

A Study of Emotional Intelligence in Normal, Neurotic Male & Female Adolescents

Abstract

The Purpose of this study was to assess the level of emotional intelligence in neurotic and normal male and female adolescents. The "Emotional Intelligence Scale" was constructed by Mangal and Mangal. 't' test was used to find the significant difference between male and female of neurotic and normal adolescents. The results indicate that the normal adolescents get higher score than neurotic adolescents and in comparison, to their gender female group get higher score than male group.

Keywords: Emotional Intelligence, Normal and Neurotic Adolescence

Introduction

Emotional intelligence is a part of human personality and provides that context in which emotional intelligence operates. Understanding the personality system as a whole can help to link emotional intelligence with other relevant part of personality. Day et.al (2005) has found that Emotional Quotient was highly correlated with most aspect of personality. Abraham (1999) found those students with high EQ tend to be more confident, optimistic, creative, as well as being flexible, happier and successful at solving problems and also being able to handle emotions much better. Social relations are the reflection of higher emotional intelligence. The individual with high emotional intelligence most centrally, can better perceive emotions, use them in thoughts understand their meaning and manages emotions than other. According to Mayer and Salovey, high emotional intelligence (E-I) is much far better than high intelligence quotient (IQ) "Emotional intelligence arises as a result of the interaction between emotions and cognitions" (Mayer and Salovey, 1997) According to Mayer and Salovey (1990) "Emotional intelligence subsumes gardner's interpersonal and intrapersonal intelligence and involves abilities that may be categorized in five domains".

Self Awareness

Observing you and recognizing feeling as it happens.

Managing Emotions

Handling feeling so that they are appropriate realizing what is behind a feeling; finding ways to handling fears and anxiety, anger and sadness.

Motivating Oneself

Channeling emotions in the service of the goal; emotions self control ; delaying gratification and satisfying impulses.

Empathy

Sensitivity to other's feeling and concerns taking their perspective appreciating the difference in how people feel about things.

Handling Relationship

Managing emotions in other social competence and social skill self awareness (intrapersonal intelligence) empathy and handling relation (interpersonal intelligence).

Emotional Intelligence Classified Under the Major Models

Ability based Model

Ability based model place emotional intelligence within the spare of intelligence in which emotions and thoughts interact in meaningful and adaptive way (Mayer and Salovey)

Mixed based Model

Mixed based model is endorsed by Golmen and Baron, according to Golman emotional intelligence consist of dimensions; knowing one's emotions, managing emotions, motivations, recognizing emotions in other and handling relationship .

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Trait based EI Model

Petrides et.al. (2009) proposed a conceptual distinction between the ability based model and a trait based model of EI. Trait EI is constellational of emotion related self perceptions located at the lower levels of personality. Trait EI refers to an individuals self perceived of his emotional abilities.

A number of efforts have been made in the past to study the emotional intelligence on neurotic and normal male and female adolescents.

Wong and Chanu (2013), has studied that emotional intelligence is positively related to life satisfaction, and performance in moral, social and intellectual development.

Meenakshi Singh, Choudhary, O.P and Madhu Asthana (2007) in their study on the topic 'mental health among high and low emotionally intelligent adolescent' found a significant difference in mental health status of the aforesaid two groups, indicating better mental health of high emotionally intelligent adolescents.

Jain and Singh (2006) worked on 'effect of emotional intelligence and personality type on role stress among medico couples' and found that both the variables had significant effect on role stress. The nature of organization also make significant different in their emotional intelligence and personality.

George et.al (1999) studied the role of emotional intelligence in emotion and leadership. They found that emotional intelligence is the ability to understand and manage mood and emotions in the self and others, contributes to effective leadership in organization. Emotional intelligence contributes of effective leadership by focusing on five essential elements on leader effectiveness, development of collective goal and objectives, inilling in other appreciation of the importance of work activities, generating and maintaining enthusiasm confidence optimism, cooperation and trust, encouraging flexibility in decision making and change; and establishing and maintaining a meaning identify for an organization.

