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A study on emotional intelligence: An exploratory study

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Abstract

Emotional Intelligence is highly important in a teen's development. There is considerable evidence pointing to its positive role in helping students deal with stress, develop relationships, and handle the transitions facing them. In that aim present study was conducted to assess the emotional intelligence among nursing students studying in selected nursing college at Tirunelveli district. An Explorative Quantitative research approach was used in this study. The study was conducted in Sardar Rajas College of nursing at Tirunelveli district. Purposive sampling technique was used for the sample selection. A total of 42 III Year B.Sc Nursing students included in the study. The investigator administered a structured questionnaire comprising demographical variables and the emotional intelligence scale to the participants. Scoring was done based on the participants' responses. Ethical principle and justice were maintained during and after the course of data collection. The results Shows that the comparison of mean, standard deviation on level of emotional intelligent among B.Sc (N) nursing students. In boys the mean level of emotional intelligents was 9.53 and In girls, the mean level of emotional intelligent zwas 14.4.

Keywords: Emotional intelligence, exploratory study

Introduction

The true sign of Intelligence is not knowledge, but imagination.

Albert Einstein

Emotion is an effective experience that accompanies generalized inner adjustments, mental and physiological stirred up state of an individual and that shows one's overt behaviour. Emotional Intelligence is the ability to perceive, control and evaluate emotions. It involves the ability to monitor one's and others feelings and emotions. A person with high EQ can communicate better, lessen their anxiety and stress, resolve conflicts, improve relationships, empathize with others and overcome life's challenges.

Emotional Intelligence is broadly defined to perceive, understand, navigate, and handle emotions efficiently. People with high Emotional Intelligence can recognize their own emotions and those of others, use emotional information to guide thinking and behaviour, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments. Nursing is a profession strongly associated with good interpersonal skills since health care involves vulnerability in the seekers of care and the ability and the need to be reassuring on the part of the providers of care.

Emotional Intelligence is the key to both personal and professional success. It mainly focuses on self awareness, self-regulation, motivation, empathy and social skills. Self-awareness is the ability to understand their own emotions

and the effects on their performance whereas self-regulation allows them to choose how they respond when faced with stron emotions.

Many studies were found to be in accordance with the details of predictive relationship between emotional intelligence and the program outcomes like academic performance and clinical performance of the nursing students. Emotional intelligence of nursing students can be enhanced and empowered as it is required for social and academic adjustment.

Only about 36% of people worldwide are emotionally intelligent. The Emotional intelligence has a 58% influence on job performance, and 90% of top performers at work have high emotional intelligence (EQ).Up to 60% of people are emotionally detached from work. Employees with empathetic leaders report an increase in engagement (76%) and creativity (61%), leading to higher performance levels.

Kiruba J.C. (2023) ^[14] conducted a descriptive study on Emotional Intelligence among the nursing students in College Of Nursing JIPMER Puducherry and found that majority 130 (62.8%) subjects reported average level of emotional intelligence and a minimal subjects of 77 (37.2%) reported high level of emotional intelligence. The study reported that none of the students reported low level of emotional intelligence. In this study, the findings showed no association between emotional intelligence and sociodemographic variables. The results revealed that the level of emotional intelligence is average 130 (62.8%) among nursing students in College of Nursing, JIPMER and

the sociodemographic variables had no association on emotional intelligence.

The above mentioned studies gave a spark to the researchers to do study on Emotional Intelligence. Hence, the researchers intended to assess the Emotional Intelligence among nursing students as to develop higher Emotional Intelligence to improve academic and clinical performance among students and to reduce risk of emotional distress during clinical practice.

Statement of the problem

A study to assess the level of Emotional Intelligence among BSc Nursing students at selected college.

Objectives

1. To assess the level of Emotional Intelligence among B.Sc. nursing students.
2. To compare the level of Emotional intelligence among boys & girls nursing students
3. To find out the association between the level of Emotional Intelligence with the selected demographic variables such as Age, Gender, Academic level of studying, Extracurricular activities, Residency.

Hypothesis

- **H1:** There is a significant difference on the level of emotional intelligence among boys & girls nursing students
- **H2:** There is a significant association between the level of Emotional Intelligence in nursing students with their selected demographic variables such as Age, Gender, Academic level of studying, Extracurricular activities, Residency, Father’s education, Mother’s education.

