

A Co-relational Study of Emotional Intelligence and Mental Health among MPSC Students

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ABSTRACT

The study was under taken to access the emotional intelligence and mental health among MPSC students. The sample of the study comprised of 60 students in which 30 boys and 30 girls selected randomly from Kolhapur city. Emotional intelligence and Mental health scale was used for the present study. Result show that there is no gender difference was found with respect to Emotional Intelligence and Mental health among MPSC students. But there is significant relationship between emotional intelligence and mental health among MPSC students.

Keywords: *Emotional Intelligence, Mental Health, Gender*

Emotional Intelligence the most popular, researched, dynamic construct of 21st century has drawn the attention of academicians and researchers. EI emphasize the role of emotion in a emotions in a individual success or failure in work place and in life.

John D. Mayer and Peter Salovey (1990) has defined emotional intelligence (EI) is “the ability to monitor one’s own and other’s felling and emotions, to discriminate among them and to use this information to guide one’s thinking and actions. “ Interest in emotional intelligence has grown significantly since the 1990s, with research suggesting that good emotional understanding can lead to increased social effectiveness.

An analysis of emotional intelligence was found in thousands of men and women which showed that women, on average, are more aware of their emotions, show more empathy and are more self-confident, optimistic and adaptable. It was found that men are also able to handle stress better than women. In general however, far more similarities exit than difference. Some men are empathetic as the most interpersonally sensible women are while some women are just as able to withstand stress as the most emotionally resilient men.

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Finding of studies reported by King (1999), Sutarso (1999), Wing and Love (2001) and Singh (2002) revealed that females have higher emotional intelligence than that of males.

Mental health or mental well being is something we all have and seek to improve. Mental health has been found to be associated with gender, age, ethnicity, marital status, employment, income, physical illness and disability. The positive dimension of mental health is stressed in WHO definition (2007) of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Humanity has always been in search for wellbeing, happiness, and the good life. Studies indicate that, mental disability produces psychological, physical, social and financial distress to the whole family, particularly parents, as they are virtually the only constant care givers (Schwartz & Tsumi, 2003). Several studies have indicated that the presence in a family of a child with a physical and mental disability may be detrimental to maternal mental health.

Martins et.al (2010) present study was examine a comprehensive Meta –analysis of the relationship between emotional intelligence and health. In this study data collected by Mayer Salovey – Caruso Emotional Intelligence Test and Trait Emotional Intelligence Questionnaire, Result indicate that emotional intelligence was more strongly associated with health.

Fatemeh Golnezhad (2015) The present investigation was conducted in order to study the effect of emotional intelligence on the mental health of students of the faculty of humanities in Islamic Azad University of Saveh with respect to the mediating role of self-efficiency in 2013. The population consisted of 850 students of the faculty of humanities in Islamic Azad University of Saveh in which 168 individuals were chosen using Cochran formula and simple random sampling method as the sample size. The data collection was carried out through three questionnaires of Schering's emotional intelligence (1996), Goldberg's mental health (1979) and self-efficiency researcher made. The results demonstrated that emotional intelligence has impact on the student's mental health considering the mediating role of self-efficiency.

Shabani et. al. (2010) this study investigates the link of emotional intelligence (EI), with mental health scales and sub-scales (somatic symptom, anxiety, social dysfunction and depression) in Iranian high schools students. The data was made up of 247 high school students of 8 schools (124 Boy and 123 Girl). The research design was a quantitative and tests of alternative hypotheses. This study utilized General Health Questionnaire (GHQ) to measure mental health scales and sub-scales and Emotional Quotient Inventory, Youth Version (EQ-I YV) to assess emotional intelligence. The results of this study support the hypothesis that is a significant relationship of emotional intelligence with mental health scales and sub-scales scores. In addition, this study revealed that mental health scales and sub-scales scores influences by emotional intelligence.

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Garima Gupta and Sushil Kumar(2010)This paper studies the relationship of mental health with emotional intelligence and self-efficacy among college students. 200 participants (Male=100 and Female=100) were drawn from science and arts streams of Kurukshetra University, Kurukshetra. Data analysis involved the use of product moment method of correlation and ttest. The results indicate that emotional intelligence and self-efficacy are positively correlated with mental health. It also revealed that male students were better than female students in terms of mental health, emotional intelligence and self-efficacy which underline the importance of training in emotional intelligence, self efficacy and mental health for female college students.

Roya Koochak Entezar et. al (2013)The aim of this study is to determine the influence of emotional intelligence on mental health among mothers of mild intellectually disabled children in special school of Tehran-Iran. The sample of the study will be selected by a purposive sampling method. All respondents will complete the questionnaires of MHC-SF and AES. Structural equation modeling (SEM) will be used to analyze the data. The finding is expected to show the level of mental health among the respondents and the impact of emotional intelligence on mental health among the respondents. The majority of studies have focused on the increased risks associated with parenting a child with intellectual disability. Parents especially mothers have more mental health problem. They have higher parenting stress, and lower levels of social participation than parents of children without disabilities.

