

The Impact of Emotional Intelligence on Health of Graduate Students

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Abstract

Health is a feature of life that is basically one of the important factors in rudimentary human performance. Health contributes to general comfort and overall lifestyle. This study examined the perception of college students from Kanpur University about a healthy lifestyle and its effect on their health. The present study examined whether Emotional Intelligence (EI) has an impact on the graduate student's physical health. Sample of the study consisted of 100 female participants only. The sample was selected via random sampling technique, from a college in Kanpur city. Emotional Intelligence scale Developed and standardized by Singh (2004), and Physical Health scale developed by Mohammadyfar, et al. (2009) were used for the data collection. The data was analyzed, through ANOVA which reveals that high Emotional Intelligence feels much healthier, than those who were lesser Emotionally Intelligent. Pearson's correlation was conducted to study the impact of Emotional Intelligence and relationship between different dimensions of emotional intelligence and physical health. The findings showed that the all dimensions of Emotional Intelligence- Motivation, Social Awareness Social Skills, Self-regulation and Social awareness were positively and significantly correlated with physical health.

Keywords: Emotional Intelligence, Health, Students.

Introduction

Emotional Intelligence is the ability of any person to understand its own emotions and to differentiate between feelings. It also belongs to managing and adjusting the emotions to achieve the required goals. It can be seen that the person who is having high emotional intelligence is able to understand the negative impact of emotion on their mind bodies relationships and their capabilities to achieve something (Tyagi& Gautam, 2017). Emotional intelligence has a significantly positive role in many important aspects of human functioning such as: sensitivity for others and one's own emotions, emotional self-concept, coping with stress, maintaining positive mood, and openness.

Objective of the Study The major objective of the study is to examine the effect of emotional intelligence (EI) on physical health (PH), and the relationship between different dimensions of emotional intelligence and Physical health.

Emotional Intelligence Salovey and Mayer (1990) who are conceived as the 'fathers' of the construct, since they first introduced the term 'emotional intelligence'. According to them, EI is 'a type of emotional information processing that includes accurate appraisal of emotions in oneself and others, appropriate expression of emotion, and adaptive regulation of emotion in such a way as to enhance living'. More recently, they modify the above definition (Mayer, Caruso, & Salovey, 1999) and conceptualized EI as 'an ability to recognize the meanings of emotions and their relationships, and to reason and problem-solve on the basis of them. Emotional intelligence involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manages them. Goleman (1995) defines it as "the ability to identify, assess and control one's own emotions, the emotion of others and that of groups." Goleman developed a performance-based model of EQ to assess employee levels of emotional intelligence, as well as to identify areas of improvement.

By understanding one's own feelings they can understand and evaluate others. According to Daniel Goleman,(1995) there are five main elements of emotional intelligence.

1. Self-Awareness.
2. Self-Regulation.
3. Empathy
4. Social Awareness
5. Social Skills.

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Physical Health

The World Health Organization (WHO, 2006) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Huber, et al., (2011) defined that "health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges.

Many studies have been conducted to study the relationship between emotional intelligence and physical and mental health. Emotional intelligence can be broadly defined as the ability to perceive, control, and evaluate emotions (Johnson et al., 2009). This set of characteristics, which deal with the perception, expression, and regulation of moods and emotions, suggests that there must be a direct link between EI and physical as well as psychological health (Tsaousis and Nikolaou, 2005). Masaud Ansari (2015), found that the all dimensions of emotional intelligence i.e. Self-Awareness, Self-regulation, Motivation, Social Awareness and Social Skills are positively and significantly correlated with physical health in adults.

The recent time has witnessed dramatic transition in the woman's role in the human society, she has to play several responsibilities and a number of comprehensive decisions an individual has to make about life events. During the decision making she has to consider other's feelings as well as rights. A person who has a healthy lifestyle can make better decision. There is dearth of studies which reveals these relationships among girls or women. Thus, the present study is designed to examine the emotional intelligence and physical health among graduate girls' student

Hypothesis

1. There will be positive effect of EI on physical health.
2. High EI will show good physical health as compare to low EI.
3. There will be a positive and significant relationship between emotional intelligence and Physical health.
4. There will be a positive and significant relationship between different dimensions of emotional intelligence and Physical health.

Sample

The total sample compromised 100 female participants. All participants were graduate students. Age range was 18-25 years. The sample was selected via random sampling technique, from Kanpur College

Tools

Emotional Intelligence Scale (EIS) Developed and standardized by Singh (2004) consists of 60 statements. These 60 statements were grouped into five dimensions i.e.: Self Awareness, Self-Regulation, Motivation, Social Awareness, and Social Skills. Higher score indicates high level of emotional intelligence in that respective area. Cronbach's Alpha reliability of this scale is 0.70.

