

A Study to Understand the Relationship Between Emotional Intelligence and Psychological Well-Being Among Adolescents of Chandigarh and Punjab College Students

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Abstract: The current scenario shows an eminent rise in the stress levels of humans at all facets of life. Out of the many reasons is an emergent reason of emotional stability. How emotionally stable one is determined by his/her emotional intelligence. Emotional intelligence is the aptitude to be sensitive of, to manage and to articulate one's own emotions and to get a hold of the interpersonal relationships with care, with caution and also with empathy. It explains one's abilities distinct from, but complementary to, academic and main stream intelligence. Well-being is an insight that includes an overall, impartial, judicious and an all-inclusive experience of life. It includes health in all domains such as mental health, physically, emotionally and spiritually as well. Emotional intelligence is a very eminent forecaster of psychological wellbeing. The present study in an empirical and inter co- relational one that would aim to find the relationship between the two variables of positive psychology i.e. emotional intelligence and psychological wellbeing amongst college students. It was found out that there exists a positive correlation among the two variables.

Key words: Wellbeing, Emotions, Emotional Intelligence, Correlation

I. INTRODUCTION

Emotional intelligence

Emotional intelligence is to a great extent is the ability to recognize and understand and manage our own emotions. It is also play a role of an influencer to other emotions as well. Practically, it means to be aware that emotions have the ability to drive one's behavior and effect people both positively and negatively and also learns how to manage those emotions. Emotional intelligence comes into great being especially when one is under pressure. In the course of the most recent two decades the recent trends have seen a crucial move in the way the administration of everything has been functioning.

Jobs have turned out to be more clients orientated and learning based o the ability to learn and adapt with an additional need to function as a group.

Quebbeman and Rozell (2002) defined emotional intelligence in terms of self-awareness, Darwin in his early works had penned down the root of emotional intelligence in emotional expression for survival. Until the 19th century where intelligence was just related to the cognitive aspects and abilities of an individual, by the end of this century it started to consider the emotional aspect as well. In the year 1920, Thorndike introduced the term social intelligence as a description of managing and also understanding other people and their emotions in specific. It also focused on managing one's interpersonal relationships as well.

By the year 1999 Salovey and Mayer's conceptualized EI within standard criteria for a new type of intelligence. They revised the definitions as an ability to perceive emotion and integrate ones emotions to facilitate their thoughts. It also regulated emotions to promote one's personal growth. This model of EI by Salovey and Mayer defined four types of abilities. One of them perceived emotions, it is defined as the ability to identify and interpret emotions. The second was the ability to use emotions in terms of various cognitive and problem solving activities. The third ability was to understand emotion as an ability to comprehend relationships. Lastly, the ability to manage emotions in oneself and also somewhere in others as well is considered or defined as emotional intelligence. Therefore, an emotionally intelligent person would comprise of these four abilities. Thorndike (1920) defined the concept of emotional intelligence as a theory of social intelligence, and defined social aptitude or intelligence as the ability to manage people and handle wisely act human relations.

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Gardener (1983) gave the theory of multiple intelligence out of the domain of social intelligence in the name of intrapersonal and interpersonal intelligence which is considered as an ability of manage ,understand and manage oneself . Mayer and Salovey (1977) refined the concept in terms of four factors which perceives understanding and managing emotions as an ability to accurately perceive and express emotions. It is the ability to generate and also get an access to the feelings when they help thoughts and recognize emotion and the awareness of emotions of one self and that of others. Students with a comparatively a higher emotional intelligence are prepared to effectively deal with the challenges that come with the new environment, setting up a schedule, socializing. It greatly deals with frustrations and anxieties related to change in the environment.

II. WELL BEING

Psychological well - being is beneficial for adults to live a healthy life , making it an important aspect of one's life in the college years (Molina - García , Castillo , & Queralt , 2011). Psychological Well - being refers to the simple notion of a person's welfare , happiness , advantages , interests , utility , and quality of life (Burris , Brechting , Salsman , & Carlson , 2009). In this study , psychological well - being meant how one scored in the Ruff scale of psychological well - being . The World Health Organization defined health as not only the absence of illness but a complete state of mental , physical and social well - being (World Health Organization , 1946). This led to a change in focus from an overemphasis of the medical model towards the development of a public health model (Conway & Macleod , 2002 ; Pretorius , 1998 ; Wissing & Van Eeden , 1998). There are lot of components that contributes towards the understanding of the concept of psychological wellbeing. To name a few, autonomy, self-acceptance, healthy social life and positive attitude would be them. Autonomy is referred to the regulation of one's own behavior in accordance to their internal locus of control. Self acceptance is by the word the level of accepting one own self. As we say that human is a social animal, it is very well said that a healthy social life and good relationships with others lead to an appropriate psychological well being.