Nesami et. al (2015) This research organized to determine the relationship between Emotional Intelligence (EI) with Religious Coping and Mental Health of students at Mazandaran University of Medical Sciences. This descriptive and analytical study was conducted in 2014 on 335 students at Mazandaran University of Medical Sciences. Students were selected by stratified random sampling method. The instruments to gather data were Bradberry and Greaves Standard Emotional Intelligence Questionnaire, the 12-item General Health Questionnaire, and the Pargament's Religious Coping. EI scores, positive religious coping, negative religious coping, and mental health were respectively. Moreover, there was a direct and significant relationship between EI and positive religious coping.

Farzaneh Khordzanganeh et.al (2014) the aim of the present study was to check the relationship between Emotional intelligence, happiness and resiliency with mental health in male and female high school students of RAMHORMOZ city. From this actuarial population a sample consisted of 365 students (223 girls and 142 boys) were selected by multistage cluster sampling method. To measure the variables, we used Shot's emotional intelligence Questionnaire (1998), Hills and Argyle's Happiness Questionnaire (2002), Cannar and Davidson's resiliency scale (2003) and the Goldberg and Hiller's General Health Questionnaire (1972). The results showed that the correlation between emotional intelligence, happiness and resiliency with mental health in level (0.001) are significant. Also among the predictor variables, resiliency has the stronger ability to predict of mental health than happiness and emotional intelligence.

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Objectives

1. To find out the difference between male and female students on Emotional Intelligence among M.P.S.C students.
2. To find out the difference between male and female students on Mental Health among M.P.S.C students.
3. To study the relationship between Emotional Intelligence and Mental Health among M.P.S.C. Students.

Hypotheses

1. There will be significance difference between male and female students on Emotional Intelligence among M.P.S.C students.
2. There will be significance difference between male and female students on Mental Health M.P.S.C students.
3. There will be significant relationship between the Emotional Intelligence and Mental Health among M.P.S.C .Students.

METHODOLOGY

Sample

The sample of the study comprised of 60 M.P.S.C students in which 30 boys and 30 girls, selected randomly from Arun Narke Foundation. In Kolhapur city, the age range of the students was 21 to 30 year.

Tools

The following standardized psychological tests used to collect the data.

1. **Emotional Intelligence Scale. (E I S)** This scale is prepared by Anukool Hyde, Sanjyot Pethe and Upinder Dhar. It consist 34 items. Each item has to respond in terms of strongly agree, agree, neutral disagree and strongly disagree. Test consists of 34 items which identified 10 factors. These are self awareness, empathy, self motivation, emotional stability, managing relations, integrity, self development, value orientation, commitment and altruistic behavior. The split – half reliability coefficient was found to be 0.88 and validity 0.93.
2. **Mithila Mental Health Status Inventory. (MMHSI)** This scale is prepared by Dr. Anand Kumar and Dr. Giridhar Thakar. It consist 50 items. Each item has to respond in terms of very true, true, doubtful, false and completely false. The positively worded items at the inventory are given scores of 5, 4,3,2,1, and negatively worded items are scored in the reverse manner. Test consists of 50 items which identified 5 factors. These are Ego centrism, Alienation, Expression, Emotional Unstability, and social Non – conformity. The split – half reliability co-efficient was found to be 0.90.

RESULT

Table No -1. Significance of mean difference between male & female on Emotional Intelligence among MPSC students

Emotional Intelligence					
Factor	N	Mean	sd	df	't' value
Male	30	131.96	12.92	58	0.44NS
Female	30	131.56	9.96		
Total	60				

Table No .2 Significance of mean difference between male and female on mental health among MPSC students

Mental Health					
Factor	N	Mean	sd	df	't' value
Male	30	120.36	11.35	58	0.12NS
Female	30	123.83	12.14		
Total	60				

Table No. 3 Correlation between Emotional Intelligence and Mental health among adolescents

Factor	N	Mean	Sd	df	'r'
EMI	30	131.76	11.44	58	0.47 $\mu\mu$
Mental Health	30	122.1	11.78		

* Significant at 0.01 level, ** Significant at 0.05 level, Not Significant

DISCUSSION AND INTERPRETATION

The perusal of table -1 makes it clear that the mean score of male 131.96 (SD = 12.92) is more than mean score of female 131.56 (SD= 9.96) on emotional intelligence. The obtained 't' value is (0.44) which is not statistically significant at 0.05 level. The results make it clear that male and female are not differing significantly on their emotional intelligence.

The perusal of table No-2 makes it clear that the mean score of male 120.36 (SD= 11.35) is less than mean score of female 123.83 (SD= 12.14) on Mental health. The obtained 't' value is (0.12) which is statistically not significant at 0.05 levels. The results make it clear that male and female students are not differing significantly on their mental health.

Table no.3 show that the correlation between emotional intelligence and mental health among MPSC students. The mean value for emotional Intelligence is 131.76 with 11.44 standard deviations and for mental health are 122.1 mean with 11.78 SD. The respected 'r' value is 0.47 which is fair degree of correlation.

CONCLUSIONS

1. There is no significant difference found between male and female students on emotional intelligence. It means that male and female are equal to emotional intelligence.

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2. There is no significant difference found between male and female students on Mental Health.
3. There is fair Degree of Relationship found between emotional intelligence and mental health among MPSC students. It means that emotional intelligence is positively affected on over all mental health.

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