Merkowitz and Fornest (1998) has studied that 20-25% of people career success differences strong related to cognitive thoughts feelings and their social capability. This concluded that people with good feeling and social capability are four times more successful than people with strong cognitive intelligence.

Aim of the Study

A study of emotional intelligence in normal, neurotic male and female adolescents.

Hypothesis

There will be no significance between neurotic and normal male and female adolescents on emotional intelligence

Methodology

Sample

Sample consisted of 160 adolescents (80 neurotic and 80 normal) adolescents of age range 14-19 years selected from different schools of Bareilly (Uttar Pradesh).

Tools

Mangal Emotional Intelligence Inventory developed and standerdised by Mangal and Mangal, (2004) consist of 100 items.

Reliability

The reliability of the emotional intelligence was computed by split half method. 89.

Validity

The validity of emotional intelligence were 662 and 612.

Procedure

Emotional intelligence inventory (EII) for adolescents the mode of responses each of the items of the inventory is in the form of a force choice i.e. either 'Yes' or 'No' indicating complete agreement and disagreement with the proposed statement respectively. In this EII inventory where 1 mark is provided for responses which indicate the presence of emotional intelligence and 0 mark is provided for those responses which indicates the absence of emotional intelligence.

Result and Discussion

On the basis of the score obtained and statistical analysis done the following table are prepared and the hypothesis are tested.

Comparison of Normal Male and Female on the Measures of Emotional Intelligence

Table-1

Groups	N	Mean	S.D.	t-Value	P
Normal Male	44	73.59	9.03	18.62	0.01**
Normal Female	36	75.33	8.94		

Significant at 0.01 level of confidence

Table-1

Shows that there is a significant difference between the mean scores of normal male and female. The result of this study clearly demonstrates that normal female get higher scores than normal males, which indicates that the normal females are more emotionally intelligent than their counterparts.

Comparison of Neurotic Male and Female on the Measures of Emotional Intelligence

Table-2

Groups	N	Mean	S.D.	t-Value	P
Neurotic Male	45	59.20	9.89	1.73	0.05*
Neurotic Female	35	47.81	9.92		

Significant at 0.05 level of confidence

Table-2

Shows that there is significant difference between the mean scores of neurotic male and female at 0.05 level of confidence. We observe that the score of neurotic male get higher score than their counterpart i.e. neurotic female.

Comparison of Neurotic and Normal Male on the Measures of Emotional Intelligence

Table-3

Groups	N	Mean	S.D.	t-Value	P
Neurotic Male	45	59.20	9.89	18.97	0.01**
Normal Male	44	75.33	7.98		

Significant at 0.01 level of confidence

Table-3

Shows those normal males are far better in their social personal areas and more emotionally intelligent than their counter parts i.e. neurotic males.

Comparison of Neurotic and Normal Female on the Measures of Emotional Intelligence**Table-4**

Groups	N	Mean	S.D.	t-Value	P
Neurotic Female	36	57.81	9.92	8.89	0.01**
Normal Female	34	75.33	7.98		

Significant at 0.01 level of confidence

Table-4

Shows that normal female get higher score than neurotic female, which indicates that they possess high level of empathy, and they were able to handle the problem in the right way.

In the present study researcher had kept a null hypothesis that there will be no significant difference between normal and neurotic male and female on emotional intelligence. For this study significant difference was found between neurotic, normal male and female adolescents with reference to the high score obtained by normal and low score obtained by neurotic, which indicates normal group have better emotional intelligence than their counterparts.

Conclusion

It was found that normal female got higher score than normal male on emotional intelligence. Thus, it was concluded that it was females are more emotionally intelligent than their counter parts i.e. normal males.

Significant difference was found between the neurotic male and neurotic female on emotional intelligence. The neurotic males get higher scores than neurotic females on emotional intelligence. The result merely indicates that neurotic males are better than neurotic females in respect of their emotional intelligence.

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