Research Methodology

Quantitative research approach used in this study. Explorative research design was used in this study. Purposive sampling technique was used for the sample selection. The present study comprise of 42 III YEAR BSc nursing students. After receiving initial permission from the principal of Sardar Rajas College of Nursing in Kavalkinaru, the investigator obtained consent from the participants and commenced data collection within the specified time frame. The investigator administered a structured questionnaire comprising demographical variables and Emotional intelligence scale developed by Dr. Ekta Sharmato was administered to the participants.. Subsequently, demographical information and Emotional Intelligence test scores from the students were collected. Scoring was done based on the participants' responses. Ethical principle and justice were maintained during and after the course of data collection.

Results and Discussion

On the analysis of frequency and percentage distribution of samples based on demographical variable

In regard to age in years majority of them belongs to the age group of 18-20 years (44%), In regards of gender majority of them belongs to male gender with 26 (54%). According to the type of Extracurricular activities 27 (54%) of them interested in Sports/Games, 8 (16%) were undergone Music/Dance, 2(4%) were interested in Arts/Literature, 5

(10%) engaged in other activities. According to the type of Residency most of them 18 (36%) were from Hostler, and 24 (48%) were in Day-Scholar.

The First Objective was to assess the level of Emotional Intelligence among BSc nursing students

Table 1: Frequency and percentage distribution of samples according to the level of emotional intelligence. N=42

S.no	Level of emotional intelligence	Frequency	Percentage
1.	Low	0	0%
2.	Medium	5	10%
3.	High	24	48%
4.	Extremely high	13	26%

Table 1 predicts that in level of emotional intelligence among B.Sc (N) nursing 42 students had low level of emotional intelligent score is 0 (0%), Medium level of emotional intelligence score is 5(10%), High level of emotional intelligent is 24 (48%), Extremely high level of emotional intelligent is 13 (26%).

These findings supported with the study conducted by Mr. Thuizh Selvan. K and Mrs. Vembu. K (2019) [15] to assess the emotional intelligence among the nursing students in college of nursing, JIPMER, Puducherry. Total of 207 samples who satisfied the inclusive criteria were selected by using a non-probability convenience sampling technique. A structured questionnaire was used in the study. Descriptive and inferential statistics were used to analyze the data collection. The results showed that a majority 130(62.80) subjects reported average level of emotional intelligence and a minimal subject of 77(37.2%) reported high level of emotional intelligence. But in this study the findings showed no association between emotional intelligence and socio-demographic variables

The Second Objective was to compare the level of Emotional Intelligence among boys and girls nursing students

Table 2 Comparison of the boys and girls level of emotional intelligence N=42

Variable	Group	Mean	SD
Level of emotional intelligence	Boys (n=25)	9.53	4.69
	Girls (n=17)	14.4	4.15

Table 2 Shows the comparison of mean, standard deviation on level of emotional intelligence among B.Sc (N) nursing students. In boys the mean level of emotional intelligence 9.53. In girls, the mean level of emotional intelligence was 14.4. the results shows that when compare to the boys, Girls had the higher level of emotional intelligence.

The Third Objective was to find out the association the level of emotional intelligence and selected demographic variables

It Shows that there is no association between the level of emotional intelligence and demographic variable. This finding supported with the study conducted by Hossein Namdar, Mohammad Hasan Sahebihagh, Hossein Ebrahimi, Azab Rahmani (2008) a study on assessing emotional

intelligence and its relationship with demographic factors of nursing students. The study population includes all the nursing students in Tubriz School of nursing and midwifery selected by sample using census method. Descriptive correlation study was done. To assess the emotional intelligence, they used Baron EQ-I, which includes 90 questions in 5 categories and 15 scales scoring in a range between 90 and 150. In addition some personal and social demographic data were gathered from the student's educational file. The students mean score of emotional intelligence was 333.08±39.08. There was no significant relation between emotional Intelligence score and sex, education and students interest in nursing. However there was a significant relation between emotional intelligence score and the student's satisfaction of their family socio-economic status.

Conclusion

The study concluded that Shows the comparison of mean, standard deviation on level of emotional intelligence among B.Sc (N) nursing students. In boys the mean level of emotional intelligents 9.53. and in girls, the mean level of emotional intelligence was 14.4. It gives clear information about the Emotional Intelligence of Nursing students and factors associated with Emotional Intelligence and demographic variables such as age, gender, academic level of studying, extracurricular activities, residency, father's education, mother's education, which help us to frame better strategies to improve Emotional Intelligence among Nursing students. Further research on this topic is necessary to find out the way to improve high self-incentive, motive, optimism, impulse control of nursing students and factors affecting it.

Recommendations

- A similar study can be conducted to compare Emotional Intelligence with healthcare professionals.
- A comparative study can be conducted to detect the changes in the Emotional Intelligence of student nurses with the experience gained.

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