

A Study on Emotional Intelligence and Anxiety Among Theatre Artists and Non-Theatre Artists

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ABSTRACT

The study is intended to measure the difference between theatre artists and non-theatre artists on emotional intelligence and anxiety. The sample of 75 theatre artists and 75 non-theatre artists from various districts of Bangalore were collected through simple random sampling method. The data were analysed by using t-test. The results revealed that the Theatre Artist group has higher values for the dependent variable Anxiety and the results of the descriptive statistics show that the Theatre Artist group has lower values for the dependent variable Emotional Intelligence than the Non-Theatre Artist group. The findings of the study help to provide an insight about the need for emotional intelligence and anxiety among theatre artists and non-theatre artists.

Keywords: *Emotional intelligence, Anxiety, Theatre Artists, Non-theatre artists*

Anxiety is a common mental health condition that affects people of all ages, genders, and backgrounds. It is characterised by feelings of fear, worry, and nervousness that can interfere with a person's daily life. Anxiety disorders are the most common mental health condition in the United States, affecting approximately 40 million adults each year. Emotional intelligence, on the other hand, refers to a person's ability to recognize, understand, and manage their own emotions,

as well as the emotions of others. It is an important skill that can help people navigate their relationships, work effectively in teams, and make sound decisions.

In recent years, there has been growing interest in the relationship between anxiety and emotional intelligence. Some researchers have suggested that individuals with higher levels of emotional intelligence may be better equipped to manage their anxiety symptoms and cope with stressful situations.

Emotional Intelligence (EI): Mayer and Salovey (1970) had defined EI as “a global capacity to reason about emotions and of emotions to enhance thinking. It includes the ability to accurately perceive others emotions, to assess and generates emotions to assist thoughts, to understand emotions and emotional knowledge and to promote intellectual

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growth.” Emotional intelligence (EI) refers to a person's ability to recognize, understand, and manage their own emotions, as well as the emotions of others. It includes skills such as empathy, self-awareness, social skills, and self-regulation.

Anxiety: defined as a feeling of apprehension or fear in response to a perceived threat or danger. This feeling can be a natural and adaptive response to stress, but when it becomes excessive, persistent, or interferes with daily activities, it can be considered a mental health disorder.

Theatre Artists: Theatre artists are individuals who work in the theatre industry. They create and produce live performances for audiences, and often have specialized training and education in theatre arts.

Objective

- To assess the difference between Theatre Artists and Non-Theatre Artist on emotional intelligence.
- To assess the difference between Theatre Artists and Non-Theatre Artist on anxiety.

Hypothesis:

- **Ho1:** There is no significant difference between Theatre Artists and Non-Theatre Artist on their emotional intelligence.
- **Ho2:** There is no significant difference between Theatre Artists and Non-Theatre Artist on their Anxiety.

Scientific Tools:

- **The Schutte Self-Report Emotional Intelligence Test (SEIT)** [10] is a 33-item validated self-report questionnaire was used to determine EI. Participants rate their level of agreement with each item on a 5-point Likert scale ranging from "strongly disagree" to "strongly agree." Scores range from 33 to 165, higher scores indicating higher emotional intelligence. The SEIT has an internal consistency (Cronbach's alpha) of 0.90 and a two-week test-retest reliability of 0.78.
- **Hamilton Anxiety Rating Scale (HAM-A)** The Hamilton Anxiety Rating Scale (HAM-A). The HAM-A consists of 14 items that assess both physical and psychological symptoms of anxiety. Each item is rated on a 5-point scale, ranging from 0 (not present) to 4 (severe), with a total score range of 0-56. A higher score indicates more severe anxiety symptoms.

METHODOLOGY

After securing permission from the respective authorities in the institutions, the subjects were administered **The Schutte Self-Report Emotional Intelligence Test (SEIT) and the Hamilton Anxiety Rating Scale (HAM-A)**, with their consent.