Physical Health Scale

This scale was developed as a physical check list by Mohammadyfar et al., (2009). The Cronbach's Alpha Coefficient was reported 0.7151. Internal reliability of 0.76 was reported. For the analytical convenience the items are scored reversed, and then the higher score shows better physical health and low score indicates worse physical health.

Procedure

All participants were tested individually in a good environment. They were asked to read the instructions carefully and give their responses to complete the questionnaire of emotional intelligence, and physical health. Participants were taken 25 to 30 minutes to give their complete responses. All the respondents were told that their secrecy will be well-preserved and their responses will be personal.

Statistical Analysis

In order to meet the research objectives data was analyzed; through ANOVA and Pearson's correlation, to study the effect of EI on PH, and relationship between different dimensions of emotional intelligence

Result and Discussion**Table 1: Effect of Emotional Intelligence on Physical health**

	High Emotional Intelligence	Low Emotional Intelligence	F- Score	p - level
Physical health	5.64_+1.29	3.56_+.074	124.07	<.001

Table 1: Differences in physical health (PH) between individuals with lower and higher levels of emotional intelligence (EI) based on a one-way ANOVA.

Table 2: Shows correlation between Physical Health and different dimensions of Emotional Intelligence among girls.

		Self-Awareness	Self-Regulation	Motivation	Social Awareness	Social Skill
Physical Health	Pearson correlation	.589*	.592*	.496*	.511*	.379 *
	Significant	.00	.00	.00	.00	.00
	N	100	100	100	100	100

Table 2: show that Physical health in girls are positively and significantly correlated with self-Awareness ($R=.589$, $p=.00$), Self-Regulation ($R=.592$, $p=.00$), Motivation ($R=.496$, $p=.00$), Social Awareness ($R=.511$, $p=.00$), Social Skills ($R=.379$, $p=.00$).

Many researches have shown that emotional intelligence effects physical and mental health. Rinju George, Baby Shari (2012) conducted a study dividing a group into two section and found that low emotional intelligence group was high in stress and high emotional intelligence group had low stress. Annamaria (2012) found that people who are more emotionally intelligent feel healthier than those who are lesser emotionally intelligent. Martins et al., (2010), suggest that higher emotional intelligence (EI) is linked to improved psychological and physical health, and a meta-analysis further emphasizes that the link between trait EI and mental health is important. Schutte et al. (2007) also used this approach to examine the relationship between EI and health, an area that had not received specific attention in the previous meta-analytic studies. The result of the present study shows that high EI shows better health than low EI in girls.

To better understand the overall impact of emotional intelligence (EI) on physical health Pearson Product Correlation was conducted to study the relationship between different dimensions of emotional intelligence and Physical health. Different dimensions of emotional intelligence i.e. Self-Awareness, Self-Regulation, Motivation, Social Awareness and Social Skills are positively and significantly correlated with the physical health of adult girls. Self-awareness is known to know one's emotions, strengths, weaknesses, drives, values and goals and recognize their impact on others while using gut feelings to guide decisions. Several emotional conditions are intensified by self-awareness. A variety of environmental cues and situations encourage awareness of the self, such as mirrors, an audience, or being recorded. These cues also increase accuracy of one-self (Thomas, 2001). The development of self-awareness makes the people conscious about their wellness, either related to physical, mental, social health. Self-Regulation manage or redirect one's disruptive emotions and impulses and adapt to changing circumstances. Timpano state that "self-control is essential in behavior to achieve goals as well as to avoid impulses and emotions that could prove to be negative (Timpano et al., 2013)". Finding of the present study shows that motivational dimension of emotional intelligence is highly correlated in a positive direction with physical health. It is also suggested by Ryan, (2000) that intrinsic motivation is a natural motivational tendency and is a critical element in cognitive, social, and physical development. Social skill manage other's emotions to move people in the desired direction. The process of learning such skills is called socialization. According to Karl Marx (Questia, 2014), human beings enter into certain productive, or economic, relations and these relations lead to a form of social consciousness. Motivation, Motivate oneself to achieve for the sake of achievement.

Finally, it is concluded that emotional intelligence has significant impact on physical health among adults. It means that those who has high emotional intelligence will be healthier as compare to those who has low emotional intelligence. Because several studies showed that self-awareness leads an individual to sustain them-self, self-regulation develops the logic of control, motivation prompts to realize the exact as well as broad goals of the life, due to social awareness a person participate in several social activities, and social skill helps to deal with crucial circumstances and better communication. These all are earlier factors of better physical emotional intelligence, including its different dimensions positively and highly correlated with female physical

health. It means that when emotional intelligence will increase physical health also increase and when emotional intelligence will decrease physical health also decrease.

Conclusion

Health is a characteristic of life that is basically one of the important factors in basic human performance. Health contributes to general satisfaction and overall way of living. The findings of the study shows that emotional intelligence have positive affect on health.

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