Emotional Intelligence and Psychological Well-Being

In 2014, Mehmood and Gulzar conducted an assessment of emotional intelligence with depression and self esteem which are the variables of psychological wellbeing. The results indicated a positive correlation between EI and self-esteem but a negative correlation between emotional intelligence and depression. It further indicated that a person who is considered to be emotional intelligent had good adjustment and adoption traits which assisted the individual to feel failure and develop depression over this feeling. It is suggested that higher emotional intelligence pushes a person to achieve higher self concept and handle hardships and failures more effectively and intelligently and this led to happy life with commendable

performance. Ruiz et. al (2014) stated that emotional intelligence plays a very vital role one's psychological well being. They studied EI with life satisfaction and subjective happiness in female student health professionals and the mediating effect of perceived stress in a follow up study which was done over a time 12 week. It was found out that there existed less stress with higher emotional intelligence. The results indicated that the variables of happiness and life satisfaction mediated well with emotional intelligence. Cazan and Nastasa (2015) showed that emotional intelligence correlates with lower level of anxiety and with better adjustment. It also indicated higher academic achievement and higher life satisfaction.

Objective of the study

To find out the correlation between the two variable, emotional intelligence and psychological well being amongst college students.

Hypothesis

The following hypothesis was formulated for the present study:-

H-1 - It is expected that there is a correlation between the two variables

H-2 - It is expected that there is a strong correlation between the two variables

III. METHODS

Participants

For the present study a sample of 100 college students from various colleges of Punjab and Chandigarh. The age of the participants ranged between the ages of 19 to 24 years. The participants were from both urban and rural areas with middle class socio – economic backgrounds.

Test and tools

To measure emotional intelligence, **Emotional Intelligence Scale developed by Schutte et al. (1998)**. This test is a self report measure of emotional intelligence. It contains 33 items. In front of each item there is a blank space on which the subject has to write his or her response.

For the measurement of psychological well being, the **PGI General Well Being Measure by S.K Verma and Amita Verma** was used to conduct the study. It is self administered and consists of 20 items. The higher the score on PGI General Well Being Measure, the higher will be the level of wellbeing.

Procedure

For collecting the data, the investigator met the sample in a classroom setting. After taking the consent and building a rapport with the students, the questionnaires were given to the students and were filled by them. The scoring was done in accordance to the description given in the manual.



IV. RESULTS AND DISCUSSION

The data was first scored according to the description in the manuals. The questionnaires that were wrongly filled were scrapped and new ones were filled by the participants. The scores were then analyzed using the correlation function of MS Excel. The complete data was first computed on excel sheets and correlation was found out. The correlation is measured in the range of 0 to 1. The correlation came out to be 0.33 which showed that there is correlation between the two variables but it is a considerable weak correlation according to the range that we measure correlation in i.e. 0 to 1. The first hypothesis, H-1 will be accepted as there is a correlation that exists between the two variables. The second hypothesis, H-2 will be rejected as there is a negative weak correlation between the two variables. Considering the range that we measure correlation in, 0.33 does not signify a strong positive correlation. Hamachek (2000) described in his study that emotional intelligence is a very strong predictor of psychological well being. Both the variable of psychological well being and emotional intelligence are influenced to a great extent by physical health and exercise. The amount of time one spends in a day towards their health effects one's psychological well being. According to this paper, where we see a correlation amongst these two, as a good physical health would contribute to a good psychological well being, in automation it would also effect one's emotional intelligence in a positive way. Current findings are also similar with work of Abraham, Meyrav and Jacob (2009). It was reported that emotional intelligence is an important feature of psychological wellbeing. People high emotional intelligence possessed good mental health, which ultimately lead to happy life. They can be good learner, thinker and creative. A number of researchers found that positive emotional intelligence is significantly connected with high level of self-esteem (Schutte et al, 2002); low level of depression (Martinez - Pons, 1997); high life satisfaction level (Ciarrochi et al., 2000; Martinez - Pons, 1997) greater optimism (Schutte et al, 1998). Schutte, Malouff, Simunek, Hollander, and McKenley (2002) described and explained the relationship between emotional well-being and other psychological constructs. Results of studies claimed that positive mood and higher self-esteem has strong link with emotional intelligence. Social skills and mood regulations are the major aspects of emotional intelligence which help the person to maintain their mood and to creating positive self-image.

V. CONCLUSION

With the findings of the research, we found out that firstly there is correlation between emotional intelligence and psychological wellbeing. We can very well state that emotional intelligence is a very strong predictor of psychological wellbeing. Both the variable of psychological wellbeing and emotional intelligence are influenced to a great

extent by physical health and exercise. But with the further findings, it was also found that there is a weak correlation between the two. Hence, with the findings we can state that there is correlation, that emotional intelligence do effect psychological wellbeing and vice versa but not to a great extent. In order to improve this correlation, we can use various counselling interventions to induce positivity into oneself that would contribute immensely to a higher psychological wellbeing. Physical exercise and indulging oneself into one's hobby arenas also increases psychological well being and in-turn increase one's emotional intelligence.

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