Psychological Variables:

- **Independent Variable:** Category of artists (theatre & non-theatre artists)
- **Dependent Variable:** Emotional Intelligence & Anxiety

RESULT AND DISCUSSION

The results were analyzed using descriptive and inferential statistics. IBM SPSS 2.0 was used for data analysis. Among descriptive statistics mean, median and standard deviation are used. Among the inferential statistics, Independent sample t test was used to test the hypothesis. The results obtained are presented in hypotheses order as well as discussed as follows:

Hypothesis testing

Ho1: There is no significant difference between Theatre Artists and Non-Theatre Artist on their emotional intelligence.

Table 1: Descriptive measure of Emotional Intelligence between theatre and non-theatre artists

Variable		N	Mean	Std. Deviation	Std. Error Mean
Emotional Intelligence	Theatre Artist	75	122.03	16.38	1.89
	Non- Theatre Artist	75	118.73	13.41	1.55

Table 2: t-test for independent sample- Emotional Intelligence

		t	df	p (2-tailed)
Emotional Intelligence	Equal variances	1.35	148	.18

Interpretation

The results of the descriptive statistics show that the Theatre Artist group has higher values for the dependent variable Emotional Intelligence (M = 122.03, SD = 16.38) than the Non-Theatre Artist group (M = 118.73, SD = 13.41). A two-tailed t-test for independent samples (equal variances assumed) showed that the difference between Theatre Artist and Non-Theatre Artist with respect to the dependent variable Emotional Intelligence was not statistically significant, $t(148) = 1.35, p = .18, 95\%$ confidence interval.

Hence the **H1 is rejected**.

Ho2: There is no significant difference between Theatre Artists and Non-Theatre Artist on their Anxiety.

Table 3: Descriptive measure of Anxiety between theatre and non-theatre artists

		N	Mean	Std. Deviation	Std. Error Mean
Anxiety	Theatre Artist	75	20.31	11.98	1.38
	Non- Theatre Artist	75	20.36	11.77	1.36

Table 4: T-test for the comparison of means for independent sample- Anxiety

		t	df	p (2-tailed)
Anxiety	Equal variances	-0.03	148	.978

Interpretation

The results of the descriptive statistics show that the Theatre Artist group has lower values for the dependent variable Anxiety ($M = 20.31$, $SD = 11.98$) than the Non- Theatre Artist group ($M = 20.36$, $SD = 11.77$). A two-tailed t-test for independent samples (equal variances assumed) showed that the difference between Theatre Artist and Non- Theatre Artist with respect to the dependent variable Anxiety was not statistically significant, $t(148) = -0.03$, $p = .978$, 95% confidence interval.

Hence, **H2 is rejected.**

DISCUSSION

The cross-sectional survey design study attempted to understand the difference in Theatre artist and Non-theatre artists on the levels of Emotional Intelligence and anxiety. The sample $n=150$ was collected through a non-random convenient sampling method. There were $N=75$ non theatre artists while $N=75$ were theater artists. The hypothesis of the study proposed that the scores of theatre artists will be higher on the Anxiety and Emotional Intelligence scale. The independent sample t-test concluded that the difference in anxiety was not significant and the theatre artists scored higher on Anxiety symptoms.

Theatre artists scored slightly higher than others on Emotional Intelligence, but the difference was not significant. The anxiety results were consistent with previous studies. However, the Emotional Intelligence results may not have been significant because the study had no control variables. Future studies should improve by including more control variables, using better sampling strategies, and focusing on the length of experience in theatre arts. Participants should be newly recruited actors who have been inactive in theatre recently. This study is a starting point for understanding the health effects of theatre acting and highlighting potential differences.

CONCLUSION

This study aimed to compare the levels of Emotional Intelligence and anxiety between Theatre artists and Non-theatre artists. The sample size of 150 was collected using an online convenient sampling method. The results showed that theatre artists scored higher on Emotional Intelligence but not significantly different on anxiety compared to non-theatre artists. The study suggests that future research should use more control variables, a sophisticated sampling strategy, and consider the length of experience in the theatre arts. The study highlights the importance of understanding the complex link between emotional intelligence and anxiety, and how various factors like coping mechanisms, stress, gender, and culture influence this association. More research is needed to develop efficient interventions for people who suffer from both low emotional intelligence and anxiety.

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Conflict of Interest

The author(s) declared no conflict of interest.

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