

Study of Relation between Emotional Intelligence in Working and Non Working Women in Delhi NCR

Priyanka Pandey, Dr Amit Kumar

PHD Psychology Mewar University Chittorgarh Rajasthan

Department of psychology Mewar University Chittorgarh Rajasthan

Abstract: Emotional Intelligence(EI) is the assessment and operation of both particular and professional feelings and implements them for managing the circumstances and career race. feelings are particular studies it may bring happiness and accomplishment in life if managed duly.

But if it is n't handled in a proper way also it may be dangerous for mortal beings. Our Interpersonal and intrapersonal disagreement, the relations with society, family and tone is also affected by unbridled feelings. Some of the experimenters suggest that emotional intelligence is the literacy capability, while other claims it's a natural particularity. feelings are action-acquainted and cognitive in nature. It is n't an easy task for an individual to use the feelings intelligently the deep natural processes involved in this. The developed interpretation of Emotional Intelligence helps the existent to channelize feelings constructively and use them as motivational tool. Number of inquiries has been conducted to survey the counteraccusations of emotional intelligence to the individualities, organisations and groups. The exploration presented in this paper compare the position of emotional intelligence between working women and non working women Delhi NCR and how it affects their performance in balancing life. crucial Words Women, Emotional Intelligence, Working Women, Housewives.

INTRODUCTION

Emotionally intelligent capacities are n't inborn gifts, but learned chops, the effective operation can be done by learning Emotional Intelligence chops. feelings are action acquainted; thus creating intelligent and conscious conduct regarding our own emotional responses as well as managing other people's responses to an emotionally charged situation is the foundation of emotional intelligence. However, first we need to If we want to successfully manage all these reactions. accept and find our emotional state and its impact on our behavioural patterns. Emotional intelligence has an significant impact on tone-development and leadership rates. Emotional Intelligence is the capability to come apprehensive of changes in one's and others' emotional tones and

to organize them, to initiate, to keep calm in the midst of pressure and maintain healthy connections with others, and to maintain an auspicious outlook towards life.

Emotional Intelligence is part of your and others feelings and passions, including the capability to cover, separate and use this information to direct thinking and action. Emotional intelligence is the conception, which is presently in focus among the general public, interpreters and experimenters. The experimenters reported the relationship of emotional intelligence with other psychosocial factors and revealed the significance and benefits in the field of managing occupational stress, interpersonal connections, success in work and particular life, enhancing performance, academic field, perfecting personality, interpersonal communication. Emotional Intelligence can be defined as the capability to fete and acclimate our feelings that induce our responses with certain situations or people. Through Emotional Intelligence existent can learn how to gain control over our responses and laboriously share in forming our social chops.

Emotional intelligence – the capability to manage ourselves and our connections – consists of four abecedarian capabilities tone- mindfulness, tone-operation, social mindfulness, and social skill.

Each capability, in turn, is composed of specific sets of capabilities(Goleman et al., 2002). It's more accurate to say that the frequency with which an individual demonstrates or uses the constituent capabilities, or capabilities, inbuilt in emotional intelligence determine the ways in which he she deals with themselves, their life, work and others(Boyatzis et al., 2000).

It's the capability to be apprehensive to understand and to express oneself; be apprehensive of, to understand, and to relate to others deal with strong feelings and control one's impulses; and acclimatize

to change and to break problems of a particular or a social nature(Bar- On, 1988).

High emotional intelligence develops in a person rigidity, creative responses to lapses and obstacles, particular operation, harkening and verbal communication, confidence, provocation to work toward pretensions, a sense of wanting to develop one's career group and interpersonal effectiveness, cooperativeness and cooperation, chops in working dissensions , effectiveness in the association, leadership eventuality, social chops and colorful other capabilities which make directors political expertise. Its being extensively believed that emotional and social capability is as important, or indeed more important, than traditional dimension of intellectual capability and personality(Goleman, 1995, 1998)

Cooper and Sawaf(1997) defines Emotional Intelligence as the capability to smell, understand and effectively apply the power and wit of feelings as a source of mortal energy, information, connection and influence. Mayer and Salovey(1997) defines emotional intelligence as the capability to cover one's own and other's passions and feelings to distinguish among them, and to use this information to guide one's thinking and action. Emotional intelligence involves the capability to perceive directly, estimate, and express feelings; the capability to pierce and/ or induce passions when they grease studies; the capability to understand feelings and emotional knowledge and intellectual growth.

There's substantiation that the pressures of managing multiple places in women are the topmost, and the cerebral benefits of employment are the least, under conditions of heavy family liabilities that is, when youthful children are at home. Though working women are likely to get stressed while striking a balance between multiple places(worker, partner, mama , son- in- law, son) that they're needed to do nonetheless they still tend to have better physical and internal health as compared to those women who are housewives. This is because these different places add to and enrich women's sense of tone and enhance cerebral well- being.

The strain and stress they witness due to one part is balanced by the satisfaction they gain from other places. numerous people tend to cheapen the work of a partner woman taking it for granted and allowing

that it can be fluently substituted by a char.therefore, women who are housekeepers despite working around the time without a break for indeed a single day may feel extremely insignificant as the family does n't value their benefactions.

REVIEW OF LITERATURE REVIEW

Soomro, Riaz. H et al.,(2012) concluded that the houses hold average income of the housewives was further than that of working women but still the position of depression was much advanced in the housewives. The housewives were set up to have further average number of children as compare to working women. Having further average number of children was one of the causes of depression among housewives because they've the burden of handling further babies alone. The working women were set up to have a supporting hand for this purpose. The housewives were less educated as compare to working women which was another reason for being depressed because education gives vision and better understanding of life. There was significant difference in the position of depression of working women and housewives. The position of depression among the housewives was doubly as that of working women.

