

Psychological Distress and Emotional Intelligence among College Students

Ekta Jha^{1*}, Dr. Lokesh. L²

ABSTRACT

Psychological distress is a condition of mental pain associated with stressors and demands that in everyday life are difficult to deal with. The main objective of this study was to study the relationship between Psychological Distress and Emotional Intelligence. 2 questionnaires were used to create a google form which was circulated between group of young adults aged between 20 and 24 year (N=26 male and N= 48 females) . Quantitative approach was used along with Descriptive research design was adopted and the sampling technique was purposive. Data collection was done using primary sources by means of 2 questionnaires: (K10) Kessler Psychological Distress Scale and Emotional Intelligence Self-Assessment Tool. The consent forms to participate along with both the Questionnaire was computed on a google form which was circulated throughout. Pearson Correlation was incorporated to reach the findings. According to Pearson Correlation the results there was significant positive correlation between two components of Emotional Intelligence and Psychological Distress i.e., Relationship Management and Self-Awareness. Whereas there was no significant relationship between two components of Emotional Intelligence and Psychological Distress i.e., Social Awareness and Self-Management.

Keywords: *Psychological Distress, Emotional Intelligence, College Students*

Human development likely is going through the most basic crossroads of this thousand years while its reality is being tested by the rise of a novel serious intense respiratory disorder corona virus (SARS-Cov-2) infringing fresher domains everywhere throughout the world speedily. The 2019 Corona Virus Disease (COVID-19) episode has been announced a worldwide general wellbeing crisis on January 30, 2020 by the World Health Organization (WHO) as the illness, first detailed from China in December 2019, keeps on flooding through the main lands influencing numerous nations from Europe, America and Asia harshly is as yet augmenting its weight of malady. A wide section of total populace presently is fundamentally limited to their homes, inferable from across the nation lockdowns and home-control systems actualized in most of the COVID-19-hit nations after China to forestall further sickness transmission. This erratic, quick spreading irresistible ailment has been causing general mindfulness, tension and pain, all of which as per WHO

¹Research Scholar, Department of Psychology, Kristu Jayanti College (Autonomous), Bangalore, India

²Assistant Professor, Department of Psychology, Kristu Jayanti College (Autonomous), Bangalore, India

*Corresponding Author

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are regular mental reactions to the arbitrarily changing condition. Unfavourable psychosomatic results among average citizens are all things considered expected to increment altogether because of the pandemic itself and furthermore because of consistent progression of promptly accessible data and strengthened informing acquired by means of online long-range interpersonal communication administrations of practically all structures. As an outcome, quickly growing widespread panic and frenzy with respect to COVID-19 may conceive suffering mental issues in broad daylight from all the financial spaces, which might be considerably more negative over the long haul than the infection itself. Earlier investigations clarified that psychological prosperity had been intensely influenced in this sort of worldwide pandemic. In this way, it is basic to decide the different potential manners by which COVID-19 pandemic will affect the world's psychological well-being. In this foundation, we assess the pertinent psychosocial results and effect of COVID-19 in different layers of present society.

COVID-19 has required numerous nations over the globe to execute early isolate measures as the central malady control instrument. Aside from physical sufferings, the results of this isolate on the emotional wellness and prosperity at individual and populace levels are many overlays. Forced mass isolation applied by across the country lockdown projects can create widespread panic, uneasiness and pain, because of elements like feeling of getting cornered and loss of control. This can be strengthened if families need partition, by vulnerability of malady movement, inadequate flexibility of fundamental things, money related misfortunes, expanded view of hazard, which generally get amplified by dubious data and ill-advised interchanges through media in the beginning stage of a pandemic. Past flare-ups have revealed that mental effect of isolate can change from prompt impacts, similar to fractiousness, dread of contracting and spreading contamination to relatives, outrage, disarray, dissatisfaction, forlornness, forswearing, nervousness, wretchedness, a sleeping disorder, despair, to limits of outcomes, including self-destruction. Suspected disengaged cases may experience the ill effects of tension because of vulnerability about their wellbeing status and create over the top urgent side effects, for example, rehashed temperature checks and sanitization. Impacts, for example, posttraumatic stress issue (PTSD) have been accounted for, indications of which have been decidedly connected with the span of isolate. Post isolate mental impacts may incorporate critical financial misery and mental side effects because of money related misfortunes. Another significant perspective is vilification and cultural dismissal in regards to the isolated cordon in types of separation, doubt and evasion by neighbourhood, frailty in regards to properties, working environment bias, and withdrawal from get-togethers much after regulation of plagues. HCPs are additionally prone to see more noteworthy disparagement than the overall population for being isolated and reliably progressively influenced mentally. Kids who are (or suspected to be) tainted with COVID-19 and need detachment or isolation may require unique consideration regarding meeting their dread, nervousness and other mental impacts.

