

Emotional Intelligence and Helping Attitude among Young Adults

Jenitta A.J.^{1*}, Dr. Rema M.K.²

ABSTRACT

Present study was intended to assess emotional intelligence and helping attitudes among young adults. A sample of 100 young adults (N=50 Males and N=50 Females) were selected using purposive sampling technique. The young adults aged between 18 to 25 years were selected for the study. Tools used were Schutte self-report emotional intelligence test (SSEIT) developed by Schutte and her colleague's 33-item self-report scale and the helping attitude scale (HAS) developed by Gary S. Nickell 20-item self-report scale. Descriptive statistics, Pearson Correlation, Independent Sample t-test and ANOVA were done using SPSS. The result showed that there is no significant relationship between emotional intelligence and helping attitude among young adults. Also, there is no significant difference found in emotional intelligence between male and female young adults. Finally, the result showed that there is no significant difference in emotional intelligence among young adults in terms of their place of residence. Also, there is no significant difference in helping attitude among young adults in terms of their place of residence.

Keywords: *Emotional Intelligence, Helping Attitude, Young Adults*

Emotional intelligence is considered the capacity of an individual to monitor one's own emotions and other's emotions and feelings that is to distinguish between them and to use that information to guide one's or others thinking and action (Goleman, 1998). Emotional intelligence helps an individual to understand one's own emotions and others. Also help them use, manage, and identify their emotions and others. So, it helps them to overcome stress and challenges in daily life, to communicate with others effectively, and to become empathic to others.

Emotional intelligence is a person's capacity to recognize, grasp and control an individual's internal and exterior emotional responses (Mayer and Salovey, 1997). According to Goleman (1996), the primary indicator of human intelligence is emotional intelligence rather than intelligence quotient (IQ). He asserted that emotional intelligence is the ability to recognize and relate to one's own emotions and those of others and emotional management are considerably more important than intelligence.

¹Post-graduate Student, Kristu Jayanti College, Bengaluru, Karnataka, India

²Assistant Professor, Department of Psychology, Kristu Jayanti College, Bengaluru, Karnataka, India

*Corresponding Author

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A helping attitude is a positive attitude, a desire to consider the needs of others. It refers to unselfish deeds done out of a desire to aid others, whether it be in exchange for money, benefits, or just plain kindness. Simply said, it is having concern for the well-being of others and taking action to assist them. A person who has a positive attitude, such as a helping attitude, enjoys helping others and can lessen a wide range of negative emotions in their daily lives.

On the other hand, the anticipation or exchange of material things and social goods like service, love, and status is a component of people's helping attitude (Baron & Byrne, 1999). According to Nickell, a helping attitude is a person's beliefs, emotions, and behaviors that are connected to helping others. Helping attitudes and behaviors have long been regarded as noble in many cultures and are central to many world religions (Snyder, et al, 2011).

REVIEW OF LITERATURE

Emotional Intelligence

Nishi Mishra, Sangeeta Yadav, V. K. Moudgil, Updesh Kumar (2010) studies on the “emotional intelligence, impulsivity and suicidal ideation of college students.” Sample comprised 246 college-going graduate students (122 male & 124 female) of Haryana in the age group of 19-24 years, with a mean age of 21.5 yrs. On emotional intelligence, no significant difference was found between the mean scores of males and females thus revealing their competency to express their own and appraise other's emotions effectively.

Shanthakumary Milroy Christy Mahenthiran Aloysius;(2010) conducted on the “The role of emotional intelligence in leadership effectiveness.” For this purpose, 50 principals who have minimum 5 years of working experience. The first hypothesis is accepted that there is significant relationship between emotional intelligence and leadership efficiency. And there is no significant difference between emotional intelligence and the demographic factors.

Iro-Idoro, Charlotte Bose Ph.D, Prof EdunTaiwo and Prof Alab-AdenugaRasaq (2017) conducted on the “Assertiveness And Emotional Intelligence Training Programmes as strategies for enhancing nurses work attitude.” The population consist of nurses from state hospitals in Nigeria. Stratified random sampling technique was used to select one hundred and eight nurses. Results indicates that there is a significant relationship between level of self-efficacy and work attitude of participants.

Joan Guerra-Bustamant, Benito León-del-Barco, Rocío Yuste-Tosina, Víctor M. López-Ramos and Santiago Mendo-Lázaro (2019) evaluated on the “Emotional intelligence and psychological well-being in adolescents.” The sample consists of 646 students in the first, second, third, and fourth years of Secondary Education. The results indicates that there is a significant relationship between capacity of understanding and regulation of emotional intelligence.

