

Comparative Study

Emotional Intelligence and Self Perception Among Young Adults: A Comparative Study

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ABSTRACT

Emotional Intelligence was devised by Salovey and Mayer (1990). Is the capacity to perceive and have a command over our feelings and those of others, and utilise something very similar to lead our contemplations and feelings so it is ideal for individual and the environmental factors close to him/her. EI has been seen as a significant part of individual and master accomplishment, as individuals with additional critical levels of the ability to comprehend people at their center will by and large have better intuitive capacities, more grounded associations, and more conspicuous strength despite stress and trouble. Self-Insight is a singular's point of view on his or herself or any of the mental or real properties that contain oneself. That is one technique for taking a position at it, yet according to a power perspective, self-wisdom is something past how we view our "natural self", it is a significant viewpoint in transforming oneself into a productive pioneer. The point of the review is to concentrate on the distinctions in sexual orientation in Capacity to understand people on a deeper level and Self Discernment among youthful grown-ups. The size of the review was 120 young adults. The apparatuses utilized for the review were Self Perception Measuring Scale device by Dr. KG Agarwal estimates self-impression, and the Emotional Intelligence scale by Schutte which estimates the capacity to understand people at their core of individuals.

Keywords: *Emotional Intelligence, Self-Perception*

Emotional Intelligence and Self Perception are firmly linked. The former is the capability to recognize and administer one's own sentiments and the sensations of others. The latter is the proceeding by which people come to figure out themselves and their own feelings, mentalities, and ways of behaving. People with a high ability to see the value in anybody on a substantial level are in many cases more mindful of their own feelings and better ready to control them in various circumstances. They are likewise ready to see the feelings of others and answer suitably. This capacity to perceive and direct feelings can prompt better relational connections and expanded outcome in both individual and expert settings. Self-Perception is a significant part of the capacity to acknowledge people's significance and value since it includes understanding one's own feelings and what they are meaning for conduct. People who are exceptionally mindful are bound to perceive their own profound triggers and have the option to actually deal with their feelings. This,

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thus, can prompt better navigation and more prominent in general profound dependability. (Huntington 2007)

Emotional Intelligence

The name Emotional Intelligence was devised by Salovey and Mayer in 1990. Is the capacity to perceive, observe and have control over our feelings and of people, and utilise something very similar to lead our considerations and feelings so is ideal for individual and the environmental elements close to him/her (Salovey and Mayer 1990). Salovey and Mayer declare that it is credible knowledge built on the accommodative utilization of feelings and their execution in our ways of acting.

Thoughtfulness regarding sentiments refers to how individuals think about their feelings; clearness of sentiments is the means by which individuals think they comprehend and separate their emotions and lastly, restoration of mind is the person's faith that he/she can alter his/her pessimistic temperaments. The capacity to realize people at their center has been exhibited to be a huge expertise in numerous everyday issues, including individual connections, work, and authority. It very well may be created through different practices like care, contemplation, and close to home self-reflection.

EI has been viewed as a major component of individual and expert achievement, as people with more significant levels of the capacity to understand individuals at their core will generally have better interactive abilities, more grounded connections, and more prominent strength notwithstanding stress and difficulty. They are additionally better ready to convey actually, resolve clashes, and pursue choices that consider the feelings of others.

Self-Perception

“An individual's perspective on his or herself or any of the psychological or actual properties that comprise oneself”. (APA)

That is one method for taking a stance at it, yet from an authority point of view, self-discernment is something beyond how we view our "innate self", it is an important aspect in turning oneself into an efficient leader.

Considering all his, if we hold a constructive view of ourselves, we will in all probability have more certain contemplations and convictions about the world generally speaking. Furthermore, 10 21 when we have more certain contemplations, that thus can prompt more regular positive ways of behaving.

