

## EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL WELLBEING OF ADOLESCENTS

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**ABSTRACT:** *The main aim of the present research is to study emotional intelligence, and psychological wellbeing of adolescents with regards to gender and area of residence. Total sample comprised of 160 adolescents(40 urban male, 40 rural male, 40 urban female, 40 rural female adolescents). Emotional Intelligence Inventory by S.K. Mangal and Mrs. Shubhra Mangal and Psychological Wellbeing Scale by Dr.Devendra singh Sisodia and MS. Pooja Choudhry were used for data collection. Data were analysed by Two Way Analysis Of Variance. Results indicate that there exists a significant difference between male and female adolescents with regards to emotional intelligence and psychological wellbeing. There exists a significant difference between urban and rural adolescents with regards to emotional intelligence and psychological wellbeing of adolescents. Significant interaction effect exists between gender and area of residence with regards to emotional intelligence and psychological wellbeing of adolescents.*

**KEYWORDS:** *Emotional Intelligence, Psychological wellbeing, Adolescence.*

Instances are witnessed in our day to day life where in the brightest of the students in a class do not succeed later in their lives to the degree that their less intellectual counterparts do. These examples are common in various fields like education, politics, business and administration (Singh 2002). Which human quality is it that helps students to function better in all spheres ranging from carrier to personal life? The answer is ability to handle emotions of self and others effectively, that is known as emotional intelligence. It ensures smooth sailing in the turbulent waves of life and is more important than merely having intelligence alone (Brown 1996; Goleman 1995; Salovey and Mayer 1990). Salovey and Mayer defines emotional intelligence as the ability to monitor one's own and others emotions, to discriminate among them and use the information to guide one's thinking and action (Mayor and Salovey 1993). Conversely emotional deregulation (inability to manage hostile or negative emotions) can lead to work and relationship difficulty and is associated with psychological and physical wellbeing (Gross 1998), Richardson (2000) indicated that young people who lack social and emotional competence might end up becoming self centered and unable to empathize with and relate to others looking at the significance of EI it can be judged in terms of its impact on psychological wellbeing and academic performance of adolescents. Psychological wellbeing refers to what people

think and how they feel about their lives in positive way (Taylor 2001) wellbeing is one of the most important goals which individuals as well as societies strive for. Psychological wellbeing is the subjective feeling of contentment, happiness, satisfaction with life experiences and ones role in the worried of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc. According to Bhogle and Prakash(1995) The Psychological wellbeing includes meaning in life, absence of somatic symptoms, self-esteem, positive affect, daily activities, satisfaction, absence of suicidal, absence of tension and general efficiency. Adolescence is a period of life in which biological and psycho social transition from childhood to adulthood occurs. As the child enters adolescence logical and abstract reasoning skills increase and there is a greater inclination towards questioning the authority. At this time motional adjustment becomes necessary for both adolescents and their parents. According to Pardeck and Pardeck (1990) during puberty the young adolescents begins to seek out an adult identity and demand emotional independence from parents. Parents may respond with anger of feelings of rejection. Thus, this a difficult period in the life of adolescents as well as for parents. A research by Stella Mavroveli, K. V. Petrides and Caroline Rieffe shows that adolescents who perceive themselves as being in touch with emotions and able to regulate them tend to report less depression and physical pain. So, it is important to detect and then resolve their problems which may lead to other serious problems such as suicide, abuse and other emotional disorders. Presence study is conducted to study the emotional intelligence and psychological wellbeing of adolescents.

### I. OBJECTIVES

1. To study and compare emotional intelligence of male and female adolescents.
2. To study and compare emotional intelligence of urban and rural adolescents.
3. To study interaction effect between gender and area of residence of adolescents with regards to emotional intelligence.
4. To study and compare psychological wellbeing of male and female adolescents.
5. To study and compare psychological wellbeing of urban and rural adolescents.
6. To study interaction effect between gender and area of residence with regards to psychological wellbeing

**HYPOTHESES**

1. There will be no significant difference between male and female adolescents in relation to emotional intelligence.
2. There will be no significant difference between urban and rural adolescents in relation to emotional intelligence.
3. There will be no significant interaction effect between gender and area of residence of adolescents in relation to emotional intelligence.
4. There will be no significant difference between male and female adolescents in relation to psychological wellbeing.
5. There will be no significant difference between urban and rural adolescents in relation to psychological wellbeing.
6. There will be no significant interaction effect between gender and area of residence of adolescents in relation to psychological wellbeing.

