

A Study on the Emotional Intelligence of Tea Tribes with Special Reference to Salona Tea Estate



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Abstract

Emotional intelligence refers to the mental processes involved in the recognition, use, understanding and management of one's and other's emotional state required in solving problems and regulating behaviour. It is the ability to monitor one's own and other's emotions to discriminate among them and to use the information to guide one's thinking and actions. Emotional intelligence includes traits like self-awareness, social deftness and the ability to delay gratification, to be optimistic in the face of adversity, to channel strong emotions and to show empathy towards others. Emotional intelligence plays an important role in designing the personality, build up the emotional maturity suitable to age and build up the ability in the self adaptation for solving the stress, problems and pressures of life. Emotional intelligence is the key to both personal and professional success. In this study the investigators attempt to study the emotional intelligence of Tea-tribes residing in Salona Tea Estate of Nagaon district of Assam.

Keywords: Emotional Intelligence, Tea-Tribes.

Introduction

Emotional intelligence is the ability to perceive, understand and use emotions. Emotional intelligence is what makes us respond to a crying baby or a smiling face. It is also what brings us together, lifts us upward, and inspires us onward. It is an ability to recognize the meaning of emotion and their relationship and to reason and to solve problems on the basis of them. Emotional intelligence is involved in the capacity to perceive emotions, assimilate emotion related feelings and understand the information of those emotions and to manage them.

Emotional intelligence includes both inter and intrapersonal and practical aspects of intelligence. It is the ability to identify, asses and control one's and other's emotion. It enables a person to achieve highest pinnacle and deepest reach in his search for self-fulfillment as well as others fulfillment.

Definition of Emotional Intelligence

1. Peter Salovey and John Mayer (1990) defined emotional intelligence as "ability to monitor one's own and other's feelings and emotion , to discriminate among them and to use their information to guide one's thinking and actions."
2. According to Goleman (1995) emotional intelligence consists of "abilities such as being able to motivate one and persist in the face of frustration, to control impulse and delay gratification, to regulate one's moods and keep distress from swamping the ability to think, to empathize and to hope".
3. Baron defined emotional intelligence as an array of non-cognitive capabilities, competencies and skills that influence one's ability to succeed in coping with environmental demands and pressure.

Goleman defines five competencies of emotional intelligence which can be grouped into personal and social competencies. They are-

Self Awareness

It refers to the ability to identify our own emotions and their impact. Knowing what we are feeling at the moment and using those preferences to guide our decision making, sharing a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

Self-Regulation

It refers to the ability to control our emotions and behavior. When we learn to manage our emotions well, we become masters of mood

Remarking An Analisation

management. We are able to handle stress and communicate more constructively and consistently.

Self- Motivation

Using our deepest preferences to move and guide us towards our goals, to help us to take initiatives and strive to improve and to persevere in the face of setbacks and frustrations.

Empathy

Sensing what people are feeling, being able to take their perspective and cultivating rapport and attunement with a broad diversity of people. Empathy refers to the ability to recognize and understand the emotions of others and react appropriately.

Review of Literature

Mohanty and Devi (2010) made a study on emotional intelligence and impact of gender in it. The result of the study revealed that gender has effect on emotional intelligence. It was also found that girls are more optimistic and well aware of their feelings in comparison to boys.

Choudhury and Jain (2012) in their study on emotional intelligence of adolescents found that the variable sex has effect on emotional intelligence. In the study it was also found that the boys are emotionally more intelligent than the girls.

Kumar and Singh (2013) conducted a study on emotional intelligence and adjustment among visually impaired and sighted students. The result of the study revealed that there is significant difference between visually impaired and sighted students regarding adjustment and emotional intelligence.

Vanishree (2014) made a study to examine the relationship between emotional intelligence and demographic variables such as age, gender, educational qualification of students. The result of the study revealed that there is relation between the demographic variables age educational qualification with emotional intelligence.

Chand (2014) carried out a study on emotional intelligence of secondary school students. The result of the study revealed that girls are

Table 1: Mean scores and S.D. of Tea Tribes Boys and Girls in the Areas of Emotional Intelligence

Areas of Emotional Intelligence	N=50 (Boys)		N=50 (Girls)		‘t’ value	Level of significance
	Mean	S.D.	Mean	S.D.		
Emotion	3.39	0.964	3.34	0.555	0.663	0.508
Motivation	5.95	0.510	4.96	0.739	9.821	0.000**
Empathy	7.65	0.687	6.92	1.116	4.727	0.000**
Handling Relation	7.53	1.067	6.09	0.668	15.011	0.000**

Level of significance

*indicates significant at 0.005 level

** indicates significant at 0.001 level.

From table 1 it is seen that the mean scores of boys in the area of emotional intelligence i.e. emotion, motivation, empathy and handling relation are 3.39, 5.95, 7.65 and 7.53 respectively with corresponding S.D. 0.964, 0.510, 0.687 and 1.067.

