

Relation of mental health with emotional intelligence among college going girls

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ABSTRACT

The present study aims to investigate the relation of mental health with emotional intelligence among college going girls of rural and urban area. The investigator used Emotional intelligence scale by Dr. Arun kumar and Professor Suraksha pal and mental health scale by Dr.(smt.) Kamlesh Sharma to test the emotional intelligence and mental health of the sample. The sample (N=100) 18- to 20-year-old. Undergraduate girls were taken through purposive random sampling from various degree college of Ara city and New Delhi. Correlation analysis was used to find out the relationship of variable emotional intelligence and five dimensions (self-awareness, managing emotions, maturity, empathy, social skill) of emotional intelligence with mental health. Further the t-test was applied to know the significant difference between emotional intelligence and mental health of the girls living in rural and urban area. The result indicated that there is positive relation between emotional intelligence and four dimensions of emotional intelligence (managing emotions, maturity, empathy, social skill). The relationship is negative between the self-awareness dimension of emotional intelligence and mental health. Further a significant difference was found between emotional intelligence and mental health of the girls living in rural and urban area.

Keywords: *Mental Health, Emotional Intelligence, Rural, Urban*

Emotions play an important role in journey of life of a person. Emotional intelligence refers the ability to understand and manage one's own emotions as well as the emotions of others. Emotional intelligence is the key to success in every field of life. It comprises elements such as: self-awareness, self-regulation, social skill, empathy and motivation. Emotional intelligence is defined as the composite set of capabilities that enable a person to manage himself or herself and others (Goleman 1995 & 1998)

Elements of emotional intelligence

Self awareness: it is an ability to label, recognize and understand your own emotions. A self-aware person recognise his own emotional state and know how it affect his thought behaviour and decision.

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Self regulation: self regulation is the ability to control strong emotions by developing the ability to sit with unpleasant feeling and to give the time and space ourselves to decide how we may alleviate or reduce negative feeling.

Empathy: *Empathy allows us to anticipate how our actions and behaviour influence other people as well as us.*

Social skill: *It means the ability to communicate in a clear concise and courteous manner.*

Mental health

Mental health defined emotional well being, the capacity to live life fully, creatively and flexibly to deal with life's inevitable challenges. Mental health is as necessary for the people as the physical health.

According to WHO "Mental health includes "subjective well being" perceived self efficacy, autonomy, competence, inter- generational dependence and self actualisation of one's intellectual and emotional potential among others.

Mentally healthy people are able to meet the demand of life. They don't get disturbed in any problematic situation and able to solve their own problem. They can easily adjust and try to shape their self according to environment or situation. They have natural capacities and set realistic goals for themselves.

REVIEW THE LITERATURE

Kaur.S, (2018) studied the relation between emotional intelligence, mental health and adjustment. Result shows positive correlation between emotional intelligence and mental health.

Jamkhaneh E.B (2014) evaluated the relationships between emotional intelligence and mental health of high school students in different field of Islamic Azad university of Qaemshahr. It was a descriptive survey. Results showed significant relation between emotional intelligence and mental health. Further finding showed a significant relation between emotional intelligence and components of mental health in students of different field.

Hossain M.,Halder U.k (2015) explore the relation between emotional intelligence and mental health of class 10th class students (art stream) of Bengali medium of higher secondary school in Malta district, West Bengal. The finding shows positive correlation between emotional intelligence and mental health of the students.

Basu (2014) conducted a study an emotional intelligence and mental health of secondary school teachers. The findings was that there was no significant difference between the mean score on mental health inventory for urban and secondary school teachers. There was a positive correlation between emotional intelligence and mental health of secondary school teachers.

Sansanpour et al (2012) investigated the relationship between emotional intelligence, happiness and mental health in students of medical science Isfahan university. The result show a positive relation between emotional intelligence, happiness and mental health.

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Shabani et al (2010) investigated the relation of emotional intelligence with mental health. The result shows significant relationships of emotional intelligence with mental health and sub scales scores.

