

# Altruism among Adolescents in Relation to Emotional Intelligence

Dr. Suprerna Khanna

BCM College of Education, Ludhiana, India

**Abstract:** *Altruism among adolescents in relation to emotional intelligence is a study which was done on 100 adolescents of Ludhiana. Altruism is a social and interpersonal construct related to various types of prosocially behaviour. Altruism is the principle and moral practice of concern for happiness of other human beings or animals, resulting in a quality of life both material and spiritual. emotional Intelligence as self-awareness and self-honesty, knowledge about causes of emotions, self-regulation and modulation of one's emotions, empathy, motivation and good decision-making ability to analyze and understand relationships, intuitiveness, creative and flexible thinking, integrated self and a balanced life. Altruism scale by S.N. Rai & Sanwat Singh (2004) & Emotional Intelligence Scale by Dr. Ankool Hyde, Dr. Sanjyot Pethe & Dr. Upinder Dhar(2001) The results indicate no significant difference exists between Altruism of male and female adolescents. A significant difference exists between mean scores of Emotional Intelligence of male and female adolescents. since mean scores of Emotional Intelligence of female adolescents is higher than that of male, it may further be concluded that female have more Emotional Intelligence as compared to their counterpart. There exists a significant relationship between Altruism and Emotional Intelligence of male adolescents. There exists a significant relationship between Altruism and Emotional Intelligence of female adolescents.*

**Keywords:** Altruism, Emotional Intelligence, Behaviour, Self-regulation, Adolescents

## 1. Introduction

Altruism is a social and interpersonal construct related to various types of prosocially behaviour. While its definition varies depending on the discipline, altruism is often defined as an action that is done with the intention of helping another. Altruism is the principle and moral practice of concern for happiness of other human beings or animals, resulting in a quality of life both material and spiritual. It is a traditional virtue in many cultures and a core aspect of various religious traditions and secular worldviews, though the concept of "others" toward whom concern should be directed can vary among cultures and religions.

### Altruism

Bryan and Test (1967) defined Altruism as —those acts wherein individual sharing of sacrifice is a positive reinforce for no apparent, social or material gain.

Midlarky (1968) defined altruism as 'to be a sub-category of aiding referring to help action which incur some cost to the individual but bring either very little or nothing by way of gain, relative to the magnitude of the investment'

Macaulay and Berkowitz's (1970) defined conceptualized altruism as the —behaviour carried out to benefit another without anticipating rewards from external sources.

Cohen (1972) defined Altruism as an essential condition of behaviour.

### Emotional Intelligence

Emotionally intelligent person demonstrates the competencies of self-awareness self-management, social awareness and social skills at appropriate times and use them effectively in each and every situation ways in sufficient frequency to be effective in the situation. It knows, what feelings are, awareness of strength and weaknesses and

using feelings rationally to make decisions, it is must for self-development. It keeps us motivated and remaining hopeful and optimistic when we face obstacles in meeting our goals. 'Thorndike (1920) characterized social intelligence as "the ability to understand and manage men and women, girls and boys - to act wisely in human relations"(Thorndike1920). In his book Frames of Mind (1983), Gardner associated Interpersonal intelligence as "the ability to understand what motivates people to do work and how to work cooperatively with them"

Dunn (2003) defined emotional Intelligence as self-awareness and self-honesty, knowledge about causes of emotions, self-regulation and modulation of one's emotions, empathy, motivation and good decision-making ability to analyze and understand relationships, intuitiveness, creative and flexible thinking, integrated self and a balanced life.

Low, Lomax, Jackson, and Nelson (2004) defined emotional intelligence (EI) as a learned ability to identify experience, understand, and express human emotions in healthy and productive ways.

Rouven Bar (2006) defined emotional Intelligence as being concerned with effectively understanding oneself and others, relating well to people and adapting to add coping with immediate surroundings to be more successful in dealing with environment demands.

According to Golis Chris (2009) defined emotional intelligence (EQ) is achieving Self- and Social Mastery by being smart with core emotions.

## 2. Review literature of Altruism

Hubber and MacDonald (2011) conducted a study to find out the relations between altruism, empathy and spirituality and sample of 186 universities was taken. The result indicated that altruism and empathy were related to each

other and association of the both to spirituality was complex and multi-directional. Particularly, there were a significant positive relation of empathy to non-religious spiritual cognitions, religiousness and spiritual experiences and negative association with existential well-being. Their study also showed that there was a strong relation between altruism and spiritual experiences succeeded by spiritual cognitions. Non-religious spiritual cognitions and spiritual experiences were the most potent altruism and spiritual cognition had an indirect effect on altruism through predictor of both empathy and altruism respectively.