Lastly, self-insight is linked with knowing your assets and shortcomings. It's like being mindful of your feelings and what they mean for other people. It's our portrayal of ourselves, our qualities, and how we feel about both. Finding lasting success in this arena implies that you feel powerful, know about your feelings and are both certain and agreeable in chasing after your own and proficient objectives.

Self-Perception Theory

The theory states that individuals find out about their own mentalities and character attributes by noticing their own way of behaving. This predominantly happens when we are hazy about our inclinations toward something, and afterward proceed to credit our disposition or conviction to some acknowledgment around our way of behaving. It is a lot of

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the same way we would deduce one more person's mentalities and characters by noticing their way of behaving.

This hypothesis is nonsensical in nature since individuals for the most part think they definitely know themselves and their personality qualities, so it doesn't sound good to an individual that they would put together their contemplations about something with respect to their way of behaving.

Bem's Experiment

Many investigations show that individuals are not generally certain about their sentiments or mentalities toward things. Daryl Bem, the originator of the hypothesis, was the main analyst to expound on self-discernment hypothesis. He inferred that when individuals' mentalities about something are powerless or equivocal, they will notice their own way of behaving and trait a demeanor toward themselves. All in all, individuals surmise what their mentalities depend on taking a gander at what their way of behaving is.

Bem's unique investigation included members paying attention to the tape of an extremely amped up for the exhausting and dreary man undertaking of turning stakes. One gathering of members was informed that the man was paid \$20 for the tribute. The fact that he was paid \$1 makes the other gathering informed. The gathering that was informed that the tribute was worth just \$1 expected that the man should have truly partaken in the assignment of giving that misleading tribute. Their judgement was that he could never have done it for such a minimal expenditure except if he truly appreciated it. This assessment demonstrates that individuals will provoke mentalities without surveying inner discernments and states of mind.

REVIEW OF LITERATURE

Anand and Duggal (2016) did research on emotional intelligence where 80 students participated. The results were administered based on variables such as emotional capability, social capability, and self-control. The results showed that females were seen to be more emotionally capable in comparison to males.

Fatima, Bukhari, Sabah et al. (2017) did research to study emotional intelligence and self-esteem in males and females. A cross sectional research was used, and 200 participants were made to be a part of the study. The participants were chosen from various schools after they had given their consent and filled their demographic details. T test was used for the purpose of administration of the test. The result showed that there is substantial variation between emotional intelligence of male and female participants and there is also significant variation in self-esteem of males and females.

Fisher and Broekens (2018) studied male and female differentiation in emotional perception and emotional intelligence. Around 5000 people participated in the study. There was found no differentiation in both the variables among males and females. It was also seen that males had a high score on non-target emotional capabilities in comparison to the females.

Conde, Martin, Rios (2018) did research to find relations between self-perception of body mass, diet regime and self-perception of one's own body. 336 participants were made a part of this research. Numerous tools were used to gather information from the participants on all the variables. The results revealed that around 70% of students were seen to have

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satisfactory self-perception of their body mass. There were positive relations seen between self-perception of body mass, diet regime and self-perception of one's own body.

Coll, Mateu, Carmen et al. (2020) studied the vitality of sociodemographic factors and emotional intelligence on self-esteem and self-perception. A total of 990 students participated in the study and a cross sectional study was used. The results of the study showed that lesser emotional capabilities forecast high self-esteem and self-perception.

Saeed and Ahmad (2020) did a study to determine the correlation and gender difference in emotional intelligence and academic self-efficacy in students. The data was collected by conducting a survey. A total of 400 students participated. The results revealed that emotional intelligence was seen to have a significant role in fostering academic self-efficacy.

Wen and Chen (2020) did research to discover the relationship between Emotional intelligence and innovative Self-perception. A total of 528 students were chosen for the study. The tools that were used to study the relationship were EI Scale developed by Wong and Law and the Entrepreneurial Self-Perception Scale developed by Zhan. The outcomes indicated that there was a significant difference between male and female college students in entrepreneurial self-perception, but no significant difference between male and female college students in emotional intelligence.

