



A STUDY OF EMOTIONAL INTELLIGENCE AND PERSONALITY PATTERN OF ADOLESCENT GIRLS

Dr. Somya

Assistant Prof. Of Psychology Nirmala College Ranchi, Ranchi University, Ranchi Jharkhand

ABSTRACT

The present study aims at assessing the emotional intelligence and personality pattern of adolescent girls of different faculties and to see the relationship between emotional intelligence and personality. A sample of 150 girls equally of all faculties Arts, Commerce, and science was taken on random basis. Test of emotional intelligence by N.K.Chadha and neuroticism, introversion extroversion inventory by I.S.Muhar was employed. The result revealed significant differences between students of Arts and Commerce and EI. There found a negative relationship between neuroticism and EI. The extroverts and introverts do not differ significantly in their EI.

KEYWORDS : Emotional Intelligence, Neuroticism, Introversion-Extroversion Inventory, Adolescent Girls.

INTRODUCTION

Emotional intelligence (E.I) is a fascinating concept in recent years because now intelligence quotient alone is not sufficient for success in life. Peter Salovey and John Mayer (1990) proposed a comprehensive theory of Emotional intelligence, but recently Daniel Goleman (1996) brought this concept in limelight. He refers it as the capacity for recognizing our own feeling and those of others, for motivating ourselves, and in our relationship.

Emotional intelligence includes self-awareness and impulse control, persistence, zeal and motivation, empathy and social adequacy. Gardner (1983) published is theory and provided the nutshell, summaries the personal intelligence. Salovey (1990) subsumes Gardner's personal intelligence in his basic definition of emotional intelligence, expanding the abilities and traits. these are expression in terms of behavior, experience aspirations, interest values, ambitions and temperament. it is the characteristics patterns of action behavior, thoughts and feelings which may experience by the individuals.

There is a need to develop the emotional intelligence. Life in youth is domain that surely as reading or can be handled with greater and lesser skill and requires its unique set of competencies. Emotional aptitude is, a meta ability, determining how well we can use whatever other skills we have , including raw intellect people with well-developed emotional skill are also more likely to be content and effective in their lives. Mastering the habits of mind that faster their own productivity.

There has been scarcity of studies on the Emotional intelligence and personality types among adolescent girls. Allport (1961) defines personality as a dynamic's organization. within the individual of those psycho-physical system that determine his unique adjustment with his environment. but EI is believed to be an indicator of success and happiness and therefore I must relate with emotional stability as agent to neuroticism. As such it may not relate to introversion and extroversion However both the continuum of this dimension may be related with EI. Thus, both introverted emotionally stable and Extroversion emotionally stable may be high on EI. Whether it is true or an artifact. the present study aims at assessing the emotional intelligence and personality of adolescent girls of different faculties and to see the relationship between emotional intelligence and personality. the adolescent is marked by heightened emotionally during the year of early adolescence healthy personality is difficult to maintain even if the foundations laid in childhood were sound. the upsets in girls' homeostasis that accompany radical physical and glandular changes, the change social expectations for the roles the young people will be expected to play, and the generally unfavorable social attitudes towards

early adolescent all contribute to make these years difficult for these people to adjust. it is the transitional period of life.

Hypotheses

To test the above aims following hypotheses formulated-

1. There would be significant difference in students of different faculties (Arts, Commerce, Science) regarding their emotional intelligence.
2. There would be no difference in EI of extroverts and introverts.
3. There would be negative relationship between neuroticism and EI.

METHOD:

Sample

The present study was carried out on adolescent female student of different faculties: science, commerce and arts studying in degree college of Ranchi town. total 150 students were taken 50 from each faculty. intelligence level is being controlled by taking the students. who have more than 65% in the 12th grade.

Tools:

1. Test of emotional intelligence developed by N.K.Chadha and Dalip Singh (1998) was used. the present EQ test measures three psychological dimensions such as emotional sensitivity. emotional maturity and emotional competency. this test has been standardized for professional managers, businessmen, bureaucrats, artists, graduate students and adolescent population. This EQ test has a test retest and split half reliability of 0.94 and 0.89 respectively and validity of 0.89.
2. **Neuroticism, Introversion- Extroversion Inventory (NIEI)** developed by I.S. Muhar (1992). it has two scale- neuroticism and introversion, extroversion and each consists 25 items. it is standardized on General population.

