

## Correlational Study of Mental Health and Emotional Intelligence of the 11th STD students Dhule City

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### ABSTRACT

The present research study is focused on "Correlational study of Mental Health and emotional intelligence of 11th std students of Dhule city". To assess the Mental Health, Dr. M. Thakur's M.M.H.S.I. Test was used and for Emotional Intelligence, Roquiya Zainuddin and Anjum Ahmed's Test was used. In this study total sample was 100 out of 100 (50 boys and 50 girls) were studied in 11th std. in Arts faculty of Junior college at Dhule city. Researcher used Random Sampling Method for data collection. Result shows that there were no correlation found between Mental Health and Emotional Intelligence relate to 11th std. boys and girls students.

**Keywords:** *Mental Health, Emotional Intelligence, 11th Std Student.*

All of individuals has encountered energies, for example, cherish, fondness, resentment, and disdain, pitiful and satisfaction, outrage and dread. These are fervor that are vital throughout everyday life and influence in joy of individuals and the mental health. Energy that individuals feel is the consequence of appraisal data that this assessment incorporates cognitive or got data handling condition, body, individual memory, have a tendency to react to particular practices and consider activities result that might be acquired from the emotional mode. We will be effective if consider our feelings and know management and its applications (Omarae, 2009, p88). Each culture is searching for mental health in light of their particular criteria; objective of society is to get ready conditions that guarantee the health of group individuals. Mental health and cleanliness is think health and power similarity with nature and those around (Mohtasham, 2009, p3). Mental health is a fruitful method of mental association that their outcome is profitable exercises, fulfilling relationships with others, ability to adjust to changes and manage unforgiving. Part of Mental health is certain from early adolescence until death, creating thinking abilities, communication, learning, emotional

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development, adaptability and self-esteem. These variables help to individual until assume a part in the public eye (Seyyed Mohseni, 2006, p32)

Emotional intelligence as the ability to manage emotions and feelings has an imperative part throughout everyday life and accomplishment of individual. Lately, emotional intelligence has turned out to be more famous for various applications in different fields, for example, training, professions, self-improvement, contrasts between individual. . . . (Mohtasham, 2009, p3). Emotional intelligence position is unquestionable in training. In spite of the fact that mentors of training understood this subject yet applied utilized gradually. Emotional intelligence created rules help to schools since it carry as methodical in general structure. Emotional intelligence should assume an exceptionally noticeable part in instruction that it can build accomplishing to national objectives. Since our youngsters will move toward becoming grown-ups that powerful in the family, work environment, group and they encounter positive mental health. (Najafi Zand, 2006, p255) Because of the part and significance of emotional intelligence in this examination were contemplated. The connection between Emotional Intelligence with Mental Health of the Dhule city 11<sup>th</sup> std. students.

### **LITERATURE REVIEW**

#### ***Study on Mental Health :***

Larousse psychology awesome culture that characterizes mental health: "Mental inclination for composed, lovely and successful work, for troublesome circumstances, adaptable and to recuperate their adjust, have ability". Health World Organization: Mental health takes inside the general idea of health and Mental Health. To be specific: Finished ability for assuming the part of social, psychological and physical and isn't as need disease or slack (BaniHashemian and et al, 2009, p49) Today, many organizations know information as riches (Gilaninia and Etal, 2011). Schutte and et al (2007) in their investigation reasoned that better health status is related with higher emotional intelligence.

#### ***Study on Emotional Intelligence :***

Word emotional intelligence is a couple of years in the logical writing, starting in psychology and after that in different sciences was presented as applied. The root word is gotten from the idea of social intelligence that the first run through was portrayed in 1920 by Thorndike. Subside Salovey and John Mayer in 1990, the fundamental idea of his hypothesis out of the blue as "Emotional Intelligence" distributed. Golmen, The most well known a man who in the field completed a great deal of studies and emotional intelligence can be characterized: emotional intelligence is an expertise that its proprietor can deal with their ethics trough self-awareness and enhance without anyone else's input management, their effect comprehend by sympathy and through relationship management carry on in a way that raise your spirit and others (Golmen, 1995, p206). Intrigue and inspiration depends on many issues that people are effective in it. Inspiration gives power and course to conduct and individuals will activate to accomplish its objectives. (Gilaninia & Etal, 2011) Weisinger (1998) emotional intelligence know as applied intelligence emotions and feelings keeping in mind the end goal to managing





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**2) Correlation table of Mental Health**

Sr. No	N	r
1	100	0.19

Above table showed that there is no correlation between boys and girls relate to Mental Health.

**3) Factor wise means and correlation table of boys and girls concerned to emotional intelligence.**

Emotional Intelligence Mean Score and correlation Table				
Sr No	Factors	Boys	Girls	r
1	Self Awareness	11.38	11.10	0.16
2	Self Regulation	20.02	19.50	0.77
3	Motivation	11.70	10.78	0.07
4	Empathy	09.44	09.70	0.40
5	Social Skill	12.48	11.86	0.22
	<b>Total Score</b>	<b>65.02</b>	<b>62.94</b>	

Above table focus that boys and girls students of 11<sup>th</sup> std. showed normal emotional intelligence in areas of Self Awareness, Self Regulation, Motivation, Empathy, Social Skill. But total score of boys is 65.02 and girls is 62.94 is showed normal emotional intelligence and correlational value also showed normal level emotional intelligence.

**4) Correlation table of Emotional Intelligence.**

Sr. No	N	r
1	100	0.12

Above table showed that there is no correlation between boys and girls relate to Emotional Intelligence.

**5) Pearson correlation table between Mental health and Emotion intelligence among 11<sup>th</sup> std. student of arts faculty.**

	N	r	Description
Boy & Girl Students	100	-0. 10	Negative Correlation

There is negative correlation found between mental health and emotional intelligence among the entire 11<sup>th</sup> std. students of arts faculty.

## **CONCLUSION**

When researcher statistically analyzed the data following conclusion are found-

- 1) Relate to Mental Health factors Boys and Girls students showed good Mental Health in area of a) Egocentrism b) Alienation c) Expression d) Emotional Unstability e) Social Non-conformity etc.
- 2) There is no correlation between boys and girls relate to Mental Health.
- 3) Relate to Emotional Intelligence factors Boys and Girls students showed normal Emotional Intelligence in area of a) Self Awareness b) Self Regulation c) Motivation d) Empathy e) Social Skill etc.
- 4) There is no correlation between boys and girls relate to Emotional Intelligence.
- 5) There is negative correlation between Mental Health and Emotional Intelligence in entire 11<sup>th</sup> std. students of arts faculty at Dhule city.

## **LIMITATIONS OF THE STUDY**

- 1) Present study conducted to Dhule city only and sample was very small.
- 2) In this study only 11<sup>th</sup> std. boys and girls were observed.

## **SUGGESTIONS**

- 1) For further research will may be useful to done study on large scale and significant stat will be used.
- 2) Mental Health and Emotional Intelligence correlation will be positive at large sample.

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