

Relationship among Mental Health and Emotional Intelligence of College Students

J. A. Sardesai^{1*}, Dr. R. K. Adsul²

ABSTRACT

This Research Paper studies the relationship of mental health with emotional intelligence of college student. 60 participants (male=30 and female =30) were drawn from Arts & Science rural College affiliated to Shivaji University, Kolhapur. The data pertaining to mental health and Emotional Intelligence was collected through a Questionnaire Mithila Mental Health status inventory and Manual of Emotional Intelligence Scale consists of 50 and 100 items. Descriptive statistics namely Mean, SD and Correlation Coefficient was used for the analysis of obtained data. The results indicate that, Emotional Intelligence and its major factors, i.e. Intra-personal Awareness, Inter-personal Awareness, and Inter-personal Management were strongly and negative associated with Mental Health. But there was no such association found for the Intra-personal Management.

Keywords: *Emotional Intelligence, Mental Health*

Indian higher education system is one of the oldest with largest educational network in the world. The system has roots in the ancient India and in the past it enjoyed global reputation attracting students from across the world. The biggest challenge for any education system in India today is to use the knowledge and skill for benefit of self, society and nation.

Education is a cognitive process of good and healthy living. Education means the exposition of mans complete personality. Education has been defined by different people in different ways. The meaning of education has been changing according to people, place and times.

The many psychologist, social workers, educators and researchers are continuously search can enhance human resource development. For this purpose a person should be healthy because health is an indispensable quality in human being. The problem of the world health organization charter define health is a state of complete physical, mental and social well being, not merely the absence of disease or infirmity (Manopolis & Sarles, 1977)

¹ Assistant Professor, Department of Psychology, Shripatrao Chougule arts & Science College, Malwadi Kotoli, India

² Head, Department of Psychology, Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli, India

*[Responding Author](#)

Received: March 24, 2018; Revision Received: April 6, 2018; Accepted: May 20, 2018

Relationship among Mental Health and Emotional Intelligence of College Students

Mental Health is a crucial psychological factor with respect of human behavior. Available research evidence has demonstrated that mental health offers an opportunity for investigation as an attribute of human resource development.

Golman (1995) suggested the need of bring intelligence to emotions. Emotional Intelligence can people motivate themselves to priests in face of frustration, regulate their moods and keep distress from swamping their ability to think and empathize and hope.

Mayer and Salovey (2000) propose a four branch model of EI encompassing the following psychological process: Awareness of one's own and others emotions, ability's to monitor emotions and thus experts them appropriately ability to use emotions to facilitate thoughts and to guide selective attention ability to understand emotions ability to regulate emotions.

REVIEW OF LITERATURE:

Low & Nelson (1990) Emotional intelligence skills have close relationship to motivation and can be explained the gateway to learn all the life and gain to success. A lot of research shows that emotional intelligence skills are essential to each learner.

Goleman (1995) suggested the need to bring intelligence to emotion using emotional intelligence can people motive themselves to persists in face of frustration, regulate their mood and delay gratification, regulate their moods and keep distress from swamping their ability to think and empathize and hope.

Gupta and Kumar (2010) studied the relationship of mental health with emotional and self-efficacy among 200 (100 male and 100 female) college students from Kurukshetra University. The result indicates that emotional intelligence and self-efficacy are positively related with mental health. It also revealed that male students were better than female students in term of mental health, emotional intelligence and self –efficacy.

JUSTIFICATION OF STUDY:

We have to think very sinuously about Education in the 21st century. When we think about Kolhapur especially work done by Hon'ble Chh. Shahu Maharaj in the field of education remarkable. There were so many problems during that period even in the present time. Education is a big challenge.

When we think about Kolhapur District there have been so many challenges took place in primary to degree level education as far as nature and scope of the education is conceived. But quality of the education was not developing up to the expectations. When we think about arts, commerce and science college of Kolhapur city and colleges in rural area students are not sincerely thinking about career, they are in a confused.

Teachers of arts, commerce and Science College should constantly motivation, provide their guidance and give information about opportunity in the employment. Student should think

Relationship among Mental Health and Emotional Intelligence of College Students

about education quality and career then they decide their field. For better career students mental health is very important. Those students whose mental health is good they will definitely make their good career.

So in this research I decided to study of relationship among mental health, emotional intelligence and self concept of college student.

Statement of the Problem:

The main aim of the present study is to find out the relationship among Mental Health and Emotional Intelligence of College students.

Objectives:

Major objectives of the study could be as follow.

