

A Study to Assess Emotional Intelligence Among Late Adolescents in Selected Colleges of Pune City

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Abstract

Introduction: Emotional intelligence is the ability to understand, use, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps to build stronger relationships, succeed at school, work and personal goals. This virtue holds a very important place in the lives of late adolescents. **Title:** The study revolves around assessing the emotional intelligence among late adolescents in selected colleges of Pune city. **Objectives:** The main objectives of the study were to assess the level of emotional intelligence and to associate the findings with selected demographic variables. **Methodology:** The present study is a non experimental descriptive research study. The sample size is 200. The samples were chosen by using non probability, purposive sampling technique. Data was collected using demographic profile and standard tool. Emotional intelligence is assessed using TEIQue - SF. It is a standard tool developed by Dr. K.V Petrides. Data analysis was done using descriptive statistics. **Results:** The findings revealed that 62.50% of late adolescents have high emotional intelligence and 37.50% have average emotional intelligence with a mean value of 124.9 and standard deviation of 62.91. There is an association related to the level of emotional intelligence with age and education. **Conclusion:** The study helps to understand and reduce the gap between late adolescents and emotional intelligence in their diurnal life by assessing the levels of emotional intelligence and exploring factors that may impact emotional intelligence during this important experimental stage. It also aims at gaining an insight into the emotional intelligence quotient of late adolescents. This research will help to contribute to the existing body of knowledge on how emotional intelligence influences the development and decision making skills of late adolescents.

Keywords: Assess, Emotional Intelligence, Late Adolescents

Introduction

Emotional intelligence alludes to the capabilities of an person to fete, get it, and oversee their claim passions, and the passions of others around the individual. It incorporates capacities similar as tone - mindfulness, tone regulation, compassion and social aptitudes. Enthusiastic perceptivity plays a critical part in different angles of life, which includes academics, social connections, mental well being and general well-being of the individual.

Late adolescence, substantially includes ages from 18 to 21, it is a pivotal experimental stage characterized by identity disquisition, increased independence, and heightened peer influence. During this period, individuals go through significant life transitions, similar as entering advanced education, pursuing career pretensions, and forming more mature and stable interpersonal connections. Therefore, understanding emotional intelligence among late adolescents

is important as it can greatly impact their capability to acclimate to these transitions and changes and bloom in a different social and academic terrain.

Former studies have delved emotional intelligence among different age groups, including adolescents, but there is a lack of understanding on how emotional intelligence can specifically affect and develop during late adolescence. Due to the different challenges and openings linked with this experimental stage, it is important for us to understand the aspects of emotional intelligence in late adolescence and apply these findings and understandings in the intervention and coping mechanisms for late adolescents.

The study aims to understand and reduce the gap between late adolescents and emotional intelligence in their diurnal life by assessing the levels of emotional intelligence and exploring factors that may impact emotional intelligence during this important experimental stage. It also aims at gaining perceptivity into the emotional intelligence quotient of late adolescents. This research will help to contribute to the existing body of knowledge on how emotional intelligence influences the development and decision making skills of late adolescents.

Need for Study

Late adolescence represents a pivotal phase of human development characterized by significant cognitive, emotional, physical and social changes. By assessing emotional intelligence during this phase, precious perceptivity are gained on how individuals navigate and fester themselves to acclimatize to this transitional phase of life. Emotional intelligence has been associated with academic success and progress which includes better problem-solving skills, advanced situations of provocation, and bettered academic performance. Through the understanding of the parts of emotional intelligence in late adolescence educators and policymakers can make improved strategies to enhance literacy environments, tutoring ways, learning styles and can support pupils educational attainment.