Consistence to constrained home isolate is regularly being disregarded in India, dissimilar to in different nations. This must be taken with most extreme consideration in any case official quiet submission of such cordon will just exasperate such episodes. In the long run all these may bring about social defiance, flighty conduct, and low social observation. Basic examination of these reprobate individuals' minds needs further investigation. Charitable conduct towards self-seclusion and deliberate isolate ought to be energized after appropriate explanation through mass correspondence to limit trouble and long-haul inconveniences of forced isolate.

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Most likely an exceptionally vital, however obviously neglected issue is the mental effect of COVID-19 episode on babies and youths. Formative brain science investigates generally established that scholarly encounters through natural elements during youth cause the essentials for lifetime conduct and accomplishment as it is a significant stage for psychological, enthusiastic and psychosocial expertise improvement. During an extreme pandemic like COVID-19, network-based alleviation programs, for example, shutting of schools, parks, and play areas will disturb youngsters' typical way of life and can conceivably advance trouble and disarray. Both youthful and more established kids are probably going to turn out to be all the more requesting, adapting up to these changes, and may show restlessness, disturbance and aggression, which thusly may cause them suffering from physical and mental brutality by excessively pressurized guardians. Stressors, for example, dreariness, dissatisfaction, absence of up close and personal contact with cohorts, companions and instructors, absence of enough close to home space at home, and family monetary misfortunes during lockdowns, all can conceivably trigger irksome and even drawn out unfriendly mental outcomes in kids. The collaboration between their day-by-day schedule changes, home repression, and dread of disease could additionally strengthen these unwanted mental responses bringing about an endless loop. Kids during this season of COVID-19 may create fear, PTSD and so forth in the wake of learning hazard data and other troubling subtleties through various media, including web-based life. Youngsters parented by single parent/father, including human services laborers (HCW) dealing with COVID-19 patients may experience the ill effects of alteration troubles if their parents should be isolated. Flitting or supported parent-youngster division may make the kid apprehensive because of stress for themselves or the lives of their friends and family and offer ascent to delayed mental effect.

While online classes and tasks have been the main successful route for proceeding with training in this circumstance, specialists have just forewarned about being over-troubled. Explicit mental needs, solid ways of life, appropriate cleanliness advices, and great child rearing aides can be tended to through the equivalent online stage.

The thought that more established grown-ups and individuals with genuine co-morbidities are especially helpless against more terrible results from COVID-19 can make extensive dread among the old. Other mental effects may incorporate nervousness, crabbiness and over the top sentiment of stress or outrage. Those more seasoned grown-ups with psychological decay may turn out to be substantially more on edge, unsettled, and socially pulled back, along these lines their particular needs request explicit consideration. Indoor physical exercise may be a potential treatment not exclusively to keep up a hearty physical wellbeing, yet additionally to balance the mental effect in this difficult time.

REVIEW OF LITERATURE

Wen Li, Yuan Yang, Zi-Han Liu, Yan-Jie Zhao, Qinge Zhang, Ling Zhang, Teris Cheung, and Yu-Tao Xiang (2020) aimed to describe progression of mental health services during the COVID-19 outbreak in china and concluded that the outbreak of the COVID-19 has caused tremendous psychological problems in different subpopulations. This COVID-19 epidemic has aroused increasing attention nationwide. Patients, health professionals, and the general public are under insurmountable psychological pressure which may lead to various psychological problems, such as anxiety, fear, depression, and insomnia.