Ozlem and Mucuk (2020) did study to inspect the correlation between the EI and breastfeeding self-perception of women. The sample of the study consisted of 271 women. There was no significant result found between EI and breastfeeding self-perception of women.

Niyoga et. al. (2020) did research to study the relationship between emotional intelligence, self-perception and assertiveness among 430 participants. The tools that were employed for the study were Schutte Self-Report Emotional Intelligence, scale for Self-perception and Youth Assertiveness Scale. Self-perception and assertiveness showed a weak positive relationship with emotional intelligence, whereas the relationship between self-perception and assertiveness also revealed a positive relationship.

Garcia et. al. (2021) did research that analysed the relationships between emotional intelligence profiles and both self-perception and self-esteem. A total of 118 students were chosen for the study. The results showed the existence of differences between profiles of EI in the self-esteem and self-perception dimensions.

Raj et al. (2021) researched to study the emotional intelligence in young females. 120 females participated in the study and SEIS was used for the purpose of the research. A description of the census was used to conclude the data collected. The results of the study showed that most young females showed average to low degree of emotional intelligence and a smaller number of them showed exceptional emotional intelligence.

Rai and Sharma (2021) did a study to examine the correlation among self-perception, self-esteem and body image. A total of 120 participants were chosen for the study who belonged to the age group from 18 to 25. Tools for all the factors were given to the subjects. After the administration, it was found out that there is no significant variation between self-perception, self-esteem and body image in both the genders.

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Climents, Salgado, Gomez et al. (2022) did a study regarding self-concept, self-perception, physical exertion, and their way of living. The sample chosen for the study belonged to the young adult age group. The results showed that the sample with increased self-concept and self-perception are seen to be more emotionally capable and accountable. There was no significant variation seen in regard to self-concept and self-perception, on the other hand, there was significant variation seen in men and women.

Crowe et al. (2022) analysed self-perception and conduct of participants having acquired brain injury. The sample age ranged from 6-12 years. The families of the participants were supposed to fill in the Child Conduct Checklist for the purpose of the research. The results showed that families of children suffering from acquired brain injury showed more antisocial and withdrawn behaviours. Participants displaying more antisocial behavior were seen to have negative self-perceptions.

Wang et al. (2022) researched on parental self-perception and development of children. The participants belonged to various ages ranging from 19 to 65 months. Favorable outcomes and positive relations were seen among parental self-perception and development of children. It was also concluded that the role played by the parents is an important part in the relation between self-perception and development of children.

Vaart (2022) analysed the contrast in self-perception among participants playing the role of gender assigned to them at birth and participants living life in experienced gender. The total number of sample size that was made a part of the study was 312 participants. The results of this study showed that the girl participants playing role of the gender assigned to them at birth lead a life with poor self-perception as compared to girl participants living in their experienced gender. Boy participants playing role of the gender assigned to them at birth lead a life of poor self-perception in aspects such as scholastics and general conduct in comparison to boy participants in their experienced gender.

Calero (2018) conducted a study to know the link between EI, self-esteem and self-concept among students studying in primary schools. The overall students who were a part of this research were 137 in total. Regression and Correlational surveys were carried out. The outcome of the study showed positive links among all the variables.

Emmanuel (2020) investigated the relation among EI and self-esteem in universities in Nigeria. The overall participants were 140. Scales for all the variables were used to measure the extent to which people showed EI and self-esteem. The outcome of the study showed a constructive link between the two variables. On the other hand, no variation of results was seen in males and females.

Garcia (2021) researched on connection between EI and self-concept and self-esteem of prodigy children in the age group of 8-18 years. 118 children took part in the study and apart from these, 122 silent children were also included in the study. The results concluded that there was a differentiation among the account of EI and self-esteem and EI and self-concept.

