A Cross -Sectional study to assess the Emotional Intelligence among adolescent girls studying in Selected Private Institutions of Distt. Șirmour, Himachal Pradesh

Ms. Ruchika Sharma

Clinical Instructor, Akal College of Nursing, Eternal University, Baru Sahib (H.P.)

Abstract: Emotional Intelligence refers to the ability to identify and manage one's own as well as the emotions of others. The main component of emotional intelligence is self-awareness, assertiveness, empathy, interpersonal relationship, stress tolerance. The present study was selected to assess Emotional Intelligence among adolescent girls studying in selected Private institutions of Distt. Sirmour (H.P). A Quantitative approach and non- experimental descriptive cross-sectional research study was selected to conduct the study among 157 adolescent girls selected through simple random sampling technique studying in selected Private Institutions of Distt, Sirmour, H.P. Data was collected using standardized questionnaires related to Emotional Intelligence. Descriptive and inferential statistics was analyzed by using SPSS. The study results revealed that majority 60.5% of the adolescent girls had medium level of Emotional Intelligence followed by 29.3% of them had high level of emotional intelligence and only 10.2% them had low level of emotional intelligence respectively. There was significant association of Emotional Intelligence with religion of adolescent girls as p value <0.05level of significance.

Index Terms:Emotional Intelligence, Adolescent girls.

I.INTRODUCTION

Human Behaviour is the way the one response to stimuli. The human behavior falls in a range that can be unusual or unacceptable. Behavior is any activity which can be observed and measured. This includes organism in space ,their ability of recognizing own feeling and managing emotion as well.[1]

Emotional Intelligence is the ability to know what feels good ,what feels bad and to know how to get from bad to good .Emotional Intelligence is ability to processs emotional information, particularly as it involves perception, assimilation, understanding and management of emotions.

Emotional Intelligence is important to handle all stress thrown at us, helps to become stronger and motivated, gives ability to empathized and thus emotional intelligence helps to regulate day to day activities. The main component of emotional intelligence is self-awareness, assertiveness, empathy, interpersonal relationship, stress tolerance.[1]

World Health Organization (WHO) defines adolescent period from 10 and 19 years of age. Adolescents are not able to cope up with the changes that are affecting their physical and psychological health.[2]
In today's society, the most common key area is mental health in adolescents. They should be emotionally more stable and intelligent

OBJECTIVES

1. To assess the level of emotional intelligence among adolescent girls.
2. To find out the association between level of emotional intelligence among adolescent girls with their selected demographic variables.

MATERIAL AND METHODS

Quantitative research approach and non-experimental research design was used to assess the Emotional Intelligence among 157 adolescent girls (17-19yrs) who were selected through random sampling technique in selected Private Institutions of Distt. Sirmour(H.P.)
Sample size was calculated using the following formula:[3]

$n = Nz^2 p (1-p)/d^2 (N-1) +z^2p (1-p)$

Where, N= Population
d= precision (5%) =0.05
Z statistic at 95% level of confidence =1.96
P= Expected prevalence or proportion,(.80)
Ethical committee permission was obtained before conducting the study. Consent was taken prior to data collection. Confidentiality of the participants and data was ensured. Data was collected using standardized questionnaire to assess the level of Emotional Intelligence (Wong and Law Emotional Intelligence Scale, WLEIS). The descriptive and inferential

statistics was analyzed by using SPSS.

RESULTS AND DISCUSSION

SECTION1: Description of Socio-demographic characteristics of the subjects

Table: 1.1-Frequency and Percentage Distribution of demographic variables of Adolescent girls N=157

S.No	Demographic Variables	Frequency(n)	Percentage(%)
1	Age(inyrs)		
	a.16-17	35	22.3%
	B.18-19	122	77.7%
2	Religion		
	a.Hindu	116	73.9%
	b.Sikh	38	24.2%
	c.Muslim	3	1.9%
3	Areas Of Residence		
	a.Rural	100	63.7%
	b.Urban	57	36.3%
4	Type of family		
	a.Nuclear family	90	57.3%
	b.Joint family	66	42.0%
	c.Extented family	1	0.6%
5	Birth Order		
	a. 1st	83	52.9%
	b. 2nd	57	36.3%
	c. 3rd	14	8.9%
	d. 4th	1	0.6%
	e. >4th	2	1.3%
6	Education status of father		
	a.No formal education	17	10.8%
	b.Primary	11	7.0%
	c.Middle	26	16.6%
	d.Secondary	36	22.9%
	e.Senior Secondary	67	42.7%
7	Education status of mother		
	a.No formal education	22	13.4%
	b.Primary	51	14.6%
	c.Middle	26	15.3%
	d. Secondary	56	30.6%
	e.Senior Secondary	2	26.1%
8	Occupation of Father		
	a. Labourer	22	14.0%
	b. Agriculture	51	32.5%
	c. Self employee	26	16.6%
	d. Private employee	56	35.7%
	e. Govt.employee	2	1.3%
9	Occupation of Mother		
	a. Home Maker	134	85.4%
	b. Labourer	1	24.2%
	c. Self-Employed	10	16.6%
	d. Private Employee	12	40.1%
10	Family Income		\
	a. <10,000	30	19.1%