Jian Bin Li, An Yang, Kai Dou, Lin-Xin Wang, Ming-Chen Zhang, Xiaoqi Lin conducted a survey drawing upon the cognitive appraisal theory, this study examined three cognitive

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appraisals (i.e., knowledge, perceived severity and perceived controllability of the COVID-19) and their associations with a wide range of emotional and behavioural outcomes among the Chinese public. Participants were 4607 citizens (age range: 17–90 years, Mage=23.71 years) from 31 provinces in China and they took part in an online survey. The results showed that the public's emotional and behavioural reactions were slightly affected by the outbreak of the COVID-19. The findings highlight the utility of cognitive appraisal, as a core process of coping stress, in explaining the public's emotion and behaviour in the encounter of public health concern.

Kristen R choi et al. J Am Nurses Assoc.2020 conducted a research aimed at investigating the attention to the psychological aspects of hospitalized patients, planning for emergency and acute psychiatric patient care and identifying innovations for providing mental health care in communities while social distancing is required and health system resources are strained.

Sofia Pappa et al. Brain Behav Immun. in April 17th 2020 published an article Prevalence of Depression, Anxiety, and Insomnia Among Healthcare Workers During the COVID-19 Pandemic: A Systematic Review and Meta-Analysis. 13 studies were included in the analysis with a combine total of 33062 participants, anxiety was assessed in 12 studies, with a pooled prevalence of 23.2 percent and depression in 10 studies, with a prevalence rate of 22.8%. A subgroup analysis revealed gender. Early evidence suggests that a considerable proportion of HCWs experience mood and sleep disturbances during this outbreak, stressing the need to establish ways to mitigate mental health risks and adjust interventions under pandemic conditions.

Guanghai Wang, Yunting Zhang, Jin Zhao and Fan Jiang focused on assessing the mitigating effects of home confinement on children during the COVID-19 outbreak and claims that the world's children urge a holistic strategy in preparing for the uncertainty that all children are facing. It is the responsibility and keen interests of all stakeholders, from governments to parents, to ensure that the physical and mental impacts of the COVID-19 epidemic on children and adolescents are kept minimal. Immediate actions are warranted.

Zhou Zhu, Shabei Xu, Hui Wang, Zheng Liu, Jianhong Wu, Guo Li, Jinfeng Miao, Chenyan Zhang, Yuan Yang, Wenzhe Sun, Suiqiang Zhu, Yebin Fan, Junbo Hu, Jihong Liu, Wei Wang in 2020 aimed at investigating the immediate psychological impact on 5062 Health Workers through cross-sectional survey in China. With consideration on stress, depression and anxiety by Impact of Event Scale-Revised (IES-R), Patient Health Questionnaire-9 (PHQ-9), and Generalized Anxiety Disorder 7-item (GAD-7), respectively history of mental disorders (HR, 3.27; $P < 0.001$), and family members or relatives confirmed or suspected (HR, 1.23; $P = 0.030$) were risk factors for stress, whereas care provided by hospital and department administrators (odds ratio [OR], 0.76; $P = 0.024$) and full coverage of all departments with protective measures (OR, 0.69; $P = 0.004$) were protective factors.

METHODOLOGY

The research on association between psychological distress caused by Covid-19 on Emotional Intelligence of final year undergraduate students, adopted a quantitative approach and the data collected from the purposive sample was statistically analysed to identify the correlation between psychological distress level and emotional intelligence.

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Aim

Investigate the association between Psychological Distress caused by Covid-19 on Emotional Intelligence of final year Undergraduate Students.

Sampling and Techniques

The sample of the present study comprised of 68 adolescents (26 males and 42 females). They belong to age range of 20 to 24 years and belonged from various colleges. Purposive sampling technique was applied for collecting sample of 68 young adults (26 males and 42 females) from various colleges. A quantitative approach was applied, a descriptive method and an ex-post facto design was used.

Data collection was done using primary sources by means of questionnaire (K10) Kessler Psychological Distress Scale and Emotional Intelligence Self-Assessment Tool. The consent forms to participate along with both the Questionnaire was computed on a google form which was circulated throughout. The confidentiality of data of the participants were maintained. An informed consent form was already distributed prior for the ease of the participants.