Emotional intelligence influences the dept and understanding of interpersonal relations, quality of communication skills and conflict resolution capacities. Researching emotional intelligence among late adolescents can punctuate the factors that contribute to healthy social relationships and emotional well-being of an individual. There is a close association of emotional intelligence with mental health, such as reduced levels of anxiety, depression, and stress. Late adolescence is a period of increased vulnerability to mental health changes and challenges, therefore it is important to understand the defensive part of emotional intelligence against cerebral torture. By studying emotional intelligence among this age group, researchers can use informed interventions aimed at promoting bettered mental, social and physical well-being among late adolescents.

Due to the lack of awareness and understanding regarding Emotional Intelligence, the researchers have felt the need to assess emotional intelligence among late adolescents and provide an appropriate understanding on how emotional intelligence impacts the pivotal opinions made by the late adolescents. This study provides a deep understanding on how emotional intelligence can impact the mental aspects of late adolescents.

Aim of the Study

The aim of the study is to assess the emotional intelligence among late adolescents in selected colleges of Pune city.

Material and Method

The objectives of the study are:

To assess the emotional intelligence among late adolescents.

To relate the findings with selected demographic variables.

The research type is Quantitative. Research. The research design is Non - experimental descriptive research. Total 200 late adolescents were selected for data collection. A non-probability purposive sampling technique was used to collect data from the samples. Data was collected using demographic profile and standard tool. Emotional intelligence is assessed using TEIQue - SF. It is a standard tool developed by Dr. K.V Petrides. Data analysis was done using descriptive statistics. To test the reliability of the tool, test-retest method was used. Reliability value is calculated as 0.87. For pilot study, 20 samples participated from selected colleges of Pune city. They all were given the tool to assess their emotional intelligence. No problems were faced during pilot study.

Result

Result was divided into 4 sections

Section I

Deals with the analysis of demographic factors

Majority 39.50% adolescents are 20 years old, 35.50% are 21 years old, 20.50% are 19 years old, 4.50% are 18 years. 78% are males and 22% are females. Majority 55.50% are third year students, 31.50% are second year students, 7% are first year students and 6% are fourth year students. Majority 51% father's occupation is other, 23% is business, 14% is service and 12% is government employee. Majority 83.50% mother's occupation is housewife, 10% is others and 4% is service and 2.50% is government employee. Majority 76% adolescents are day scholars and 11.50% pay rent and 11.50% stay in hostel. Majority 66% adolescent's family income is between 1,20,000 - 5,00,000/-, 13% is between 5,00,001 - 10,00,000/-, 12% is more than 20,00,001 and 9% is between 10,00,001 - 20,00,000/-. Majority 60.50% adolescents have no information regarding emotional intelligence and 39.50% have information regarding emotional intelligence.

SECTION II

Standard Tool				
Level of Emotional Intelligence (Range)	Frequency	Percentage	Mean	SD
High emotional intelligence (210 - 140)	125	62.50%	66.6667	62.9152
Average emotional intelligence (139 - 70)	75	37.50%		
Low emotional intelligence (69 - 30)	0	0%		

Table 1: Deals with the analysis of level of emotional intelligence among emotional intelligence n=20

Interpretation

In Table 1, 62.50% of adolescents have high emotional intelligence and 37.50% have average emotional intelligence.

Mean value is 124.9. Standard deviation is 62.9153

Figure 1: Deals with the analysis of level of emotional intelligence among emotional intelligence. n=20

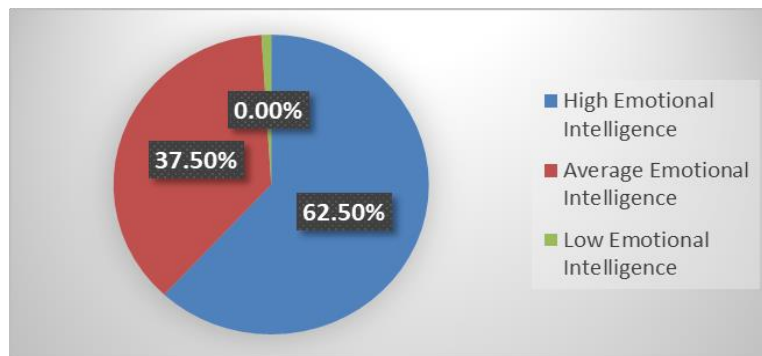


Figure 1: Percentage distribution based on the level of emotional intelligence

IN figure 1, 62.50% adolescents have high emotional intelligence and 37.50% have average emotional intelligence.