According to Kumar Dinesh, et al.(2011) working women bettered over non-working women in terms of emotional intelligence and desire for social freedom, and the repliers belonging to high emotional intelligence group, high desire for social freedom group and working group preferred lower particular space(PS).

Summiya Ahmad, et al.(2009) revealed that there's a significant difference between the mean scores of the men and women. It means that men show further fierceness, tone recognition about himself show further independence and operation according to the situations than the women. Independence impulsive fierceness is generally observed in men. One of the reasons for this is that men are a important member in our society.

The tone- employed woman might indeed enjoy further freedom compared to the working woman who Arora, Badaya and Bhatnagar(2009) in their study made comparison between the emotional quotient(EQ) of children of working maters and home makers between children of working maters with fixed time schedule and working maters with changeable time schedule and between children of

working women in service and children of working women in business. The results reveal that there's no significant difference between EQ of children of working maters and home makers although it's slightly advanced among children of home makers. Further it was discovered that EQ of children of working maters with fixed time schedule is significantly advanced than that of children of working maters with changeable time schedule. No significant differences was set up between EQ of children of working maters in service and children of working maters in business although it was slightly advanced for children of working maters in service. EQ of children of home- makers was significantly advanced than children of working with changeable time schedule. But there was no significant EQ difference either between children of home- makers and children of working maters with fixed time schedule or between children of home makers and working maters in service or between children of housekeepers and children of maters in business. Moen and Yu,(2000) concluded that housework or ménage chores are easing factors for creating a comfortable terrain for family members, taking care of and rearing children, and furnishing the family's necessary conditions and requirements. Housekeeping is relatively different from other occupations because it's anon-paid job that's done in insulation. Household chores are n't generally regulated by public laws, and are repetitious and endless. There are chancing that the tone- employed woman is more satisfied with her life compared to her other counterparts(Oswald 1998) despite the anticipated countries of tone- employment like lower hires and further hours spent at work compared to regular employment(Hamilton, 2000).

Objects

- To compare Emotional Intelligence of Non working and Working women in Delhi NCR.

Thesis

H01 There's no significant difference between Non working and working women with respect to their Emotional Intelligence.

HA1 There's significant difference between Non working and working women with respect to their Emotional Intelligence.

RESEARCH METHODOLOGY

The Study The study is exploratory in nature and tries to compare Emotional Intelligence of working and

non working women in Delhi NCR. The Sample Convenience slice has been used. Repliers in age group of 22- 50 times at Delhi NCR region have been named. 100 repliers were studied which comprised of 50 Non working and 50 working women. Tools for Data Collection Emotional Intelligence Scale developed by Anukool Hyde et al., (2002) was used to collect data. This scale has 34 particulars for measuring Emotional Intelligence and it has been administered on the Nonworking and working women of Delhi NCR.As the sample size was 100, point with correlation value lower than 0.1856 should be dropped. All the particulars in the study had correlation value further than 0.1856 therefore; no point was dropped from the trustability of the measure was assessed with the use of Cronbach's nascence on all the 34 particulars. Cronbach's nascence allows us to measure the trustability of different variables. It consists of estimates of how important variation in scores of different variables is attributable to chance or arbitrary crimes(Selltiz et al., 1976). As a general rule, a measure lesser than or equal to 0.7 is considered respectable and a good suggestion of construct trustability(Nunnally, 1978). The Cronbach's nascence for the questionnaire was 0.869(related Table1). Hence, it was set up dependable for farther analysis.

Tools for Data Analysis

The data was anatomized using independent sample t Test.

RESULTS

Kolmogorov- Smirnov test is performed to test if the values follow normal distribution. This test is essential to decide the statistical test that's to be applied to compare the parts of that values in Quality of Work Life among between non working and working women follow normal distribution hence t-test can be used for comparing means. Table-4 depicts that p value is 0.259 thus null thesis H01 is accepted. thus, there's no significant difference between Non working and working women with regard to their emotional intelligence

DISCUSSION

The results of this study confirm that there's no significant difference between non working and working women with regard to their emotional intelligence. Although, mean value for the house women was comparatively lower than working

women who reflects that working women were more secure. They're more comfortable with their life. The study concluded that it's the fact that a woman is involved in employment outside the home does n't inescapably indicate that she'll devote lower trouble to hausfrau conditioning than herson-working counterpart; again, a non- working woman is n't inescapably largely married to her domestic part. nevertheless involvement in a full- time job imposes time constraints on the performance of ménage duties. This implies that having paid employment either in the public or private sector, been a business person or a full time house woman does n't disrupt a woman's family. still, the study needs to be widened as the sample collected for the present study is from particular state thus can not be generalized. It's an encouraging sign that further exploration into this area should be carried out considering different state so that better knowledge can be acquired about women in different jobs and different life styles.

REFERENCES

- [1] Adegoke AA(1987). womanish labour force participation and marriage happiness A study of named women in Ilorin and Ibadan. Nigerian Journal of Guidance and Counseling, 3(1), 132
- [2] Ahmad, S., Bangash, H., and Khan, S.A.(2009). Emotional Intelligence and Gender Differences. Sarhad Journal of Agriculture. 25(1), 127- 130.
- [3] Arora, Akashdeep. Rimpi Badaya and Kriti Bhatnagar(2009). goods of Mothers' Working Status Work Schedule and Nature of Work on Children's Emotional Intelligence. sickie-lingua, (1), 96- 101.
- [4] Bailyn, Lotte(1970). Career and Family exposures of misters and women in Relation to