Alex Ekwueme Federal University, Ndufu-Alike, Ikwo, Nigeria (2020) studies on the “relationship between Self-esteem and Emotional Intelligence among librarians in Nigerian universities.” 140 librarians consented to and participated in the study. Results showed there is a significant relationship between self-esteem and global emotional intelligence.

Helping Attitude

Tina Fernandes, Nandini Sanyal, Amtul Fatima (2015) studied on the “Helping Attitude and Psychological Well-Being in older widowed women.” A purposive sampling method was

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employed to select older widowed women aged between 65 and 74 that is 20 living with families and 20 in old age homes. The findings suggest that there is a strong association between helpful attitude and life purpose in older widowed women who live with their families.

Dr. Pranjal Buragohain, Mitali Sonowal, JRF (2016) evaluated on the “Teaching Helping Attitude among Adolescent Students.” The participants selected for the investigation comprised of 32 adolescent students studying in high School, Assam. Certain exercise is given to participant and found that helping attitude can be significantly taught and learnt through these exercises.

Hafsah Jan (2017) conducted on the “Helping attitude of professional and non-professional college students.” The sample for present study consisted on the 200 college students of District Ganderbal selected through purposive sampling technique. The result shows that there was significant difference in the helping attitude between male and female college students in general in particular unprofessional male/female and professional female/male students.

Sannet Thomas;(2019) studies on the “The study on happiness and helping attitude among nurses and nursing students.” Purposive sampling were used to collect population for the study and consist of 120 nurses that is 60 nurses and 60 nursing students. The study indicates that there is no significant difference in the happiness and helping attitude among nurses and nursing Students. There is a significant relationship between happiness and helping attitude among nurses. And also, in nursing students.

Anjitha Nirmal, Varsha A. Malagi; (2019) evaluated on the “helping attitude among nurses working in government and private hospitals.” The sample was selected from various government and private hospitals situated in three districts of Kerala. This study was done on 60 nurses (30 government nurses and 30 private nurses). The result indicates that there is no significant difference in the level of helping attitude among nurses in government and private hospitals.

Need and significance of the study

Young adults are considered as the period where they adjust to new life patterns of life and expectation from society. Also, they need to take many duties such as life partner, parents and breadwinner as well as adopt new attitudes, interests, and values to fit these new positions. An individual having emotional intelligence able to use their emotions in thinking by giving proper attention to useful information, using emotions in appropriate judgment and memory concerning feelings. Also, this ability also includes emotional facilitation be optimistic, using emotion in tasks requiring reasoning as well as creativity. In case of helping attitude a individual having it they help individuals in needs, sharing personal resources, volunteering time, effort, expertise and cooperating with others to achieve some common goals. Also having empathy that is understanding the feeling of others.

So present study will through some light on emotional intelligence and helping attitude as one of the positive aspects of life among young adults. So, it is important to understand the relationship between emotional intelligence and helping attitude among young adults in their life and also to know the difference between emotional intelligence and helping attitude among young adults on bases of gender and place of residence.

METHODOLOGY

Objectives of the study

- To examine whether there is any relationship between emotional intelligence and helping attitude among young adults.
- To compare emotional intelligence between male and female young adults.
- To compare helping attitude between male and female young adults.
- To compare emotional intelligence among young adults in terms of their place of residence
- To compare helping attitude among young adults in terms of their place of residence.

Hypothesis

- H0: There is no significant relationship between emotional intelligence and helping attitude in young adults.
- H0: There is no significant difference in emotional intelligence between male and female young adults.
- H0: There is no significant difference in helping attitude between male and female young adults.
- H0: There is no significance difference in emotional intelligence among young adults in terms of their place of residence.
- H0: There is no significance difference in helping attitude among young adults in terms of their place of residence.

Measures

- **Emotional intelligence**
The Schutte Self-Report Emotional Intelligence Test (SSEIT) developed by schutte and her colleagues.
- **Helping attitude**
Helping Attitude Scale (HAS) developed by Gary S. Nickell (1998)

Sample

The sample for the study was young adults. The sample for the study comprised of 100 young adults which include 50 males and 50 females. The age range was from 18 to 25 years for the population. Non-probability purposive sampling technique was used for collecting the samples for the study.

Research design

Non experimental correlational research design is used to study the relationship between emotional intelligence and helping attitude among young adults. The population chosen for the study are young adults.

Statistical tools used

The experimenter has used Descriptive Statistics, Correlation, Regression Analysis, Independent Sample t test and ANOVA using SPSS Software.

Inclusion criteria

- The sample was collected from Kerala and Karnataka of India.
- The sample was obtained from college students and office workers in age group of 18 to 25 yrs.
- The samples were collected from literate people from the Kerala and Karnataka.