On the other hand the mean scores of girls in the areas of emotional intelligence are 3.34, 4.96, 6.93 and 6.09 respectively with corresponding S.D. 0.555, 0.739, 1.116 and 0.668.

emotionally intelligent than the boys. The study also revealed that the students belonging to nuclear family possess significantly better emotional intelligence than their joint counterparts.

Hypothesis

After reviewing the related literature the investigators framed the following hypothesis for the study.

1. There is no significant difference between the emotional intelligence of tea tribes boys and girls.

Objectives of the Study

1. To study the emotional intelligence of tea tribes boys and girls.

2. To compare the emotional intelligence of tea tribes boys and girls.

Methodology Used

Method

Survey method is used to study the emotional intelligence of tea tribes students.

Sample

The sample of the study is taken from the Salona tea estate of Nagaon district of Assam.

Sampling Technique

In this study the investigators used purposive sampling.

Sample Size

The sample of the study consists of 100 tea tribes students age ranging from 15 to 20years. Among the students 50 girls and the remaining 50 are boys.

Tools Used

For the study to collect data from the students of tea tribes Emotional Intelligence Scale by Dr. Arun Kumar Singh and Dr. Shruti Narain is used.

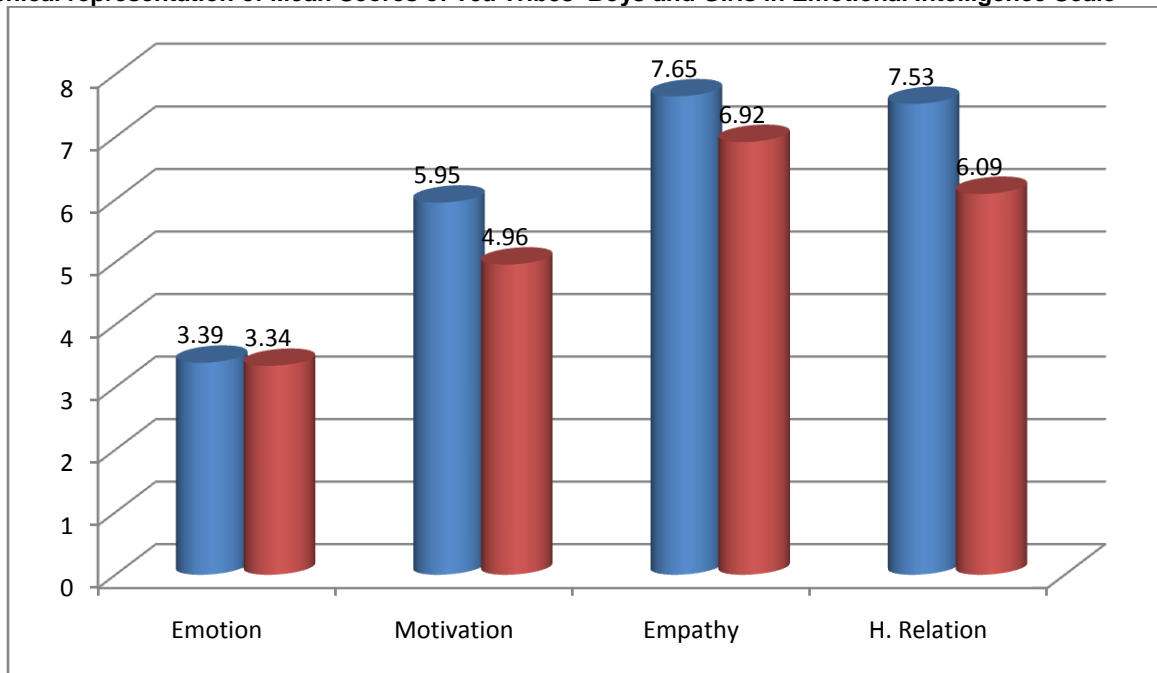
Result and Discussion

The main purpose of the present study is to study the emotional intelligence of tea tribe students. To analyze the data Mean and S.D. were computed. Again the ‘t’ value was computed to see the significance of difference between the emotional intelligence of tea tribes boys and girls.

From the ‘t’ value we can say that there is significant difference in some areas of emotional intelligence of tea tribes students. Except the area of emotion, the difference is found to be significant at 0.005 level. So, we can reject the hypothesis that there is no significant difference between tea tribes’ boys and girls regarding emotional intelligence at 0.005 level of significance.

Figure 1

Graphical representation of Mean Scores of Tea Tribes' Boys and Girls in Emotional Intelligence Scale



Conclusion

The importance of emotional intelligence is going increasing day by day as it is seen that emotional intelligence affects one’s achievement in all spheres of life. The main purpose of the present study is to study the emotional intelligence of tea tribes’ students. In the study it is found that as usual there is difference between the boys and girls in most of the areas of emotional intelligence. From the result of the study it can be concluded that there is difference between the tea tribes’ boys and girls in the area of emotional intelligence and in some areas the difference is found to be significant.

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