	b. 10,001-20,001	38	24.2%
	c. 20,001-30,000	26	16.6%
	d. Above30,000	63	40.1%
11	Stream of Participants		
	a. Nursing	48	30.6%
	b. Agriculuture	57	36.3%
	c. Education	18	11.5%
	d. Basic Science	16	10.2%
	e. Engineering	18	11.5%

Table:1.2-Frequency and Percentage Distribution of Psychological Determinants of Adolescent girls N=157

SNo	Psychological Determinants	Frequency(n)	Percentage(%)
1	Traumatic Event		
	A. Yes	25	15.9%
	B. Accident	10	6.36%
	C. Relationship breakup	3	1.91%
	D. Death of loved one	12	7.64%
	E. No	132	84.1%
2	History of Psychiatric Illness		
	A.Yes	3	1.9%
	B.No	154	98.1%
3	History of Significant Stress		
	A.Yes	9	5.7%
	B.No	148	94.3%
4	History of Aggressive Behaviour		
	A.Yes	5	3.2%
	B.No	152	96.8%

With respect to the age, majority 122(77.7%) of subjects were of age group of 18-19 yrs. Majority 116(73.9%) of adolescent girls were Hindu. Most of them 100(63.7%) were belong to rural areas. More than half 90(57.3%) of girls were from nuclear family. Majority 83(52.9%) of girls were having 1stbirth order. Most of 67 (42.7%) girl's fathers were graduate. Most of them 48(30.6%) of girl's mother education were senior secondary. Most of 56(35.7%) of fathers occupation was private employee.

-Majority 134(85.4%) mothers were home maker. Majority 63(40.1%) of them had family income above 30,000 and 57(36.3%) of them were from agriculture stream.

-According to selected psychological determinants, Majority 132(84.1%) of subjects had not faced traumatic event, followed by 25(15.9%) faced traumatic event among them, 12(7.64%)death of loved one, 10(6.36%) accident and3(1.91%) had relationship breakup respectively.

-Majority 154(98.1%) of them had no psychiatric illness and 3(1.9%) had history of psychiatric illness. Most of 148(94.3%) subjects had no stress and 9(5.7%) had history of stress. Thus, only history of stress has significant association with Emotional Intelligence as p value<0.05 level of significance.

-Others variables are not statistically significant as p>0.05 level of significance.

Table No.2 Frequency and Percentage Distribution of Emotional Intelligence among adolescents girls N=157

S.NO.	Level of Emotional Intelligence	Frequency (n)	Percentage (%)
1.	High(64-80)	46	29.3%
2.	Medium(48-63)	95	60.5%
3.	Low(<47)	16	10.2%

-Majority of adolescence girls 95(60.5%) had Medium level of emotional intelligence followed by 46(29.3%)

of them had High level of emotional intelligence and 16(10.2%) of subjects had Low level of emotional intelligence respectively.

RECOMMENDATIONS

-A Comparative study can be conducted to assess the Emotional Intelligence among adolescent girls and boys.
-A Qualitative study can be conducted to assess the factors affecting the Emotional Intelligence among adolescents.

CONCLUSION

Majority of adolescent girls were having moderate level of Emotional Intelligence. There are various psychological determinants which are associated with emotional intelligence. So there is need to enhance the emotional intelligence through interventional strategies such as self-awareness practices, maintenance of positive attitude and assertive style of communication etc.

REFERENCES

[1] Saini Parvesh. Behavioral Sciences (Psychology and Sociology).1st ed. Lotus Publishers; New Delhi:Pp .47-51

[2] Sustainable Development Goals Indicators, Global Database. https://unstats.un.org/sdgs/indicators/database/?indicator=3.7.2

[3] Dr. Suresh K. Sharma. Nursing Research and Statistics.1st ed. Elsevier India Private Limited: Haryana; 2011.Pp-145-149

[4] Alam Mahfooz ,Astudy of Emotional Intelligence of adolescent students. The I.J.I.P. July 2018[cited on Oct 2018.]:6(4);1-6 Available from : http://www.omisonline.org>openassess

[5] S Jayashree,S RamVimal,Das M Arun ,Emotional Intelligence among college students with special reference to Kerala I.J.P.A.M.2018[cited on Oct 2018]:118(20):4583-4589 .Available from : http://www.ijpam.eu