1. To examine the relationship of Mental Health with Emotional Intelligences of college students.

Hypotheses:

1. Intra-personal Awareness (own-emotions) and Mental Health will highly correlated with each other.
2. Inter-personal Awareness (others-emotions) and Mental Health will highly correlated with each other.
3. Intra-personal Management (own-emotions) and Mental Health will highly correlated with each other.
4. Inter-personal Management (others-emotions) and Mental Health will highly correlated with each other.
5. There will be significant and positive relationship between Mental Health and Emotional Intelligences.

METHOD:

Sample :

Sample of 60 senior college students from Kolhapur districts will be collected random sampling method. The age range of the students will be 18 -22 years. Male – female ratio will be kept 1:1.

Tools (standardized psychological Test):

Following standardized psychological test will be used to collect the data.

1. Mangal Emotional Intelligence Inventory (MEIT)

This inventory was constructed by Dr. S. K. Mangal and Mrs. Shubhra Mangal. Inventory consists of 100 statements, which identifies four areas of emotional intelligence. Reliability of the inventory was assessed through three different methods and it is ranging from 0.89 to 0.92. The validity for the inventory has been established by adopting two different approaches, namely factorial and criterion related approach, it was found adequate validity by both approaches.

Relationship among Mental Health and Emotional Intelligence of College Students

2. Mental Health Status Inventory:

This inventory was constructed by Anand Kumar and Giridhar P.Thakur Inventory consists of 50 statements, which identifies five areas of Mental Health. Reliability of the inventory was Spilt half 0. 81 to 0.90 & test retest 0.76 to 0.87

Variable under Study:

The following variables are employed in the present study

1. Mental Health
2. Emotional Intelligence

Research Design:

Correlation approach well be used for analyzing the data

Statistical Treatment of Data:

Data will be treated by descriptive statistics namely Mean, SD and product moment correlation.

INTERPRETATION OF RESULTS AND DISCUSSION:

Table No. 1 Mean, SD and Correlation value of Intra- Per. Awareness and Mental Health

Variables	N	Mean	SD	df	r	Sig.
Intra personal Awareness	60	15.08	3.49	58	-.351**	0.01 level
Mental Health	60	127.05	14.52			

Table no. 1 shows the descriptive statistics with regarding to Intrapersonal Awareness and Mental Health. The mean score of Intra personal Awareness was 15.08 with 3.49 SD and The mean score of Mental Health was 127.05 with 14.52 SD. The 'r' value for these variable was -0.35, this 'r' value is greater than needed value for significance; $r(58) = -0.351, p < 0.01$. That means Negative significant correlation was found between Intra personal Awareness and mental health. The value of correlation coefficient indicates that Intra personal Awareness is correlated significantly and negatively with mental health. Hence, the 1st hypothesis Intra-personal Awareness (own-emotions) and Mental Health will highly correlated with each other was accepted.

Table No.2 Mean, SD and Correlation value of Inter per. Awareness and Mental Health

Variables	N	Mean	SD	df	r	Sig.
Inter personal Awareness	60	13.98	3.33	58	-.352**	0.01 level
Mental Health	60	127.05	14.52			

Table no. 2 shows the descriptive statistics with regarding to Interpersonal Awareness and Mental Health. The mean score of Inter personal Awareness was 13.98 with 3.33 SD and The mean score of Mental Health was 127.05 with 14.52 SD. The 'r' value for these variable was -0.35, this 'r' value is greater than needed value for significance; $r(58) = -0.352, p < 0.01$. That means Negative significant correlation was found between Inter personal Awareness

Relationship among Mental Health and Emotional Intelligence of College Students

and mental health. The value of correlation coefficient indicates that Inter personal Awareness is correlated significantly and negatively with mental health. Hence, the 2nd hypothesis Inter-personal Awareness (others-emotions) and Mental Health will highly correlated with each other.

Table No.3 Mean, SD and Correlation value of Intra per. Management and Mental Health

Variables	N	Mean	SD	df	r	Sig.
Intra personal Management	60	17.43	3.00	58	-0.188	NS
Mental Health	60	127.05	14.52			

Table no 3 shows the descriptive statistics with regarding to Intra-personal Management and Mental Health. The mean score of Intra personal Management was 17.43 with 3.00 SD and The mean score of Mental Health was 127.05 with 14.52 SD. The 'r' value for these variable was -0.188, this 'r' value is less than minimum needed value for significance; $r(58) = -0.351$, $p > 0.05$. That means the association between these two variables do not found statistically significant for present study. The value of correlation coefficient indicates that Intra personal management do not associated with mental health. Hence, the 3rd hypothesis Intra-personal Management and Mental Health will highly correlated with each other was rejected. Hence, we can conclude that Intra- personal management was not significantly correlated with Mental Health.