Rationale

The present research is aimed to focus on the gender differences in the level emotional intelligence and self-perception in young adults. Similar studies executed in the prior to this concentrated on the association between emotional intelligence and self-perception. The results surfaced that there is a positive relation concerning emotional intelligence and self-

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perception in children. There is a research gap as there is very minimal research done on young adults and secondly, there exists no comparative study in this area.

METHODOLOGY

Aim- To study the gender differences in Emotional Intelligence and Self Perception among young adults

Objectives

- To study the gender differences in Emotional Intelligence.
- To study the gender differences in Self Perception.
- To investigate the relationship between emotional intelligence and self-perception.

Hypothesis

- There will be a significant gender difference in the level of emotional intelligence.
- There will be a significant gender difference in the level of Self Perception.
- There will be a significant relationship in the level of emotional intelligence and self-perception.

Variables

- Independent Variable: Emotional Intelligence and Self Perception
- Dependent Variable: Gender

Sample

Convenience sampling was used to gather the sample for the research. A sample of 120 participants were chosen for the study. Out of 120 participants, 60 were Males and 60 were Females. The age group that is selected for this research falls between 18-25 years.

Description of the tools employed

Self-Measuring Self Perception tool by Dr. KG Agarwal measures self-perception of young adults. The tool consists of 40 items. Out of 40 items 24 items measure self-acceptance and 16 items measure self-regard. The subject is supposed to choose one of the two options. There are correct scores given for each item in the manual. 1 is given for each correct answer and then the raw score is the sum of all correct answers. Corresponding to the raw score, we get the z score and the grade of each subject.

Emotional Intelligence scale by Schultz measures the emotional intelligence of the people. It consists of 33 items and for each item, 5 options are stated from 1- strongly disagree to 5 strongly agree, and the participants are supposed to choose one of the five options. For 3 items, 5,28 and 33, the administrator is supposed to do reverse scoring. The total of these is the final score of all the items.

Research Design

The study follows Descriptive Statistics, Independent sample T-Test and Correlation and studies two variables.

Statistical Analysis

Descriptive statistics were used to analyze the Mean and Standard Deviation of Emotional Intelligence and Self Perception in Males and Females. To assess the significance of the

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means of different variables in the sample, the Independent Sample t test was determined. Microsoft - Excel and IBM - SPSS were used for evaluating the collected data in the study.

RESULT

Table 1- Showing the descriptive statistics and independent sample T test for Emotional Intelligence in males and females

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Emotional Intelligence	Male	60	115.73	17.398	2.246
	Female	60	120.07	16.002	2.066
		T	Df	Sig (2 tailed)	
Emotional Intelligence		1.693	218	.092	

The table shows the descriptive statistics of emotional intelligence in males and females who fall under the age group of young adults ranging from 18-25 years of age. N is the sample size which is 60 males and 60 for females. The mean score of Males corresponds to 115.73 and females corresponds to 120.07. The Standard Deviation of Males is 17.398 and females is 16.002. Lastly, the standard deviation of males is 2.246 and females is 2.066.

The table below displays the results when independent sample t test was applied to the data for emotional intelligence. The calculated t value of the data is -1.420, df value is 118, the level of significance is .312 at 0.5 level and the p value is 0.158.

Table 2- Showing the descriptive statistics and independent sample T test for Self-Perception in males and females.

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Self Perception	Male	60	21.43	4.056	.524
	Female	60	22.73	2.791	.360
		T	Df	Sig (2 tailed)	
Self -Perception		-2.045	118	.043**	

** correlation is significant at the 0.05 level (2 tailed)

The table shows the descriptive statistics of self-perception in males and females who fall under the age group of young adults ranging from 18-25 years of age. N is the sample size which is 60 males and 60 for females respectively. The mean score of Males corresponds to 21.43 and females corresponds to 22.73. The Standard Deviation of Males is 4.056 and females is 2.791. Lastly, the standard deviation of males is 0.524 and females is 0.360.

