are generally optimistic, flexible, realistic, and successful at solving problems and coping with stress without losing control. Emotional intelligence impacts one's thoughts, feelings and relationships. The understanding of one's emotions and that of the others empowers persons to manage oneself and manage others irrespective of circumstances. Emotional intelligence focuses on the softer skills of building and maintains human relationships. This aspect of life assumes a lot of importance since a person is not detached from the human element, be it work place, the



home front or the social circle, human interactions are inevitable and our success depends to a large extent on what we make of these interactions and relationships.

Emotional intelligence is one's ability to comprehend, express, understand, apply and manage emotions in one self and others. Considering the developmental aspects of emotional intelligence, three features of mental capabilities in adolescents take special importance; these are:

1. Comprehension appraisal and emotion expression
2. Emotion regulation and management
3. Emotion utilization.

Children learn to express, comprehend, understand and regulate emotions by exchanging their emotions with parents and coevals. Some of them take control of their own and others' emotions more skillfully due to big differences in individual abilities and their social world. On the other hand, some children lack adequate skills to interpret emotions for achievement in the social world.

Parents' interaction with their children, stringent discipline, unanimity, carelessness, or sincerity has deep and continuous consequences in their emotional life and provides the ground for their achievement or failure in different fields of life. Jordan and Troth (2002) defined Emotional intelligence as a construct that involves the individual's capacity to monitor and control their own and others' emotions, their ability to distinguish between positive and negative effects of emotions, and the capability to use emotional information to monitor thinking and actions. Meanwhile, more recent findings indicate that appropriate emotional raise of children is an important factor which affects their future achievements in different fields. Emotional intelligence enables an individual to correctly exhibit suitable amount of different emotions such as rage, fear, love, happiness, etc. in his/her behavior proportional to the situations and time. Moreover, it enables them to know about others' emotions and react accordingly.

Joshi & Dutta (2014) conducted a study in Delhi, found that the EI of female students was demonstrated to be higher in comparison with their male counterparts. Chandra, Gayatri, & Devi (2017) carried out a study on medical graduates in Tamil Nadu, India, found that females have higher Emotional intelligence than males. Domakani, Mirzaei and Zeraatpisheh (2014) found that females have greater overall Emotional intelligence and are better at interpersonal skills, adaptability, and pragmatic knowledge than males. Mayer & Geher, (1996) found that females were better at expressing their emotions and slightly better at predicting consensus feelings than were males.



Singh Chaudhary and Asthana (2008) conducted a study on impact of gender on emotional intelligence of adolescents. The results revealed that male and female adolescents exhibit some emotional intelligence, concluding that both male and female adolescents are caring, giving, supportive and enriching. Joseph & Newman (2010) found that females demonstrate a higher degree of EI than males do. Naghavi and Redzuan (2011) stated that females are mostly expected to be more expressive, whereas males were taught to abstain from expressing feelings as a manly model. Dhiman Kar, Birbal Saha & Bhim Mondal (2014) revealed that there is no significant relationships between emotional intelligence among boys and girls. Craig et al., (2009) found that the overall Emotional intelligence scores of females was significantly higher than males. Patel (2017) found that females have higher emotional intelligence than males.

METHOD

Objective:

To find out the difference in emotional intelligence of boys and girls.

Hypothesis:

There would be significant difference in emotional intelligence of boys and girls.

Sample:

The total sample consists of 90. Whereas 45 boys and 45 girls from Haryana were taken as sample.

Tool:

"Emotional Intelligence Inventory" by S.K.Mangal and Shubra Mangal was used to measure the emotional intelligence of boys and girls.

Statistical Techniques used:

Mean, Standard deviation and 't' tests were used and the results were tabulated.

Results And Discussion

Table Shows Means, SDs and 't' values for the scores on Emotional Intelligence of Boys and Girls

Gender	Mean	SD	t-value	Level of Significance
Boys	50.82	1.15	4.97	0.01
Girls	52.01	1.12		



Table shows that t- value of 4.97 which is significant at 0.01 level indicate that there is significant difference in emotional intelligence of boys and girls. Emotional intelligence is high among girls (M=52.01) than the boys (M=50.82).

Conclusion

The present study concludes that there is significant difference in emotional intelligence of boys and girls. Girls have higher emotional intelligence than boys. The result of the presented study corroborated with the findings of Joseph & Newman (2010), Craig et al., (2009), Patel (2017), Joshi & Dutta (2014), Chandra, Gayatri, & Devi (2017) found that females have higher emotional intelligence than males.

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