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The Relationship between Emotional Intelligence and Happiness among Senior College Students in Nashik District

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Abstract:

Aim : The purpose of this research was to study the relationship between emotional intelligence and happiness among senior college students in Nashik district.

Method : Population in this study was all the students of senior college (Arts, Science and Commerce faculty) in academic year 2021-22 in Nashik district, among whom 140 students were randomly selected as sample. For data collection Mangal Emotional Intelligence Inventory (2004) and Oxford Happiness Questionnaire (1989) tests were administered on them. Pearson correlation coefficient method has been used for data analysis.

Result: The results show that there is a positive relationship between emotional intelligence and happiness among senior college students (Arts, Science and Commerce faculty). Besides, students with high emotional intelligence have more happiness. Therefore it is recommended that techniques of increasing emotional intelligence are necessary. There is need to focus on happiness of students and provide happy educational atmosphere.

Key words: emotional intelligence, happiness.

Introduction:

Happiness is a very important emotion in human life but psychologists mainly clinical Psychologists have focused on human unhappiness (depression, anxiety, emotional disorders, etc.) and neglected the positive aspects of human potential (Seligman, 2003). Most psychologists consider happiness as one of the six basic emotions; basic human emotions are: anger, fear, disgust, surprise, happiness and sadness. Happiness is one of important emotion and it has three essential components are: 1. Positive emotions, life satisfaction, lack of negative emotions, 2. Positive relations with others, having purposeful life, personal growth and 3. Love of others. Studies indicate that different factors such as Socio-economic status, education, social success, social intelligence, cognitive and behavioral and type of personality effect on happiness. Mainly Research related to happiness has been started by work of Kantryl, Brad Bernell and Campbell and Kanrus and Rogers. Since then a lot of literature and articles in different fields related to happiness has been published.

Emotional intelligence is one of the important factor that determine success in life and psychological wellbeing and therefore awareness of emotional literacy is important in today's conflict life. A person who has emotional intelligence gives order and stability to his life in such a way that with high emotional intelligence, the person will experience less negative events in his/her life, based on the results of Richardson and collaborators' research as quoted by Ismaili. Mayer and Saluvy research shows that emotional intelligence is related to mental health components. In this regard, several studies have been conducted on emotional intelligence. For example, Faraqdany in her research between components of emotional intelligence and social adjustment in students. Assadi, also found a meaningful positive relationship between emotional

intelligence and mental health. Mansouri research explained that there is a significant positive relationship between emotional intelligence and academic achievement. Amal Jugdesh (2006), Studied the correlation among emotional intelligence, happiness and self confidence in university students. Hafen Christopher, Kamlesh Singh and Brett Laursen (2010), examined the relations among the Big-five personality trait, emotional intelligence and happiness of university students. Hence, many researchers have shown that higher emotional intelligence is related to some aspects of mental-social performance and better psychological health and happiness. But all these study have been done in Western countries and Indian have their unique composite of culture, religion and social norms would respond differently to situations compared to the Western countries. According to all these facts, the main purpose of this study is to answer these questions: Are emotional intelligence related to happiness among senior college students? Can a person's happiness be predicted by emotional intelligence?

Methodology-

Objectives:

1. To assess the emotional intelligence and happiness among senior college students
2. To study the relationship between emotional intelligence and happiness among boys senior college students.
3. To study the relationship between emotional intelligence and happiness among girls senior college students.
4. To study the relationship between emotional intelligence and happiness among senior college students.

Hypotheses:

1. There would be positive relationship between emotional Intelligence and happiness among boys senior college students.
2. There would be positive relationship between emotional Intelligence and happiness among girls senior college students.
3. There would be positive relationship between emotional Intelligence and happiness among senior college students.

Population and Sample: The population of the study consisted of all senior college Students (Arts, Science and Commerce faculty) in Nashik district. 140 students were randomly selected as sample and it consists 70 boys' students and 70 girls' students. Age range of sample was 18 to 22 yrs and all students belong to middle socio-economic conditions.

Data collection tools:

1. Mangal Emotional Intelligence Inventory (2004): For the assessment of Emotional Intelligence Mangal Emotional Intelligence Inventory (2004) developed by Dr.S.K Mangal and Mrs.Shubral Mangal was employed. This instrument consists of 100 items. It contains four components each having 25 items. The participants were asked to answer either "yes or no". A score of one mark is to be awarded for the response indicating presence of emotional intelligence and zero for the absence of emotional intelligence. Reliability of inventory was examined through three different methods, namely; Split half method using Spearman – Brown prophecy formula, K-R formula (20), and Test-retest method. Reliability coefficients of the inventory were found to be 0.89, 0.90 and 0.92 respectively. The validity for the inventory has been established by adopting two different approaches, namely factorial and criterion related approach.