RESULTS AND DISCUSSION:

Table-I Mean, t-value and level of significance of Arts, Commerce and Science Adolescents girls.

| Groups | N | Mean | t-value | Level of intelligence |
|-------------------------|-----------|------------------|---------|-----------------------|
| Arts and Commerce | 50 50 | 209.50 169.52 | 42.15 | 0.01 |
| Arts and science | 50 50 | 209.50 196.50 | 9.90 | N.S |
| Commerce and Science | 50 50 | 169.50 196.46 | 17.62 | 0.01 |
| Extrovert and introvert | 102 48 | 179.22 182.49 | 2.42 | N S |

The correlation coefficient between neuroticism and emotional intelligence was calculated. it was the result found

that there was negative relationship between neuroticism and EI i.e. 0.20 that was not significantly different but the trend was in negative direction and it supports partly the hypothesis no.3.

Further it is obvious from data analysis that there would be significant differences among student of different faculties. Results partly support the hypothesis.

It was found in the present study that the mean EI was 195 (percentile) which is equal to average EI. while their academic intelligence is more than average. Intelligence level was controlled by selection only those boys were selected who scored minimum 65% in 12th grade. it clears that EI is different than intelligence.

It is obvious from table-1 that there is significant difference between the students of arts and commerce at level, in EI. The students of commerce and science also differ significantly in their EI. But Arts and Science students do not differ significantly in their EI. The result table-1 depicts that EI scores of Arts students was highest (209.50), in comparison to science students 196.50, commerce students 169.52. The proposed hypothesis is partially by the results. our emotional capacities are not given, with the right learning they can be improved. Reasons for this lie in how the human brain matures. The habits of emotional management that are repeated over and over again during childhood and the teenage years will themselves help mold this circuiting.

Further it was clear from the table-1 that introvert and extrovert type of personality do not differ significantly in their level of emotional intelligence. but introverts have slightly more EI than extroverts. The results of the present study support the hypothesis 2. many researches had been conducted Muthayya, 1968; Shantamani and Hafeez, 1968; Muthayya and Rajeshwari, 1968; De and Khan, 1969; De and Jha 1978; regarding introverts and extroverts with different variables. The present study is a small attempt in these directions. It was found that few characteristics of introverts and few characteristics of extroverts are in favor of emotional intelligence. Introverts oriented towards self, avoid social contact, shy sensitive and anxious in now situation, while extroverts are outgoing, social, like to interact and mix with others.

The hypothesis 3 states there would be negative relationship between neuroticism and EI. The correlation of coefficient was calculated and it is 0.20. which is not significant. it can be said that trend is in support of hypothesis 3. it requires further investigation as it is obvious that Emotional Intelligence is a new concept.

The hypothesis was formed on this basis that neuroticism is the cluster of negative personality traits; such as high anxiety, excessive self-consciousness, hostility, depression, impulsiveness etc. (Atwater, 1995), while EI measure positive traits like impulse control, persistence, zeal, motivation, empathy and social adequacy. Thus, it was assumed that these variables would be negatively related.

CONCLUSION:

The present findings indicate that EI is not moderated by type of personality but neuroticism is negatively related. The level of EI is average while their intelligence level is higher, so there is great need to improve their EI level by Counseling and Training.

REFERENCES:

1. Atwater, E. (1995) *psychology for living: Adjustment, Growth and Behavior Today* (5th Ed.) New Delhi: Prentice Hall of India Pvt. Ltd.
2. Chadha, N.K. (2001): "How to measure your E.Q" in Dalip Singh (Ed), "Emotional Intelligence at Work" A Professional Guide, New Delhi: Sage.
3. Flynn, J.R. (1987) "Mashiba 10 gamin 14 nations": What IQ test really measure

- psychological bulletin, 101, 171-191.
4. Gardner. H. (1993) *Multiple intelligence: The theory in practice*, New York: Basic Books.
5. Salovey, P and Mayer, J.D. 91990. "Emotional Intelligence", New York.