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Exclusion criteria

- The sample from other states of India was excluded from the study.
- The study excluded samples from illiterate people.
- The study excluded the data from all other age groups other than young adults.

Ethical considerations

- All participants were informed that the responses collected from each participant is kept confidential.
- Respect for the dignity of research participants had been prioritized.
- Anonymity of individuals and organizations participating in the research has been ensured.
- The researcher safeguarded the right to privacy of the participants.

RESULT AND DISCUSSION

Present study aimed to examine the relationship between emotional intelligence and helping attitude among young adults

Table 1 Socio Demographic Details

Gender	Number (%)	Age	Number (%)	Area of residence	Number (%)
Male	50 (50 %)	18-21	43 (43%)	Rural	37 (37%)
Female	50 (50%)	22-25	57 (57%)	Semi-Rural	24 (24%)
				Urban	39 (39%)

Table 1 shows the socio demographical details. In gender number and percentage of male adults are 50 and 50%. And number and percentage of female adults are 50 and 50%. In age range number and percentage age between 18-21 are 43 and 43%. And number and percentage of age between 22-25 are 57 and 57%. In area of residence number and percentage of rural area are 37 and 37%. The number and percentage of semi-rural area are 24 and 24%. And number and percentage of urban area are 39 and 39%.

Table 2 Mean, SD and interpretation of the sample

Variables	N	Mean	SD	Interpretation
Emotional intelligence	100	128.35	14.839	Above average
Helping attitude	100	80.80	9.475	High

Table 2 shows the mean, SD and interpretation of emotional intelligence and helping attitude of young adults of the present study. The mean and SD of emotional intelligence among young adults are 128.35 and 14.839. The mean and SD of helping attitude among young adults are 80.80 and 9.475. The emotional intelligence mean score falls under the range of 33 to 165. So having above average level. The helping attitude mean score is higher than the neutral score which is above 60. So having a high level of helping attitude.

Objective 1- To examine whether there is any relationship between emotional intelligence and helping attitude among young adults.

H0: There is no significant relationship between emotional intelligence and helping attitude among young adults.

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Table 3 The Correlation Coefficient Between Emotional Intelligence and Helping Attitude Among Young Adults.

Variables	1	2
1. Emotional intelligence	-	
2. Helping attitude	.349**	-

** Correlation significant at the 0.01 level (2-tailed)

Table 3 shows coefficient of correlation between emotional intelligence helping attitude among young adults. The r value between emotional intelligence and helping attitude is 0.349. The significant value is greater than 0.05 so there is no significance. That there is no significant relationship between emotional intelligence and helping attitude among young adults. Hence the hypothesis is accepted. The study conducted by Shanthakumary et.al (2010) results shows that there is a significant relationship between emotional intelligence and leadership efficiency. And study conducted by Sannet Thomas (2019) result shows that there is a significant relationship between happiness and helping attitude among nurses. And also, in nursing students. The two studies results rejected the result of the current study.

Objective 2- To compare emotional intelligence among male young and female young adults.

H0: There is no significant difference in emotional intelligence among male and female young adults.

Table 4 Mean, Standard Deviation and T-Value Obtained by Emotional Intelligence among Male and Female Young Adults.

Variables	Male adults		Female adults		t-value	Sig
	Mean	SD	Mean	SD		
Emotional intelligence	129.05	14.369	127.64	15.408	.477	.419

Table 4 shows the mean, standard deviation, t-value and significant value obtained by emotional intelligence among male and female young adults. The mean score and standard deviation of emotional intelligence among male adults are 129.05 and 14.369. The mean score and standard deviation of emotional intelligence among female adults are 127.64 and 15.408. The corresponding t-value for emotional intelligence is .477. The significant value obtained is .419. The significant value is greater than 0.05 so there is no significance. Also the t-value is less than 1.96. That is there is no significant difference in emotional intelligence among male and female young adults. Hence the hypothesis is accepted. The study conducted by Nishi Mishra et.al (2010) result shows that there is no significant difference was found between the mean scores of males and females in emotional intelligence. The result of this study accepted the result of current study.

Objective 3- To compare helping attitude among male young and female young adults.

H0: There is no significant difference in helping attitude among male and female young adults.

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Table 5 Mean, Standard Deviation and T-Value Obtained by Helping Attitude among Male and Female Young Adults.

