

The Role of Emotional Intelligence in Coping with Stress among Youth

Elvira Pereira

Assistant Professor, Department of Psychology, Rosary College of Commerce and Arts, Navelim Salcete Goa, India

Abstract: *Today's young people deal with Stress and pressure each day. Those who lack the skills to deal with these Stresses have a higher chance of acting out due to a lack of mental well-being. Having Emotional Intelligence skills affects both their outlook and attitude. It can also help get rid of anxiety, help them deal with mood swings and avoid depression. Adolescents who are academically brilliant may sometimes be socially and interpersonally inept. Despite possessing a high IQ, success may not automatically follow. High Emotional Intelligence will definitely help an adolescent to reduce Stress by decreasing conflict, improving relationships and understanding. This study aims to explore the link between emotional intelligence and the ability to cope with stress. Emotional Intelligence Scale by Prof. Roquiya Zainuddin and Anjum Ahmed and Stress Scale (International Stress Management Association, UK.) was used. Results indicate that males were more Emotionally Intelligent than females. The results also point out that there is no significant difference in the level of stress experienced by males and females and that there is a positive correlation between emotional intelligence and the ability to cope with stress. The results also reveal that there is no significant difference in the Emotional Intelligence and the stress experienced across different religions.*

Keywords: Emotional Intelligence, Stress, Adolescents

1. Introduction

Emotional Intelligence plays a critical role in every aspect of the quality of our professional and personal existence. While technology can aid us in learning and mastering information, it's mastering Emotional Intelligence where we learn to manage and master our emotions. (Goleman, 1995)

2. Need of Emotional Intelligence for Adolescents

Adolescents who are academically brilliant may sometimes be socially and interpersonally inept. Despite possessing a high IQ, success may not automatically follow. But by increasing the emotional quotients, the adolescents can become more productive and successful at what they do and they can also help others to become more productive and successful too (Goleman, 1995). High Emotional Intelligence will definitely help an adolescent to reduce Stress by decreasing conflict, improving relationships and understanding

Many psychologists have agreed that a person's level of Emotional Intelligence, their EQ, is in many cases, more important than their IQ. Experts discovered that a person's EQ is not only a more efficient predictor of the quality of potential relationships, but also an effective predictor for success and overall happiness.

One's level of Emotional Intelligence is their ability to understand and recognize their own emotions and reactions. In essence, it's their level of self-awareness. To be able to control, manage and adapt their mood, emotions and responses through self-management. Having the skills to motivate themselves through emotions and then take the appropriate actions to commit and follow through, is a learned skill.

It is also 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. (Goleman, 1995)

3. Significance of the study

- 1) Findings of the study will provide an insight into the link between Emotional Intelligence and the ability to deal with Stress among youth.
- 2) Through the study we will be able to examine gender difference in Emotional Intelligence.
- 3) Through the study we will be able to examine gender difference in stress among youth.
- 4) The findings of the study will help us to find out if there are gender differences in emotional intelligence as a function of religion.
- 5) The findings of the study will help us to find out if there are gender differences in stress experienced by youth as a function of religion.

4. Problem

To study the differences in Emotional Intelligence among males and females and the ability to deal with Stress as a function of religion.

Objectives

- 1) To examine the relationship between Emotional Intelligence and stress among youth.
- 2) To study significant gender differences in Emotional Intelligence among youth.
- 3) To analyze significant gender differences in stress experienced among youth.
- 4) To assess gender differences in Emotional Intelligence among youth.
- 5) as a function of religion.

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6) To study gender differences in Stress experienced by youth as a function of religion

Hypothesis:

- H1: There exists a positive correlation between Emotional Intelligence and Stress among youth.
- H2: There exists significant gender differences in Emotional Intelligence among youth.
- H3: There exists significant gender differences in stress experienced among youth.
- H4: There exists significant gender differences in Emotional Intelligence among youth as a function of religion.
- H5: There exist significant gender differences in Stress experienced by youth as a function of religion.

5. Methodology

Sample: The method of sampling was convenient sampling. The Total sample was 120.

Sex	Religion		
	Muslims	Hindus	Catholics
Males	20	20	20
Females	20	20	20

Tools

For measuring the Emotional Intelligence, Emotional Intelligence scale by Zainuddin and Ahmed was used. The scale consisted 30 items of Emotional Intelligence each wherein the student had to tick mark which ever option is applicable to them. There is no right or wrong answer.

To measure the Stress levels among students, the Stress Scale (International Stress Management Association UK) was used. The scale consists of 20 items each to be scored on a 4 point rating scale ranging from Always, Frequently, Sometimes, and Rarely. There is no right or wrong answer. The item is almost related to all the relevant components of Stress.

Procedure

Before administrating the test rapport was established with the subject and a brief explanation was given regarding the purpose of conducting the study. Emotional Intelligence Scale and the Stress Scale were administrated to the subjects and were requested to fill in the questionnaire.

6. Results & Discussion

Table 1: Indicating correlation of Emotional Intelligence and Stress among males and females

Sex	Correlation EI and Stress
Male	0.23
Female	0.18

Table 2: Indicates the raw score on Emotional Intelligence and Stress of males and females.

Gender	N	Emotional Intelligence		t-test	Stress		t-test
		Mean	S.D		Mean	S.D	
Male	60	67.46	6.26	2.64	68.78	4.67	1.3
Female	60	48.16	6.57		47.33	7.38	

Table 3: Indicates the raw scores, SD, t value on Emotional Intelligence across different religions.