Drebera, Essenb and Ranehillc (2012) conducted the study on gender difference in preference for altruism, risk and competition among adolescents in Sweden and found that boys were less altruistic and more risk taking than girls. No gender gap was noticed when performance under non-competition being compared with that under competition in either a verbal or a mathematical task. In case of competition in verbal task boys and girls were equally likely to self-select, but boys were significantly more likely than girls in the case of choosing math competition and noticed that the gender gap decreased to be in-significant when relative performance beliefs were controlled by themselves thereby implying some of the gender gap in their sample not to be due to competition preferences.

Mandal and Mehera (2016) conducted a study to find out the relationship between altruism and interest in literature of the students at Higher Secondary level. 800 higher secondary students from rural and urban were taken for the study. The result indicates a significant positive relationship was found between altruism and interest in literature. The study also revealed that girl students were more altruistic and interested in literature compared to boy students. Urban students reported more altruism and interest in literature than their rural counterparts. Altruism could be predicted from the scores of interest in literature.

### 2.1 Review literature of Emotional Intelligence

Khan and Hassan (2012) conducted a study on the emotional intelligence of children of working and nonworking mothers. Sample of the study comprised of 100 children (50 children of working mothers and 50 children of non-working mothers) selected randomly from all Govt. High and Higher Secondary Schools of zone Shopian. Emotional intelligence scale by Hyde et al was employed for collection of data and t- test was used for analysis of data. The Results of the study highlight that children of non-working mothers are more emotionally intelligent than children of working mothers. Children of working and non-working mothers show significant difference in self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development and altruistic behaviour. Children of non -working mothers have been found clear in their priorities, pay more attention to the worries and concerns of others. They can handle conflicts around them more intelligently than the children of working mothers. No significant difference was found in value orientation and commitment between children of working and non-working mothers.

Chawla et al. (2011) conducted a study on Emotional Intelligence and Scholastic Achievement. The sample consists of 180 students of 10+1 grade of commerce in two English medium senior secondary schools of Punjab district. Emotional intelligence and academic achievement, there was insignificant negative correlation between general intelligence and emotional intelligence among high scores and low scores.

Rani (2011) conducted a study on emotional intelligence for visually disabled students studying in integrated and segregated school setting and find out its impact on their academic achievement. The sample was taken from integrated and segregated schools located in Delhi. Results of the study revealed that integrated visually disabled students are emotionally more intelligent than their counterparts in segregate schools. Similar results have been obtained for academic achievement. Correlation between emotional intelligence and academic achievement was found significant in both the settings. Investigator concluded that the type of school setting has a significant impact on the emotional intelligence and academic achievement of visually disabled students.

### 2.2 Review literature of Altruism and Emotional Intelligence

Pokorski et al. (2013) in their study "Altruistic Aptitude: Age Dependent Influence of Temperament and Emotional Intelligence" examined the distinct dimensions of temperament and emotional intelligence and their associations with the level of pro-altruistic aptitude in two distant age-groups, young (20-29 years) and senior (60-79 years) persons. The result indicated that there was a strong relation between the emotional intelligence and the altruistic behaviour of both young and senior subjects though there was a general decrease in the characteristics of emotional intelligence of senior group. The author proved that high emotional intelligence can be used as a good predictor of altruistic aptitude of a person. Another investigation was done by Muzamil Jan et al. (2013) to assess the emotional intelligence among girls studying in professional colleges in the Kashmir region. The results indicated that majority of girls had high self-awareness with medium level of empathy. It was also observed that girls had high self-motivation with their medium level of emotional stability. Majority of girls had high level of self- development but their value orientation was found to be medium level. The author also showed that commitment and altruistic behaviour among girls was at medium level but self- esteem among girls was observed at high level.

Mandal M.B. and Mehera, C. (2016) investigated on relationship between altruism and interest in literature of the students at higher secondary level. They obtained that the girl students were more altruistic and more interested in literature than boy students. But, altruism and interest in literature of urban students were higher than those of rural students. They also obtained the positive co-relation between altruism and interest in literature and on the basis of this co-relation they worked out a regression equation which indicated that interest in literature could be used as a predictor of altruism.