Basu (2014) conducted a study on emotional intelligence and mental health of secondary school teachers “The finding was that there was no significant difference between the mean score on mental health inventory for urban and secondary school teachers. There was a positive correlation between emotional intelligence and mental health of secondary school teachers.

Objective

1. To find out the relation of emotional intelligence with mental health among college going girls.
2. To find out the relation of five dimensions (self-awareness, managing emotions, maturity, empathy, social skill) of emotional intelligence with mental health among college going girls.
3. To compare mean difference of girls living in rural and urban area on emotional intelligence and mental health.

Hypothesis

1. There would be positive relation between emotional intelligence and mental health among college going girls
2. There would be positive relation between mental health and five dimensions of emotional intelligence among college going girls
3. There would be significant difference between emotional intelligence and mental health among the girls living in rural and urban area.

METHODOLOGY

Sample

A sample of 100 girls was selected through purposive sampling method from different degree colleges of Ara city and New Delhi. The age of the sample was 18 to 20 years. Further the sample was divided into rural (N=50) and urban girls (N=50). Informed consent was obtained from the students after that the emotional intelligence scale and mental health scale was administered on them.

Tool used

1. **Emotional intelligence scale:** This scale developed by Dr. Arun Kumar and prof. Suraksha pal for age group 21 to 60 year adult. The scale consists five dimensions such as – self-awareness, managing emotions, maturity, Empathy, social skill and social competence. Scale has 80 items. This is a five point rating scale designed as mostly (5), very often (4), sometime (3), Rarely (2) and never (1). The minimum score for the subject was 80 and the maximum score may be 400. The reliability of the scale is 0.94. The scale is highly reliable. The valid of the scale is 0.62.
2. **Mental health scale:** This scale developed by Dr.(smt.) Kamlesh Sharma. This scale will be used to measure the level of mental health among adolescents. There are 60 statements and every statement has three alternative response- ‘yes’, indefinite and no. The test retest and split half reliability was found 0.86 and 0.88 respectively and the validity was found 0.79

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Procedure and statistical Analysis

The participants were contacted personally. The scale was administered in group in regular classrooms situations. The instructions were given which was mentioned on the first page of scale and in manual. Scoring was done according to instructions given in the manual. The data was collected and correlation analysis & t- test used to prepare the result.

RESULT AND INTERPRETATION

After analysis the data with correlation method we can see in table -1 that there is a positive but very low correlation between emotional intelligence and mental health among college going girls, which is not significant at .05 and .01 level of significance.

Thus, the hypothesis that there will be positive relation between emotional intelligence and mental health among college going girls is accepted.

Table – 1 correlation between mental health and emotional intelligence and five dimensions of emotional intelligence.

Variables	Mental health
Emotional intelligence	0.04
Self awareness	-0.01
Managing emotions	0.06
Empathy	0.04
Maturity	0.01
Social skill	0.07

Further self awareness the dimension of emotional intelligence has negative relation with mental health and rest of four dimensions i.e managing emotions, empathy, maturity, social skill has positive but very low correlation with mental health.

Table – 2 Demographic variables

Demographic variable	N	Variables	Mean	SD	t
Rural	50	E.I & M.H	296.6 93.7	62.0 6.23	2.90**
Urban	50	E.I & M.H	301.5 110.06	59.4 6.26	5.40**

Table 2 shows the mean scores, standard deviation and t ratio of emotional intelligence and mental health among the girls who live in rural and urban areas.

The girls who live in rural area have obtained the mean value of emotional intelligence and mental health 296.6 and 93.7 respectively, it reveals that there is a significant difference ($t = 2.90^{**}$) between emotional intelligence and mental health of the girls, who living in rural area.

The girls who live in in urban area have obtained the mean value of emotional intelligence and mental health 301.5 and 110.06 respectively, which shows the significant difference ($t = 5.40^{**}$) between emotional intelligence and mental health of the girls who living in urban areas.

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Thus, the hypothesis that there would be significant difference between emotional intelligence and mental health among the girls living in rural and urban area is accepted.

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Conflict of Interest

The author declared no conflict of interest.

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