Religion	Gender	n	Mean	SD	t-value
Muslims	Males	20	64.45	5.67	0.01
	Females	20	68.75	4.51	
Hindu	Males	20	67.25	5.65	0.15
	Females	20	69.05	5.54	
Christians	Males	20	70.7	6.07	0.09
	Females	20	68.55	4.07	

Table 4: Indicates the raw score of Stress of males and females across different religions.

Religion	Gender	n	Mean	SD	t-value
Muslims	Males	20	47.65	7.88	0.03
	Females	20	46.5	8.87	
Hindus	Males	20	46.15	5.51	0.18
	Females	20	48.2	8.5	
Christians	Males	20	50.7	5.52	0.01
	Females	20	47.3	4.1	

H1: There exists a positive correlation between Emotional Intelligence and Stress among youth.

The correlation coefficient for Emotional Intelligence and Stress for males and females was found to be 0.23 and 0.18 respectively which indicates that there is positive weak correlation. According Goleman (1995), Emotional Intelligence is tied to the ability to manage Stress and has a powerful impact on overall wellness. It is awareness of emotional state and their reactions to various situations that one can learn to manage Stress and maintain good health.

H2: There exists significant gender differences in Emotional Intelligence among youth.

This study found that there is a significant difference in Emotional Intelligence of males and females. The t-value is 2.64 is significant at 0.01 level. Men, tend to process their emotions inwardly. Also, men do not get carried away by emotions, instead they believe in solving their problems by themselves and not gaining sympathy by sharing their problem with others (Goleman, 1995). Male adolescents divert their mind towards positive behavior like that of playing outdoors to handle their battle of stress in their heads. The results obtained are similar to the findings from the study conducted by Mishra and Ranjan (2008). The results showed that adolescent boys and girls differ significantly on Emotional Intelligence and boys were found to be significantly higher on Emotional Intelligence than the girls.

H3: There exists a significant gender difference in stress experienced among youth.

Based on this study it is found that there is no significant difference in stress between males and females. The t-value is 1.30 is insignificant at 0.01 level. Research otherwise indicate that women are twice as vulnerable to stress as men because of greater sensitivity to a substance produced at times of anxiety compared to men, women experience much more fluctuations in hormone levels that are associated with symptoms of depression. Women tend to be more involved in personal relationships than men and suffer more when they are disturbed. (Coleman, 1993)

H4: There exists significant gender differences in Emotional Intelligence among youth as a function of religion. This study indicates that there is no significant difference in Emotional Intelligence of Muslim males and females. The t-value is 0.01 is insignificant at 0.01 level. But there is a difference in the mean for Muslim males and Muslim females. For Muslim males the mean was 64.45 and for Muslim females the mean was 68.75. For Hindus, the t-value is 0.158 is also less at 0.01 level. However there is a difference in the means, for Hindu males and females the mean was 67.25 and 69.05 respectively. Lastly, for Catholics the t-value is 0.09 is insignificant at 0.01 levels. But there is also a difference in the mean for Catholics males and Catholics females. For Catholics males the mean was 70.7 and for Catholics females the mean was 68.55. Considering the averages, we can conclude that there are differences in Emotional Intelligence as a function of religion. The results indicate that Muslim males are the lowest on Emotional Intelligence followed by Hindu males and then Christian males with a small margin. (Mean=64.45, Mean=67.25, Mean=70.7 respectively). Whereas Muslim and Hindu females are high on Emotional Intelligence as compared to Christian females. (Mean=68.75, Mean= 69.05, Mean=68.55 respectively).

H5: There exist significant gender differences in Stress experienced by youth as a function of religion.

The findings of this study indicate that there is no significant difference in Stress experienced by Muslim males and Muslim females. The t-value is 0.03 is insignificant at 0.01 level. But there is a difference in the mean for Muslim males and Muslim females. For Muslim males the mean was 47.65 and the mean for Muslim females it was 46.5. For Hindus, the t-value is 0.18 is insignificant at 0.01 level. However there is also a difference in the mean of stress for Hindu males and Hindu females. Which is 46.15 and 48.2 respectively. For Catholics, the t-value 0.01 is also insignificant at 0.01 level. But there is also a difference in the means. For Christian males the mean is 50.7 and for Catholics females it was 47.3. Stress levels are high for Christian males followed by Muslim males and then Hindu males. (Mean=50.7, Mean=47.65, Mean=46.15 respectively). But while considering females we can see that Hindu females have highest Stress levels, with Christian females being second and finally Muslim females. (Mean=48.2, Mean= 47.3, Mean= 46.5 respectively). Stress is a *relational* concept. It is a person–environment transaction: cognitive appraisal and coping (Khokhar, 2003).

7. Conclusion

The finding of this study leads to the following conclusions. That there is a positive correlation between Emotional Intelligence and stress. Males are more Emotionally Intelligent than females. Women are more prone to talk about what they are thinking and feeling and to demonstrate how they are feeling with their tears, facial expressions; hand gestures and body language. Many women seem to be more comfortable figuring out how they feel by talking through it (Baron & Misra 2014).

On the basis of these results it can also be concluded that there is no significant difference in the Stress experienced by

males and females. Although adolescent girls are more prone to Stress. Academic pressure, distorted interpersonal relationship, parental neglect and other factors act as precursor to Stress among adolescents (Khokhar, 2003). The findings also reveal that there is no significant gender differences in Emotional Intelligence and stress as a function of religion. Emotional Intelligence plays a critical role in every aspect of the quality of our professional and personal existence (Goleman, 1995).

8. Limitations of Study

- The sample taken for research study was small in size.
- The choice of sample is restricted to South Goa.

9. Future Scope

A larger sample size can be taken and more variables can be studied.

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