### 2.3 Need of Study

In present era of over competition and materialism, Altruism is taken as a trait of the yester years. Everyone is busy in getting more and more comforts. The tendency to help others without any expectation is the thing of the past. The future of society is in the hands of adolescents so it becomes important for us to know whether our adolescents are developed with Altruism. It is of utmost importance that our adolescents inculcate this value. Emotional Intelligence is another construct which is needed at adolescence so that they do not waste their energy in dealing with emotions. Using emotional intelligence (EI) to predict altruistic tendencies can be beneficial in creating a more harmonious society. Altruism tends to occur when people take the time to notice and interpret the emotions of others. Higher emotional intelligence is associated with the knowledge and willingness to engage in altruistic acts. The level of EI influences the presence and degree of altruism. The researchers done by Rashmi Sharma & Sushil (2010), Ojha & Mishra (2014), Hing Keung (2005), John Thomas Huber & Douglas A MacDonald (2012), on Altruism indicate the relationship between Altruism and Empathy, Altruism and spirituality. The researches done by Petrides K. V. Adrain (2000), Katyal, S. & Awasthi, E. (2005), Mandal and Mehera (2017), Anna Drebera (2012), Thomas Huber et al. (2012), Hyun Jung Lee (2013) indicate gender differences on Emotional Intelligence. The researcher felt the need to find the relationship between Altruism and Emotional Intelligence. The researcher is interested in studying gender differences on these variables..

Modernization and urbanization have some great impacts on our lives especially on the lives of adolescents. There is a trend of keen unhealthy competition among the adolescents to acquire the most of the amenities of life. In doing so, they are growing as a machine with no emotion and feeling. They are being involved more in scoring marks and seeking jobs in the competitive markets by hook and crook. It is frequently observed that moral values are gradually being deteriorated. As the objectives of school education are being confined in ascertaining the students' successful academic achievements, the moral development of the students is getting sloth. The parents and teachers are rarely viewed to be the role models to influence the adolescents to foster the altruistic behaviours. The life histories of great men and their preaches are not discussed with proper weightage in schools. Thus, the present era become competitive and materialistic, Altruism is taken as a trait of the yester years. Everyone is busy in getting more and more comforts. The tendency to help others without any expectation is the thing of the past. The future of society is in the hands of adolescents so it becomes important for us to know whether our adolescents are developed with Altruism. It is of utmost importance that our adolescents inculcate this value. Emotional Intelligence is another construct which is needed at adolescence so that they do not waste their energy in dealing with emotions. Using emotional intelligence (EI) to predict altruistic tendencies can be beneficial in creating a more harmonious society. Altruism tends to occur when people take the time to notice and interpret the emotions of others. Higher emotional intelligence is associated with the knowledge and willingness to engage in altruistic acts. The

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### 2.4 Objectives of the Study

- 1) To study Altruism of male and female adolescent.
- 2) To study Emotional Intelligence of male and female adolescent.
- 3) To study the relationship between Altruism and Emotional Intelligence of male and female adolescent.

### Hypotheses

- 1) There exists no significant difference in Altruism of male and female adolescents.
- 2) There exists no significant difference in Emotional Intelligence of male and female adolescents.
- 3) There exists no significant relationship between Altruism and Emotional Intelligence of male and female adolescents.

### Tools to be used

- 1) Altruism scale by S.N. Rai & Sanwat Singh (2004)
- Emotional Intelligence Scale by Dr. Ankool Hyde, Dr. Sanjyot Pethe & Dr. Upinder Dhar (2001)

### Delimitations of the study

- 1) The sample will be delimited to 100 adolescents of Ludhiana city only.
- 2) It will be confined to 50 male and 50 female adolescent.

### Statistical techniques to be used

- 1) Descriptions of the scores are to be presented in terms of the frequency distribution, mean, median, mode, S.D., skewness and kurtosis.
- 2) For comparison, t-ratio has been calculated.
- 3) Correlation was computed by using Product moment correlation

## 3. Results

### Significance of Difference of Means

To investigate the significance of difference between the means, t-test was employed.

**Table 1:** Significance of Difference between Mean scores of Altruism of male and female adolescents (N=100)

S. No.	Group	N	M	S.D	SE <sub>D</sub>	t-value
1.	Altruism of male adolescents	50	44.22	7.11	1.05	1.38
2.	Altruism of female adolescents	50	45.9	4.94	0.69	

Table 1 revealed that

The mean scores of Altruism of Male and Female adolescents are 44.22 and 45.9 respectively and their standard deviation as 7.11 and 4.94 respectively. The t-ratio is 1.38 with  $d_f = 98$  which is not significant at 0.05 level of

confidence. This revealed that no significant difference exists in scores of Altruism of Male and Female adolescents. Therefore the hypothesis 1 stating that there exists no significant difference in Altruism of male and female adolescents stands accepted.