Section III

Deals with item analysis based on the tool used to assess emotional intelligence.

Total 30 statement were used for analysis of 200 samples. 100% responses were given by the participants. Majority 60 % responses were given in by the responses on statement “I feel that I have a number of good qualities”. Lowest 1.5% responses were given by the participants on “Generally, I'm able to adapt to new environments” and “Others admire me for being relaxed.”

Section IV:

Associated the level of emotional intelligence with demographic factors. There is an association related to the level of emotional intelligence with age and education and there is no any association between level of emotional intelligence, gender, occupation of father, occupation of mother, residence, family income and information regarding emotional intelligence at p value of 0.05 level significance.

Discussion

Emotional intelligence fosters strong leadership qualities, as leaders who are attuned to the emotions of their team members can inspire trust, motivate others, and foster a positive work environment. In essence, emotional intelligence serves as a catalyst for personal growth, fostering resilience, adaptability, and meaningful connections in both personal and professional spheres.

To bolster the need and relevance of the study some reviews were found to be apt.

First study: This study used quantitative, correlational research design. The research samples were chosen using purposive sampling method. The adolescent autonomy scale and the trait meta-mood scale-30 were the instruments employed. Study participants included 453 individuals between the ages of 18 and 21. The Bivariate Pearson correlation test results of the data analysis revealed a positive link between late teenage autonomy and perceived emotional intelligence. However, there was only a moderate association between the variables. The way in which these characteristics are exhibited suggests that teenagers' perceived emotional intelligence levels are positively correlated with their degree of autonomy. The study also demonstrates that teenagers' perceived emotional intelligence has a moderate degree of predictive power when it comes to their autonomy.

Second Study: This study used quantitative, correlational research design. The research was conducted to find the impact of depression on emotional intelligence among Indians in late adolescence. The research samples were chosen using purposive sampling method. The subjects of this research were Indians in the late adolescence. The sample size was 70. Once the data was collected, the correlation was evaluated using IBM SPSS Statistics v23x64. It was used to evaluate the effect of independent variable (depression) on dependent variable (emotional intelligence). The tool used to evaluate depression is Beck Depression Inventory (BDI)-II. The tool used to measure EI is Emotional Quotient Test.

The study shows a high negative correlation between depression and emotional intelligence, i.e. a person experiencing higher levels of depression would have lower emotional intelligence and vice versa.

Conclusion

In conclusion, this study highlights the importance of emotional intelligence among late adolescents and illustrates its positive relationship with various viewpoints of personal and social and mental well-being. Emotional intelligence plays a crucial role in the lives of late adolescents as they navigate the complexities of transitioning into adulthood. The discoveries highlight the presence of high emotional intelligence among majority of late adolescents and provides a scope of improving the same for others. Educators, parents, and policymakers should consider implementing interventions and programs aimed at enhancing emotional intelligence to support adolescent psychological resilience and interpersonal social relationships. Integrating strategies to develop emotional intelligence into educational curricula, organizational training programs, and personal development initiatives holds immense promise for creating more harmonious and thriving communities in the future. Moreover, this study will help other future research to dive deeper into specific factors influencing emotional intelligence development and explore effects on long-term outcomes such as academic achievement and mental health. Generally, contributing in the emotional intelligence of late adolescents holds guarantee for promoting individual as well as overall societal well-being. Emotional intelligence is indispensable for late adolescents as they transition into adulthood, empowering them to navigate the complexities of life with resilience, empathy, and integrity. Developing emotional intelligence during this formative stage sets the stage for personal growth, fulfillment, and success in various aspects of life.

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