2. Oxford Happiness Questionnaire (Hills and Argyle, 2002) – This questionnaire developed by Hills and Argyle in 2002. It is a self report inventory designed to measure the happiness of an individual. The questionnaire contains 29 items. The items are a single sentence which can be endorsed on a uniform six point scale (1 being strongly disagreed to 6 being strongly agreed). The original scale reliability value is 0.91. As this is not an Indian scale, the scale is administered on Indian population to get a reliability value. The questionnaire was administered on 80 male and 80 female young adults (N=160) residing at Kolkata. Cronbach's alpha was calculated and the score was found to be 0.83.

This study design is correlative that has been used to evaluate significance of the relationship of variables by using Pearson's product moment correlation coefficient. The statistical calculations were performed using computer software SPSS.

Results:

Table 1 showing the Mean, SD and Pearson's r for emotional intelligence and happiness among boys senior college students.

Variables	N	Mean	S.D	Pearson's r	Significance level
Emotional Intelligence	70	68.3	13.75	0.77	0.05*
Happiness	70	125.4	17.55		

Table-1 show that the mean of emotional intelligence score of boys senior college students is 68.3 and S.D. is 13.75 and Mean of happiness score is 125.4 and S.D. is 17.55. Values of Coefficient of Correlation between emotional intelligence and happiness among boys senior college students is 0.77 and significance level is 0.05 level. Therefore, hypothesis that “There would be positive relationship between emotional intelligence and happiness among boys senior college students” is accepted.

Table 2 showing the Mean, SD and Pearson's r for emotional intelligence and happiness among girls senior college students.

Variables	N	Mean	S.D	Pearson's r	Significance level
Emotional Intelligence	70	66.9	12.45	0.63	0.05*
Happiness	70	121	17.41		

Table-2 show that the mean of emotional intelligence score of girls' senior college students is 66.9 and S.D. is 12.45 and mean of happiness score is 121.4 and S.D. is 17.41. Values of Coefficient of Correlation between emotional intelligence and happiness among girls' senior college students is 0.63. And p values is above the 0.05 level. Therefore, hypothesis that “There would be positive relationship between emotional intelligence and happiness among girls senior college students” is accepted.

Table 3 showing the Mean, SD and Pearson's r for emotional intelligence and happiness among senior college students.

Variables	N	Mean	S.D	Pearson's r	Significance level
Emotional Intelligence	140	67.6	12.79	0.70	0.05*
Happiness	140	123.4	17.00		

Table-3 show that the mean of emotional intelligence score of senior college students is 67.6 and S.D. is 12.79 and mean of happiness score is 123.4 and S.D. is 17.00. Values of Coefficient of Correlation between emotional intelligence and happiness among senior college students is 0.70. and p values is above the 0.05 level. Therefore, hypothesis that "There would be positive relationship between emotional intelligence and happiness among senior college students" is accepted.

Discussion:

Today we are focusing on happy education and try to avoid unwanted destructive competition among students. We adopt new educational system based on constructivism and changed the evaluation policy. We placed the grades in place of marks. WHO also identified ten life skills are useful for success of person. Emotional intelligence, social intelligence and self-esteem are the key element of success of individual and always impact on happiness.

Based on all these facts the Purpose of this study was investigating the relationship between emotional intelligence and happiness among senior college students. The results show that there is a positive relationship between emotional intelligence and happiness senior college students in Nashik district. These findings are consistent with results of Argyle, as well as Richardson et al, Mayer and Salvuy. Other research findings indicate that emotional intelligence is able to predict the variables of happiness. Result of this study related to Amal Jugdesh (2006) explored and found the correlation among emotional intelligence, happiness and self confidence in university students. Hafen Christopher, and Brett Laursen (2010) examined the relations among the Big-five personality trait, emotional intelligence and happiness of male-female university students. An abundance of empirical research conducted worldwide has revealed that self-esteem is a universal and crucial factor that is related to the level of happiness amongst people (Taylor and Brown, 1988; Baumeister et al., 2003; Cheng and Furnham, 2003; Brown, 2010)

Finally, results of this research indicate that students with high emotional intelligence have more happiness level. Therefore it is recommended that techniques of increasing emotional intelligence are necessary. There is need to focus on happiness of students and provide happy educational atmosphere.

Conclusions:

1. There would be positive relationship between emotional Intelligence and happiness among boys senior college students has been accepted
2. There would be positive relationship between emotional Intelligence and happiness among girls senior college students has been accepted
3. There would be positive relationship between emotional Intelligence and happiness among senior college students has been accepted

Limitations:

1. In this study paper pencil tests are used to collect data and it has some limitations.
2. The sample size of this study is small.
3. Only Arts, Science and Commerce Students are included in study.

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