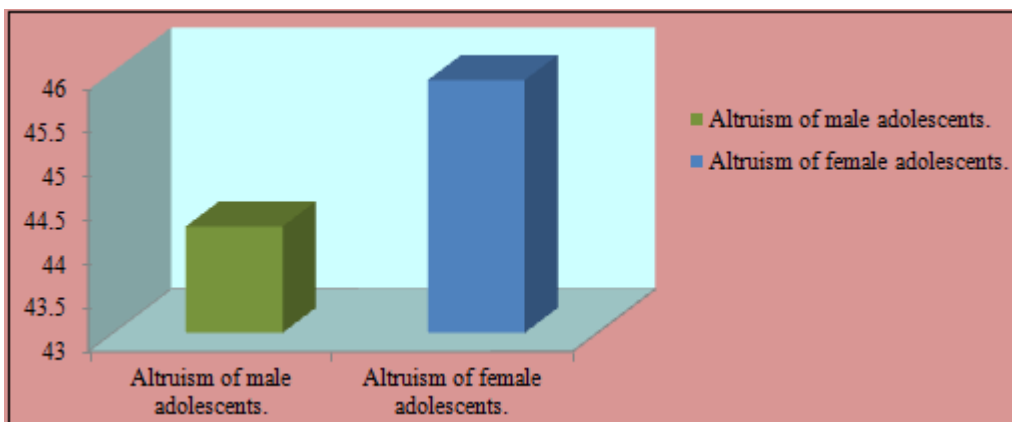


Figure 1: Bar Graph showing Difference between Mean scores of Altruism of male and female adolescents (N=50)

Table 2: Significance of Difference between Mean scores of Emotional Intelligence of male and female adolescents. (N=50)

S. No.	Group	N	M	S.D	SE <sub>D</sub>	t-value
1.	Emotional Intelligence of male adolescents.	50	134.64	12.49	1.77	2.38*
2.	Emotional Intelligence of female adolescents.	50	140.16	11.35	1.60	

\*Significant at 0.05 level

Table 2 revealed that the mean scores of Emotional Intelligence of male and female adolescents are 134.64 and 140.16 respectively and their standard deviation as 12.49 and 11.35 respectively. The t-ratio is 2.38 with  $d_f = 98$  which is significant at 0.05 level of confidence. This revealed that a significant difference exists in Emotional Intelligence of male and female adolescents. Therefore the hypothesis 2 stating that there exists no significant difference in Emotional Intelligence of male and female adolescents stands rejected.

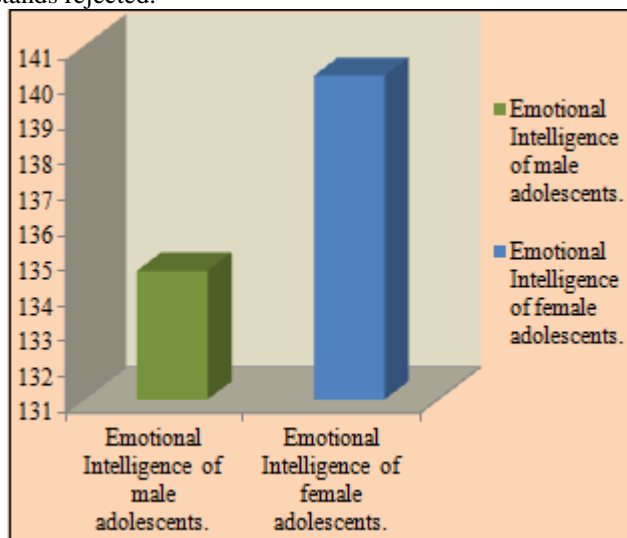


Figure 2: Bar Graph showing Difference between Mean scores of Emotional Intelligence of male and female adolescents. (N=50)

