



A Study On The Emotional Intelligence Of The Adolescents

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ABSTRACT

Adolescence is the period of transition from childhood to adulthood. It is the period of physical growth and development. In other words, it is the period of mental maturation and maturation of behavior. This paper tries to investigate the emotional intelligence of the adolescence in terms of gender and also to compare the boys and girls on self-confidence and innovativeness (sub-area of emotional intelligence). The study was conducted on 200 adolescents of age ranged from 13-18 years (100 boys and 100 girls) studying in different schools of Guwahati city. The schools were selected randomly. To find out the significance differences between the two comparison group t-test was applied. Results showed that girls were more emotionally intelligent and self-confident as compared to boys and boys were more innovative as compared to girls.

INTRODUCTION:

Emotional intelligence is an important area of research study. It can be described as the ability of a person to identify and understand their own emotions as well as the emotions of other people. It is the capacity of a person to recognize emotions and also to control them. Emotional intelligence (EQ) is a behavioral model, rising to prominence with Daniel Goleman's 1995 Book called "Emotional Intelligence". It includes self-awareness, control of impulses, zeal and motivation, persistence, empathy and social adequacy. Mayer and Salovey (1997) defines "Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions, and emotional knowledge and to reflectively regulate emotions so as to promote emotional and intellectual growth". According to Goleman, the five major parts that make up emotional intelligence are- knowing our own emotions, managing our emotions, motivating ourselves, recognizing emotions of others and handling relationships.

Adolescence is a period of life in which biological and psycho social transition from childhood to adulthood occurs. It is a period of rapid growth and development in all dimensions. It is a period of upheavals. It has been described as the period of storm, strain and stress by Stanley Hall. Their emotions are very intense. As the child enters adolescence

period, logical and abstract reasoning increases. According to Pardeck and pardeck (1990) during puberty young adolescents begins to seek out an adult identity and demand emotional independence from parents. This is a difficult period both for parents and adolescents. Research studies also shows that adolescence period is characterized by significant increases in stress (Seiffge, 2000).

According to Erikson (1986), adolescents has to face major changes in life, including physical development, self-identity,, making friends and falling in love, academic advancement exams, and how to maintain good interactions with peers and family members and all of these required more adjustment and adaptation.

OBJECTIVE OF THE STUDY:

1. To examine the emotional intelligence of the adolescent boys and girls
2. To assess and compare the innovative ability of the adolescent boys and girls
3. To assess and compare the self-confidence of the adolescent boys and girls.

SIGNIFICANCE OF THE STUDY:

The present study was conducted to examine the emotional intelligence of adolescents. It is a known fact that people who are emotionally intelligent can understand and control their emotions which helps them to motivate themselves towards their goal and is socially matured and can adjust in different circumstances. During adolescents they face emotional turmoil. This period is often describes as” a period of storm, strain and stress” by Stanley Hall. Adolescents are very hyperactive, impulsive and are unable to understand and control their emotions. So this research is important as it examines the emotional intelligence of the adolescents and thereby, they can be helped to deal with their emotional turmoil's

RESEARCH METHODOLOGY:

For the present study, a total sample of 200 (100 girls and 100 boys) were selected between the age group of 13-18 years. All the participants were school going adolescents. The schools were selected randomly from Guwahati city. Samples were also selected through simple random sampling method. It was descriptive research study.

Independent variable: Adolescents boys and girls

Dependent variable: Emotional Intelligence

Tools used:

Emotional intelligence scale by Dr. Sheetal Prasad.

The standard questionnaire of Emotional Intelligence (EI) scale is a cluster of traits or abilities relating to emotional side of life, compiled or developed by Dr. Sheetal Prasad was used for the collection of data . It has total 40 items. The emotional Intelligence scale has a set of 40 questions and has five dimensions such as self-confidence, trustworthiness, innovative, conscientiousness and adjusted.

PROCEDURE:

The researcher initially took permission from the school authorities to conduct the research. After receiving permission from the school authorities the researcher visited the different schools and samples were selected through simple random sampling method. Then the students were explained about the purpose of the research and after receiving consent from the students the questionnaire was distributed and instruction was given orally so that they don't make any mistake while responding. After completion of the questionnaire, it was collected back and checked for omission. Then the scales were scored and coded as per the scoring key and entered into a spread sheet for further statistical analysis.

RESULTS:

Table 1 Comparison of adolescent's boys and girls on emotional intelligence.

Gender	N	Mean	SD	t (df=198)	p
Boys	100	101.29	20.35	8.54	.001
Girls	100	114.87	41.03		

Table 1 shows the comparison of the adolescent's boys and girls on emotional intelligence. The table depicts that the mean score of adolescent girls was significantly higher than the adolescent boys which indicated that girls were emotionally intelligent than the boys.

Table 2 Comparison of adolescent's boys and girls on sub area innovation of emotional intelligence.

Gender	N	Mean	SD	t (df=198)	p
Boys	100	10.61	2.42	6.04	.001
Girls	100	9.20	2.23		

Table 2 shows the comparison of the adolescent's boys and girls on sub area innovation of emotional intelligence. The table depicts that the mean score of adolescent boys was significantly higher than the adolescent girls on sub area innovation of emotional intelligence which indicated that boys were more innovative than the girls.

Table 3 Comparison of adolescent's boys and girls on sub area self-confidence of emotional intelligence.

Gender	N	Mean	SD	t (df=198)	p
Boys	100	8.66	2.14	3.29	.001
Girls	100	9.31	1.76		

Table 3 shows the comparison of the adolescent's boys and girls on sub area self-confidence of emotional intelligence. The table depicts that the mean score of adolescent girls on self confidence was significantly higher than the boys which indicated that girls were more self-confident.

DISCUSSIONS:

The findings from the analyses showed that the girls were more emotionally intelligent as compared to boys. In the sub area innovation of emotional intelligence, the boys were found to score higher than the girls, which indicated that boys were more innovative as compared to boys. Another finding of the study was that on the sub area self-confidence of emotional intelligence, the girls were found to score higher than the boys. It revealed that girls were more self-confident than the boys.

This finding was in coherence with the previous study conducted by Waseem (2017) found that girls studying in secondary schools were more self-confident and trustworthy as compared to boys. Further, the study found that boys were more innovative, conscientious and emotionally intelligent as compared to girls. Another similar type of study was conducted by Alam (2018) found that adolescent girls were more emotionally matured as compared to boys. Similar type of finding was also reported by the study carried out by Nadeem and Nowsheen(2013), Bhat and khan(2013), khan and Ishfaq (2013) which found that girls were emotionally intelligent than the boys.

CONCLUSION:

The findings of the study revealed that emotional intelligence and self-confidence of the adolescent girls were higher than the boys. But the boys were reported to be innovative than the girls. The findings of the study would be helpful in understanding the students and would

also be helpful for the teachers, psychologist and counselors to provide proper guidance to the students in various areas and channelized their energy in a proper way for healthy emotional, physical and mental development of the adolescents. Various life skills and personality development programs can be organized in schools for proper channelization of their energy.

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