**II. METHOD**

*Sample:*

Sample of the study comprised of 160 adolescents (40 urban male, 40 urban female, 40 rural male, 40 rural female) who were randomly selected.

*Tools:*

For measuring emotional intelligence of adolescents Emotional Intelligence Inventory by S. K. Mangal and Mrs. Shubra Mangal was used. The Emotional Intelligence Inventory includes 100 items. The mode of response to each of the item is in the form of a forced choice i.e. either yes or no. Emotional Intelligence Inventory measures emotional intelligence in respect to four areas like Intra personal awareness, Inter personal awareness Intra personal management and Inter personal management. Reliability of the test by using split half method is 0.89 and by k-r formula is 0.92. The validity coefficient of Emotional Intelligence Inventory and Adjustment Inventory is -0.66 and between Emotional Maturity Scale is -0.613

The psychological Wellbeing Scale by Dr. Devendrasingh Sisodia and Ms. Pooja Choudhary was used to measure psychological wellbeing of adolescents. The psychological wellbeing scale consists of 50 statements that are to be responded to on a five point rating scale ranging from strongly disagree to strongly agree. The sum of marks is obtained for the entire scale. The higher the score more is the wellbeing. The reliability of the scale was determined by test-retest method and internal consistency method. The test-retest reliability was 0.87 and consistency value for the scale is 0.90. The scale was validated against the external criteria and coefficient obtained was 0.94.

*Procedure:*

Boys and girls from urban and rural area were randomly selected from different schools and colleges. After giving the general instructions, the selected tools were administered one by one in a small group. Data of all the subjects was collected

by applying the same procedure and were scored as per the scoring patterns prescribed by their others in their manuals. The obtained data were subjected to statistical analysis by using SPSS Software.

**III. RESULTS AND DISCUSSION**

TABLE: 1

Shows the results of ANNOVA of emotional intelligence of various groups.

Source of Variation	Sum of Square	df	Mean sum of Square	F	Level of Significant
A	1876.90	1	1876.90	47.68	.01
B	448.91	1	448.90	11.40	.01
A × B	189.23	1	189.23	4.81	.05
Error	6141.35	156	39.368		
TSS	8656.38	159			

Table-1 shows the results of Anova of emotional intelligence of various groups. Results indicate that the F ratio for emotional intelligence of gender is 47.68 which is significant at 0.01 level. It means male adolescents significantly differ on emotional intelligence as compare to female adolescents. By the same point of view the mean scores of male adolescents on emotional intelligence is 73.24 and the mean scores of female adolescents is 66.39. Study shows that adolescent boys are emotionally more intelligent than adolescent girls. Possible reason for such result is that adolescent period is a crucial period for boys and girls both but girls are more sensitive and being touched by the changes occur during this period. Girls are more affected by the parental conflicts that occur during this period. While boys are strong minded, independent and less affected by parental conflicts and restrictions. These results are supported by the study of Chu(2002).Chu revealed that males have higher level of emotional intelligence. Abdullah and Maria (2008) suggested that male students found to be higher as compared to female students. Same results are obtained in the study of Haunt and Evans (2004). F ratio of emotional intelligence of area of residence is 11.40 which is significant at 0.01 level. It means urban adolescents significantly differ on emotional intelligence as compared to rural adolescents. Mean score of urban adolescents on emotional intelligence is 68.14 and mean score of rural adolescents on emotional intelligence is 71.49, which shows that rural adolescents are having more emotional intelligence than urban adolescents. Possible reasons for such results might be, urban and rural adolescents are nurtured under different situation so they differ in their way of dealing with their emotions. They have different pattern of socialization. In urban culture both the parents are working in most of the families so they don't have time to socialize their children and in most of the cases can't provide emotional support to their children which they need due to the physiological and psychological changes occur during this period. Emotional bonding, simplicity and sincerity of relationship in rural area may be responsible for their higher level of emotional intelligence. Results are supported by the studies of Shanwal (2004) who observed that rural children

are more emotionally intelligent than urban children. F ratio for emotional intelligence of gender and area of residence is 4.81 which is significant at .05 level. It means significant interaction effect exists between gender and area of residence on emotional intelligence. By the same point of view mean score of urban male is 72.65 and mean score of urban female is 63.63. Mean score of rural male is 73.83 and that of rural female is 69.15. Result shows that both in urban and rural area males have higher emotional intelligence than female. Possible reason for such result is difference in their characteristics. Boys whether they live in urban area or rural they are emotionally strong and less affected by parental attitude and restrictions. They maturely handle emotional problems occur during this stage of adolescence, while girls are more sensitive and affected by if someone hurt their feelings.