Variables	Male adults		Female adults		t-value	Sig
	Mean	SD	Mean	SD		
Helping attitude	80.84	8.740	80.76	10.247	.042	.306

Table 5 shows the mean, SD, t-value and significant value obtained by helping attitude among male and female young adults. The mean score and standard deviation of helping attitude among male young adults are 80.84 and 8.740. The mean score and standard deviation of helping attitude among female young adults are 80.76 and 10.247. The corresponding t-value for helping attitude is .042. The significant value obtained is .306. The significant value is greater than 0.05 so there is no significance. Also, the t-value is less than 1.96. That is there is no significant difference in helping attitude among male and female young adults. Hence the hypothesis is accepted. The study conducted by Hafsah Jan (2017) result shows that there was a significant difference in the helping attitude between male and female college students in general in particular unprofessional male/female and professional female/male students. The result of this study rejected the result of the current study.

Objective 4- To compare emotional intelligence among young adults in terms of their place of residence.

H0: There is no significant difference in emotional intelligence among young adults in terms of their place of residence.

Table 6 The Mean, SD, F-Value and Significant Value of Residence in Emotional Intelligence among Young Adults.

Variable	Rural		Semi-rural		Urban		F	Sig
	Mean	SD	Mean	SD	Mean	SD		
Emotional intelligence	131.24	14.784	129.67	14.916	124.79	14.483	1.954	.147

Table 6 shows the mean, SD, F-value and significant value of residence in emotional intelligence among young adults. The mean and standard deviation for rural are 131.24 and 14.784. The mean and standard deviation for semi-rural are 129.67 and 14.916. The mean and standard deviation for urban are 124.79 and 14.483. The corresponding F- value for emotional intelligence is 1.945. And the significance value for emotional intelligence is 0.147. The significant value is greater than 0.05 so there is no significant difference in emotional intelligence among young adults in terms of their place of residence. Hence the hypothesis is accepted. The study conducted by Shanthakumary et.al (2010) the result shows that there is no significant difference between emotional intelligence and the demographic factors. The result of the study accepted the current study result.

Objective 5- To compare helping attitude among young adults in terms of their place of residence.

H0: There is no significant difference in helping attitude among young adults in terms of their place of residence.

Table 7 The Mean, SD, F-Value and Significant Value of Residence in Helping Attitude among Young Adults.

Variable	Rural		Semi-rural		Urban		F	Sig
	Mean	SD	Mean	SD	Mean	SD		
Helping attitude	82.70	8.935	81.67	8.53	78.46	10.229	2.078	.131

Table 7 shows the mean, SD, F-value and significant value of residence in helping attitude among young adults. The mean and standard deviation for rural are 82.70 and 8.935. The mean and standard deviation for semi-rural are 81.67 and 8.53. The mean and standard deviation for urban are 78.46 and 10.2269. The corresponding F- value for helping attitude is 2.078. And the significance value for helping attitude is 0.131. The significant value is greater than 0.05. And it was found there is there is no significant difference in helping attitude among young adults in terms of their place of residence. Hence the hypothesis is accepted. The study conducted by Anjitha et.al (2019) the result shows that there is no significant difference in the level of helping attitude among nurses in government and private hospitals. The result of this study accepted the result of current study.

CONCLUSION

The study is to assess the emotional intelligence and helping attitude among young adults. The sample consist of 100 young adults that is 50 male young adults and 50 female young adults. A non-probability purposive sampling technique was used for collecting the samples for the study. The finding indicates there is no significant relationship between emotional intelligence and helping attitude among young adults. There is no significant difference in emotional intelligence among male and female young adults. Also, there is no significant difference in helping attitude among male and female young adults. And there is no significance difference in emotional intelligence among young adults in terms of their place of residence. Also, there is no significance difference in helping attitude among young adults in terms of their place of residence.

Implications of study

The finding suggests that there is no emotional intelligence and helping attitude among young adults. That is if emotional intelligence increase or decrease it didn't influence the helping attitude of young adults. That is no correlation between them. Also there is no significant difference between emotional intelligence and helping attitude according to gender and place of residence of young adults. That is young adults have no difference in emotional intelligence and helping attitude so young adults can show both of them without no difference. In fields of college, working places this can implicate for better experience so they can understand one's own feelings and others feelings effectively and can help others effectively.

Limitations of the study

- The sample size was invited to 100. A large sample would give under scope for generalizing the result.
- As the study was time bound and had to be completed in limited period of time the sample size and area was restricted.
- Only one population were added in this study for the purpose of comparison.
- The samples collected were limited to only 2 states of India mainly Kerala and Karnataka.

Suggestions for the future study

- The future study can be including other socio demographic details.
- More sample size can be helpful in generalizing the result.
- More geographical area may be added for future studies
- More variables would be added to assess more detailed characteristics about the population.

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Conflict of Interest

The author(s) declared no conflict of interest.

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