

Assessment of Emotional Intelligence among Adolescent Girls

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Abstract: *Emotional health is the fundamental to effective learning .Knowledge on emotional intelligence among the youth can improve the understanding of emotions which facilitate thinking. So the investigator has made a survey to assess the emotional intelligence of the adolescent. The objectives of the study were to assess the emotional intelligence among adolescent girls and to find out the association between emotional intelligence and selected demographic variables (age, religion, siblings, education status and occupation of the father and mother)of the adolescent girls. A descriptive survey approach was used to assess the knowledge among the adolescent girls. The samples of the study were 78 girls studying in 7 th and 8 th standards of selected schools. Regarding over all emotional intelligence, 56%of the students were having poor emotional intelligence, 32% of the students were having average emotional intelligence.12% were having good emotional intelligence. There was significant association between number of siblings, mothers occupation and emotional intelligence.*

Keywords: Emotional Intelligence, Adolescent

1. Background of the Study

Adolescents are creative, energetic and challenging .In today's fast changing world, adolescents face a range of social and psychological challenges. The young people of today will make up the workforce of tomorrow. Emotional health is the fundamental to effective learning.The concept of emotional intelligence is a top topic among today's modern adolescents. Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people. The level of emotional intelligence is the ability to understand and recognize your own emotions and reactions. In essence, it's level of self-awareness. Self awareness is the ability to control, manage and adapt your mood, emotions and responses through self-management. Having the skills to motivate you through emotions and then take the appropriate actions to commit and follow through, is a learned skill.

Harrod, Nicholas R and Scheer, Scott D conducted a study to examine the relationships between emotional intelligence (EI) scores and social competence, emotional - behavioral problems and stressful life events of adolescents. EI scores were compared to demographic characteristics of the individuals (sex, household income, parents' level of education, and location of residence) and school achievements of adolescents. Participants in this study were 178 students aged 12-18.The findings indicate that EI levels were negatively related to internal and external behavioral problems. There was a positively significant relationship between the emotional intelligence of adolescents and their school achievements, social functioning (activity). Relationships were observed between EI and demographic characteristics: higher EQ levels were characteristic to females, parents' education, household income and location of residence characteristics also have an impact on the EQ of adolescents.

Muzamil J,Asma H,Naheed R conducted a study on assessment of emotional intelligence among girls students studying in professional colleges in the Kashmir region. Hundred girl students were selected equally from five different colleges, i.e. medical college, engineering college, B.Ed college, Law college and business school through random sampling technique. It was found that majority of girls have high self-awareness; while empathy is observed at medium level among girls studying in professional colleges. It was also observed that girls have high self motivation; while their emotional stability is at medium level. Majority of girls have high level of self development. However their value orientation is found at medium level. It was also found that commitment and altruistic behaviour among girls is at medium level. Overall, self esteem among girls studying in professional colleges is observed at high level.

Anupama K conducted a Study on emotional intelligence of adolescent students in relation to the type of school. The study was conducted on three hundred adolescents (152 boys148 girls) studying in senior secondary schools selected purposively from Shimla district of Himachal Pradesh. Intact classes of XI and XII were taken from the two schools. For the collection of necessary information investigator used Emotional Intelligence Inventory. Results indicated that Government and private secondary school students differ significantly on emotional intelligence but gender wise and area wise students do not differ significantly on emotional intelligence.

Knowledge on emotional intelligence among the youth can improve the understanding of emotions which facilitate thinking..It is a powerful skill to be able to recognize and discern the feelings of others, making a connection and gaining trust. Being able to build relationships, relate to other people in any given social situation, work as part of a team and negotiate any conflicts that may arise, are prominent core elements to social emotional intelligence.So the investigator has made a survey to assess the emotional intelligence of the adolescent.

2. Statement of the Problem

A study to assess the emotional Intelligence among the adolescent girls studying in a selected school of Kanyakumari district

Objectives of the study

- 1) Assess the emotional intelligence among adolescent girls.
- 2) Find out the association between emotional intelligence and selected demographic variables (age, religion, siblings, education status and occupation of the father and mother)of the adolescent girls.

Assumptions

- 1) Individual differences exist in response to emotional intelligence.
- 2) Emotional health is fundamental to effective learning.
- 3) Some people have naturally good Emotional skills.

3. Methods

Research design

Non-experimental descriptive design was adopted for the study.

Setting:- The study was conducted in selected School of Kanyakumari dist.

Population

The target population of this study were adolescent girls in the age group 10-13 years studying in the schools of Kanyakumari district.

Sampling technique

Cluster sampling

Sampling criteria

Inclusion criteria: Students in the age group of 12 to 14 years.

Sample size: 78 adolescent girls

Data Collection Method

Formal permission from principal of the school and the informed consent from students were obtained. Back ground variables were collected from the students. Rating scale on emotional intelligence was used to collect the data. Elements of emotional intelligence like self awareness, self regulation, motivation, empathy and social skills were assessed.

Data Analysis

Data was analysed by descriptive and inferential statistics. Descriptive statistics (frequency, percentage, mean and standard deviation) and inferential statistics chi square was used to assess the association between emotional intelligence and demographic variables.

4. Data Analysis and Interpretation

The findings are arranged in the following sections

- 1) Distribution of demographic variables
- 2) Distribution of emotional intelligence
- 3) Association of emotional intelligence and selected demographic variables

Table 1: Distribution of adolescent girls according to demographic variables (n=78)

Demographic variables	N	%
Age(in years)		
12	23	29
13	35	45
14	20	26
Occupation of the father		
Private employee	38	49
Government employee	11	14
Self employed	15	19
unemployed	1	1
others	13	17
Occupation of the mother		
Private employee	34	43
Government employee	6	8
Self employed	10	13
unemployed	27	35
others	1	1
Siblings		
0	16	21
1	44	56
2	17	22
3	1	1

Table 2: Distribution of emotional intelligence among adolescent girls (n=78)

Level of EI	Frequency	percentage
Good	9	56
Average	25	32
poor	44	12

Table 3: Distribution of elements of emotional intelligence among adolescent girls(n=78)

Elements	good		Average		poor	
	f	%	f	%	f	%
Self awareness	8	10	25	32	45	58
Self regulation	7	9	28	36	43	55
Motivation	10	13	20	26	48	62
Empathy	12	15	30	38	34	44
Social skills	7	9	30	38	41	53

5. Results

Regarding over all emotional intelligence,56%of the students had poor emotional intelligence,32% of the students were having average emotional intelligence. Twelve percent were having good emotional intelligence. There was significant association between number of siblings, mother's occupation and emotional intelligence.

6. Conclusion

The result indicated that more students were having poor emotional intelligence, instructional module on emotional intelligence was given to enhance emotional intelligence. Emotional intelligence enables the adolescent to develop very good interpersonal relationships and to have better social support. It is a highly desirable and personally valuable attribute to possess. Through life skills training and scientific guidance, we can improve the emotional intelligence of adolescents and thus we can lead them towards a very successful future life.

References

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