TABLE: 2

Shows the results of ANNOVA of psychological wellbeing of various groups

Source of Variation	Sum of Square	df	Mean sum of Square	F	Level of Significance
A	93750.81	1	93750.81	57.59	.01
B	4792.01	1	4792.01	29.44	.01
A × B	58484.26	1	58484.26	35.92	.01
Error	253968.63	156	1628.00		
TSS	454124.69	159			

Table: 2 shows the results of ANNOVA of various groups. Result indicates that F ratio for psychological wellbeing of gender is 57.59 which are significant at 0.01 level. It means male adolescents significantly differ on psychological wellbeing as compare to female adolescents. By the same point of view mean score of male adolescents on psychological wellbeing is 193.85 and that of female adolescents is 145.44. Study shows that male adolescent are having better psychological wellbeing than female adolescents. According to Baron and Campbell (1993) several investigations report a greater prevalence of depression symptoms in girls compared to boys. Studies conducted by Spence (2001) shows that female shows high level of anxiety and thus less psychological wellbeing than male. Ryff 189 and Ruini et.al (2003) also found that female show lower psychological wellbeing compared to male. Possible reason for female having low psychological wellbeing in adolescent period is during this period of pubertal changes girls are more sensitive in handling the problems occur during this period like opposite sex attraction, image of their body, parental restrictions etc. They easily get depressive feelings or become anxious and unhappy if the situation is not favourable. While boys are strong minded and deals with the situation better than girls.

F ratio of psychological wellbeing of area of

residence is 29.44. It means that urban adolescents significantly differ on psychological wellbeing as compared to rural adolescents. Mean score of urban adolescents on psychological wellbeing is 186.95 and that of rural adolescents is 152.34, which shows that urban adolescents have higher psychological wellbeing than rural adolescents. Possible reasons for such results might be due to the difference in their socialization in which they are brought up in different manner. Urban adolescents are more independent and are allowed to deal with their problems themselves. So they are better able to face the life situations and challenges. Rural adolescents are having less exposure and are brought up in a secure supportive environment. They get easily affected by the physiological and psychological changes occur during this period. F ratio for psychological wellbeing of gender and area of residence is 35.92 which is significant at 0.01 level. It means significant interaction effect exist between gender and area of residence on psychological wellbeing. By the same point of view mean score of urban male is 230.28 and that of rural male is 157.43. Mean score of urban female is 143.63 and that of rural female is 147.25. Urban male shows better psychological wellbeing than urban female and rural male have better psychological wellbeing than rural female which means in both urban and rural areas males are having better psychological wellbeing than females. Possible reasons for such result is that whether residing in the rural area or urban area boys are brought up in the different manner than girls. Boys are given better opportunities and responsibility than girls. Boys are given more freedom while girls are brought up in a more secured and protected environment and given less exposure than boys so they get more easily affected by life stresses and get depressed and unhappy easily.

#### IV. CONCLUSION

1. Significant difference exists between male and female adolescents on emotional intelligence. Male adolescents have shown more emotional intelligence than female adolescents.
2. Significant difference exists between urban and rural adolescents on emotional intelligence. Rural adolescents are having more emotional intelligence than urban adolescents.
3. Significant interaction effect exists between gender and area of residence on emotional intelligence. In both urban and rural area males have higher emotional intelligence than female.
4. Significant difference exists between male and female adolescents on psychological wellbeing. Male adolescents have shown higher level of psychological wellbeing than female adolescents.
5. Significant difference exists between urban and rural adolescents on psychological wellbeing. Urban adolescents have higher psychological wellbeing than rural adolescents.
6. Significant interaction effect exists between gender and area of residence on psychological wellbeing. In both urban and rural area male adolescents are

having better psychological wellbeing than female adolescents.

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