Variable and measure

Psychological distress is a condition of mental pain associated with stressors and demands that in everyday life are difficult to deal with. For patients and health practitioners alike, the absence of adequate treatment and difficulty in recognizing psychological distress is frustrating. A series of debilitating physical and mental symptoms correlated with natural mood swings in most people. In certain cases, however, the onset of major depressive disorder, anxiety disorder, schizophrenia, somatization disorder, or a number of other psychiatric conditions can signify psychological distress. It is known to be what many putative self-report tests of depression and anxiety determine.

Kessler Psychological Distress Scale (K10): It was developed by Professors Ron Kessler and Dan Mroczek, as a short dimensional measure of nonspecific psychological distress in the anxiety-depression spectrum, for use in the US National Health Interview Survey. This is a 10-item questionnaire intended to yield a global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent. The scale was reliable with Cronbach's alpha = 0.91.

Emotional intelligence self-assessment tool was developed by- Emily A. Sterrett PH.D. the EQ Self-Assessment checklist is based on the six-facet model of emotional intelligence introduced in the booklet defining emotional intelligence (EQ). Emotional Intelligence Self-Assessment Tool is a 20-item scale with four components: self-awareness, self-management, social awareness, and relationship management.

RESULTS AND DISCUSSION

The aim of the present research was to study the association between psychological distress caused by covid-19 on emotional intelligence of final year undergraduate students. Keeping in view the objectives of the research the data was analysed by descriptive and inferential statistical techniques.

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Table 1 Mean, and standard deviation of psychological distress and dimensions of emotional intelligence

	Mean	N	Std. Deviation
Psychological Distress	27.06	68	11.49
Self-Awareness	16.58	68	4.46
Self-Management	16.35	68	4.18
Social Awareness	16.87	68	4.17
Relationship Management	10.85	68	9.34

Table 2 Correlation between Distress and Four Dimensions of Emotional Intelligence.

		Self-Awareness	Self-Management	Social Awareness	Relationship Management
Psychological Distress	Pearson Correlation	.338**	.131	.207	.258*
	Sig.(2-tailed)	.004	.275	.083	.030

The results of the statistical analysis indicate the significant correlation between psychological distress and dimensions of emotional intelligence: self-management ($p < 0.01$), and relationship management ($p < 0.05$).

CONCLUSION

According to the findings of the study it was found that there was significant relationship between two components of emotional intelligence i.e., relationship management and self-awareness and psychological distress, whereas there was no significant relationship between two components of emotional intelligence i.e., social awareness and self-management and psychological distress.

Psychological distress describes the discomfort or emotions you may experience when you are depressed. Distress occurs when you face stressors that you cannot cope with, which people experienced during lockdown. These stressors can be: traumatic experiences. Important events in life are daily stressors, such as work stress, family stress and health problems in interpersonal relationships and right now in this situation its lockdown caused due to covid-19. Distress occurs when you face stressors that you cannot cope with. These stressors can be: traumatic experiences. Important events in life are daily stressors, such as work stress, family stress and health problems in interpersonal relationships. This distress affects your body by releasing stress hormones into your blood. These hormones cause your heart rate and blood pressure to rise, and trigger an inflammatory response in the body, which increases the build-up of plaque in the arteries and makes your blood sticky. thick. People with moderate psychological stress are twice as likely to die from heart disease or other chronic diseases as those with low psychological stress. Studies have reported high levels of symptoms of depression and anxiety, and poor-quality sleep, especially in young people. A significant percentage of the population suffers from symptoms of anxiety and depression related to the COVID-19 closure and can be explained by an intolerance to uncertainty. Regardless of the age of the people, this intolerance to insecurity can in itself increase the psychosocial level of comorbidity. Young people are hardest hit by the COVID-19 shutdown (Huang and Zhao, 2020). The proximity to contamination (only for young people), an overload of contact via social networks and a high level of intolerance to insecurity increase the fear in this population. Distance learning and testing may increase uncertainty and pressure. This may be because remote teaching and testing introduce new

teaching and assessment methods that they are not familiar with, or because remote monitoring, communication, and teacher supervision are not the right choices. Understanding the relationship between the distress and the emotional intelligence of college students at homes helps further research analyse the influencing factors of this particular relationship and bring about change in the distress levels while maintaining the levels of emotional intelligence dimensions intact and healthy.

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Conflict of Interest

The author(s) declared no conflict of interest.

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