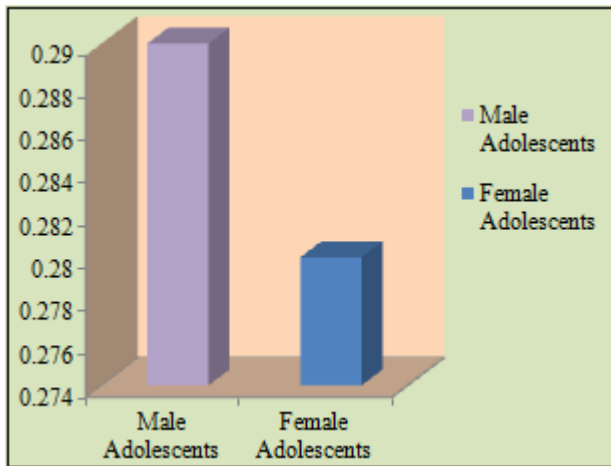
Table 3: Coefficient of Correlation between relationship between Altruism and Emotional Intelligence of male and female adolescents, (N=50)

Categories	N	R
Male Adolescents	50	0.29*
Female Adolescents	50	0.28*

\* Significant at 0.05 level

Table 3 shows that

- The coefficient of correlation between Altruism and Emotional Intelligence of male adolescents as 0.29 which is significant at 0.05 level of confidence which shows that there exists a significant relationship between Altruism and Emotional Intelligence of male adolescents. Therefore the hypothesis 3(a) stating that there exists no significant relationship between Altruism and Emotional Intelligence of male adolescents stands rejected.
- The coefficient of correlation between Altruism and Emotional Intelligence of female adolescents as 0.28 which is significant at 0.05 level of confidence which shows that there exists a significant relationship between Altruism and Emotional Intelligence of female adolescents. Therefore the hypothesis 3(b) stating that there exists no significant relationship between Altruism and Emotional Intelligence of female adolescents stands rejected.



**Figure 3** Showing Coefficient of Correlation between relationship between Altruism and Emotional Intelligence of male and female adolescents.(N=50)

#### 4. Conclusions

The results indicate that

- 1) No significant difference exists between Altruism of male and female adolescents.
- 2) A significant difference exists between mean scores of Emotional Intelligence of male and female adolescents. since mean scores of Emotional Intelligence of female adolescents is higher than that of male, it may further be concluded that female have more Emotional Intelligence as compared to their counterpart.
- 3) There exists a significant relationship between Altruism and Emotional Intelligence of male adolescents.
- 4) There exists a significant relationship between Altruism and Emotional Intelligence of female adolescents.

Further since all the coefficients of correlation between Altruism and Emotional Intelligence of female adolescents came out to be positive, it indicates that Emotional Intelligence has positive impact on Altruism.

#### 5. Educational Implications

- 1) There is need to have such programme in school which are well-planned formulated, appropriate and purposeful, will certainly reinforce maintain and extend altruistic value in students.
- 2) The teacher who wants to develop the selflessness thinking in students must use reinforcement for his helping altitude.
- 3) Teacher and Guidance personal should help the students in their adjustment, selection of an educational and vocational courses commiserate with their altruistic value pattern.
- 4) Change in curriculum can be made accordingly to promote the helping altitude of students and their selfless thinking.
- 5) Parents should know the value pattern of their children and they should praise for their children's Helping Nature.

#### 6. Suggestions for further research

The more one probes the problem, the more one scans the reading material, the more one meets the people, the greater are the possibilities of the problem being studied from still more different angles. As applying the reserve gears all the times does not lead one to the destination. So, here in the field of research also the researchers cannot afford to start a new every time of fresh thought comes to the mind. The present research is therefore not only a step towards understanding Altruism and Emotional Intelligence among adolescent children, but the researcher is of strong conviction that more research studies should be taken up to give a better direction to the young children as such some related problems can be taken for further research presented as below:

- 1) The present study was conducted on a sample of 100 secondary school adolescents. A Similar study can be conducted on a large sample for broader generalization.
- 2) The present investigation was confined to Ludhiana. A similar study can be conducted in other districts and cities of India.
- 3) Present investigation may be replicated without control-experimental situation on the students identified as the persons who originally have performed many altruistic activities in the society and findings of such replicated studies may be compared with those of the general students.
- 4) The study has brought forward the fact that the majority of the schools had controlled type of school organizational climate and creates the effective teachers.
- 5) A more extensive study based on the present study can help to make professional development plans that target specifics rather than generalities.
- 6) As a group, teacher will understand how to interact and behave with the fellow teachers and how they can engage themselves in renewing and reforming the school.
- 7) The study is a useful guide for the budding and the aspiring teachers. It will let them understand that teaching profession is not just about delivering the course material to the students but it is a systematic approach to develop those skills which help in to prepare, plan and organize the teaching in accordance with the need of the pupils.

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