The table below displays the results when independent sample t test was applied to the data for self-perception. The calculated t value of the data is -2.045, df value is 118, the level of significance is .000 at 0.5 level and the p value is 0.43.

Table 3- Showing correlation between Emotional Intelligence and Self Perception

	1	2	3
Emotional Intelligence and Self Perception	.042	.648	120

Pearson correlation was performed to determine if there is a correlation between variables EI and SP. There is no significant, positive correlation between variables EI and SP with r=

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0.42. Thus, there is no significant, positive association between EI and SP in this sample. When one variable increases, the other variable will also increase but only until a certain limit. The result of the Pearson correlation showed that there was no significant correlation between EI and SP, $r(120) = 0.42$, $p = .648$.

Thus, there will be no significant relationship in the level of emotional intelligence and self-perception in young adults and so, the hypothesis will not be accepted as the p values lies above 0.05 level.

DISCUSSION

The aim of this research is to study the gender differences in Emotional Intelligence and Self Perception among young adults.

Table 1 in Chapter 4 shows the descriptive statistics of emotional intelligence in males and females who fall under the age group of young adults ranging from 18-25 years of age. N is the sample size which is 60 males and 60 for females respectively. The mean score of Males corresponds to 115.73 and females corresponds to 120.07. The Standard Deviation of Males is 17.398 and females is 16.002. Lastly, the standard deviation of males is 2.246 and females is 2.066. It is seen that the mean score of females is better than the mean score of males, so females seem to have better Emotional Intelligence when compared to males, both belonging to the same age group i.e., young adults that ranges from 18-25 years of age.

The next table displays the results when independent sample t test was applied to the data for emotional intelligence. The calculated t value of the data is -1.420, df value is 118, the level of significance is .312 at 0.5 level and the p value is 0.158.

Table 2 in Chapter 4 displays the descriptive statistics of self-perception in males and females who fall under the age group of young adults ranging from 18-25 years of age. N is the sample size which is 60 males and 60 for females respectively. The mean score of Males corresponds to 21.43 and females corresponds to 22.73.

The Standard Deviation of Males is 4.056 and females is 2.791. Lastly, the standard deviation of males is 0.524 and females is 0.360. It is observed that the mean score of females is better than the mean score of males, so females seem to have better Self Perception when compared to males, both belonging to the same age group i.e., young adults that ranges from 18-25 years of age.

Table 3 in Chapter 4 shows the correlation between Emotional Intelligence and Self Perception. The Pearson Correlation is 0.42. The p value corresponds to 0.648 and the sample size is 120. A Pearson Correlation of 0.042 level indicates a Weak Positive Correlation between the two variables i.e., Emotional Intelligence and Self Perception. This depicts that there is a positive link among the two variables, but the relationship is feeble. When one variable increases, the other variable will also increase but only until a certain limit.

A P value of 0.648 means that the result is not statistically significant as it lies above the level of 0.05 and statistically the values are only significant when they lie at or below this level.

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The first hypothesis was that there will be a significant gender difference in the level of emotional intelligence is not accepted. This means there will be no significant gender difference in the level of emotional intelligence as the p value that is calculated lies above 0.05 level.

The second hypothesis, i.e., there will be a significant gender difference in the level of self-perception is accepted. This means that there will be a significant gender difference in the level of self-perception as the p value that is calculated lies below 0.05 level.

The third hypothesis, i.e., there will be a significant relationship in the level of emotional intelligence and self-perception was not accepted. This means, there is no significant relationship in the level of emotional intelligence and self-perception.

This is due to the fact that the calculated Pearson Correlation between the two variables is 0.042, which indicates a Weak Positive Correlation. This depicts that there is a positive link among the two variables, but the relationship is feeble. When one variable increases, the other variable will also increase but only until a certain limit. Secondly, the calculated p value of 0.648 means that the result is not statistically significant as it lies above the level of 0.05 and statistically the values are only significant when they lie at or below this level.

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Conflict of Interest

The author(s) declared no conflict of interest.

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