Table No.4 Mean, SD and Correlation value of Inter per. Management and Mental Health

Variables	N	Mean	SD	df	r	Sig.
Inter personal Management	60	15.33	3.25	58	-.420**	0.01 level
Mental Health	60	127.05	14.52			

Table no 4 shows the descriptive statistics with regarding to Interpersonal Management and Mental Health. The mean score of Inter personal Management was 15.33 with 3.25 SD and The mean score of Mental Health was 127.05 with 14.52 SD. The 'r' value for these variable was -0.42, this 'r' value is greater than needed value for significance; $r(58) = -0.42$, $p < 0.01$. The value of correlation coefficient indicates that Inter personal Awareness is correlated significantly and negatively with mental health. Hence, the 4th hypothesis Inter-personal Management and Mental Health will highly correlated with each other. In other words we can conclude that Inter- Personal Management is negatively associated with Mental Health.

Table No.5 Mean, SD and Correlation value of Emotional Intelligence and Mental Health

Variables	N	Mean	SD	df	r	Sig.
Emotional Intelligence	60	62.70	9.91	58	-.304**	0.01 level
Mental Health	60	127.05	14.52			

Table no. 5 shows the descriptive statistics with regarding Emotional Intelligence and Mental Health. The mean score of Emotional Intelligence was 62.70 with 9.91 SD and the mean score of Mental Health was 127.05 with 14.52 SD. The 'r' value for these variable was -0.30,

Relationship among Mental Health and Emotional Intelligence of College Students

this 'r' value is greater than needed value for significance; $r(58) = -0.30, p < 0.01$. The value of correlation coefficient indicates that Emotional Intelligence is correlated significantly and negatively with mental health. Though, the correlation coefficient score was significant at 0.01 level of significance our hypothesis for the same set of variables, 'There will be significant and positive relationship between Mental Health and Emotional Intelligence' was rejected. In other words we can conclude that there was strongly negative correlation found between Emotional Intelligence and Mental Health in the present study.

CONCLUSION:

Emotional Intelligence and its major factors, i.e. Intra-personal Awareness, Inter-personal Awareness, and Inter-personal Management were strongly and negative associated with Mental Health. But there was no such association found for the Intra-personal Management.

DELIMITS:

The present study is delimited to:

1. A sample of 60 only.
2. Sample taken from Kolhapur city only

SUGGESTION FOR FURTHER STUDY:

1. A larger set of samples from Maharashtra maybe taken considering some more set of variables.
2. The sample of the present study was taken from the various colleges from the Kolhapur city; same study can be undertaken from other cities too.

REFERENCES:

- Adsul R. K. (2014). *Self concept of adolescents*. (1st Edi.). Varanasi: ABS Publication.
- Bar-on, R. (2000). *Emotional and Social Intelligence: Insight forms the emotional Intelligence Inventory*. (1st Edi.). San Francisco: Ca-Jossey Bass Publication.
- Garima Gupta & Sushu Kumar (2010) Mental Health in Relation to Emotional Intelligence & Self Concept efficacy among college student, *Journal of the Indian Academy of Applied Psychology*, 10(2), 21-25.
- Goleman, D. (1995), *Emotional Intelligence why it can mater more than IQ*. (1st Edi.). New York: Bantam books.
- Goleman D. (1995). *Emotional Intelligence*. New York: Bantam Books, 1995.
- Goleman D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books, 1995.
- Mangal, S. K. & Mangal, Shubhra (2007) *Manual of Emotional Intelligence Inventory (MEII)*, Agra: National Psychological Corporation.
- Mir, M. U. (2017). *Internalization of Higher Education: Challenge & Prospect*, Published University News, 55(49), 4-10.
- Nejad M. M. & Nejad A. S. (2012). The relationship between emotional intelligence & mental health education managers in Khoy city of Iran, *European Journal of Experimental Biology*, 7(2), 101-111.

How to cite this article: Sardesai J A & Adsul R K (2018). Relationship among mental health and emotional intelligence of college students. *International Journal of Indian Psychology*, 6(2), 168-173. DIP: 18.01.017/20180602, DOI: 10.25215/0602.017