A STUDY OF EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR SELF ESTEEM

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INTRODUCTION:

Salovery and mayor (1990) first introduced Emotional conceptualizing it as " A Form of Social Intelligence that involves the ability to monitor one's own and other's feelings and emotions to discriminate among them, and to use this information to guide one's thinking and actions". Golmeman (1995) offered a definition of emotionality as the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationship. "In light of the findings cited above, human competencies like self awareness, empathy are of greater consequence than IQ in predicting performance. Thus it has been found that emotionality is related to life success, life satisfaction and well being. Emotion provides a very unique kind of ability by linking social skill and Empathy. Emotions are individual experiences that develop from complex phenomenon of interaction among variables like mental and situational aspects etc. Emotions, if appropriately utilized, are important instruments in bringing satisfaction in life and fulfilling psychological needs of life. But if emotions are not under control, they may result in negative consequences. In our daily life, emotions may affect our relation with other people, our individual identity and our ability to compete an assignment. Emotional development is not an isolated process but is a part of general experience of an individual, regularly influencing and influenced by other phenomena going on at the same time. For this view present study is important for students.

NEED AND IMPORTANCE OF STUDY:

The main aim of the present research is the all round development of the child. In the pursuit of this goal, child play a significant role through the emotional development of child, he become able to face difficulty in a positive attitudes .It also help to develop their own emotion in a right way for this reason

researcher to solve this problem through the present research and it is a need of today.

In the present research student also able to cope up with stress, fatigue and Negative thinking. Another important factor in emotionality is self motivation. When one is self-motivated, one is able to begin a task, stick with it, and complete it, despite any obstacles that may be faced during the process. The present study deals specifically with secondary school students. Secondary education is an important subsector of the entire education system because it is the most crucial stage of life Therefore it is essential to study of emotional intelligence, empathy and social skill.

Keeping the above background in view the present study is important.

STATEMENT OF PROBLEM:

A Study of emotional intelligence among secondary school students in relation to their self esteem

OBJECTIVE OF RESEARCH:

1) To Study the Emotional intelligence between Male and Female secondary school students
2) To study the Self-Esteem between Male and Female secondary school students.

OPERATIONAL DEFINITION:

Secondary School:

Secondary School level ranges from std. VIII to X. The students for secondary school level i.e. from VIIIth Std. of Sangola Talukaare chosen for this study.

Emotional Intelligence:

The capacity for recognizing our own feelings and those of others for motivating ourselves and for managing emotions well in ourselves and in our relationship.

Self Esteem:

One can recognize his/her own emotions and how they affect his/her thoughts and behavior, know his/her strengths and weaknesses, and have self-confidence.

HYPOTHESIS:

A) There is no significant difference in the mean scores of emotional intelligence between Male and Female Students
B) There is no significant difference in the mean scores of Self-Esteem between Male and Female students

SCOPE & LIMITATION OF RESEARCH:

A) Scope :-

1) This research is related to Secondary school of Anand Vidyalaya Kamalpur, Sangola Taluka Solapur District.
2) This research related to std.8th students of Marathi medium school of Anand Vidyalaya Kamalpur.
3) This research related to the age group of 12 to 14 years students.
4) This research related the age group of 12 to 14 male & female Students.

B) Limitation of Research:

1) The present study is limited to secondary school of Anand Vidyalaya Kamalpur Sangola Taluka.

2) This research is limited to Marathi medium school of Anand Vidyalaya Kamalpur Sangola taluka.

3) This research is limited to 8th std. students Anand Vidyalaya Kamalpur.

4) This research is limited the age group of 12 to 14 male & female Students.

VARIABLES OF THE STUDY:

The investigator undertook this study on emotional intelligence among secondary school students in their relation with self esteem. Therefore students is dependent Variables and the Emotional intelligence, Self esteem are independent variables.

Research Method:

1) The researcher is going to used Descriptive Survey method in present study.

Sampling Procedure:

a. Sampling

1. The secondary schools from Anand Vidyalaya Kamalpur Sangola are to be selected through Purposive sampling method.
2. The researcher will select 50 students of 8th standard through Stratified Sampling method.

TOOLS FOR DATA COLLECTION:

Suitable Questionnaire and Standardized Psychological Scale will be selected for the present study.

Use of Statistical Measures:

Mean, S.D. and 't' Value will be used to analyze the data for interpretation.

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Tool Used in Present Research:

    1) Emotional Intelligence inventory (EI) by Shubra Mangal.

    2) Self Esteem (SE) Scale by Sanjay Pethe, Sushma Choudary & Upendra Dhar.

COLLECTION OF DATA:

As per the design of the study the investigator approached the selected Secondary Schools and requested the Principals to offer their cooperation in the data collection procedure. After getting the assurance from the authorities the researcher is to administer the tools to the students of class VIII. At the very outset, the students were requested to participate heartily and sincerely in responding to all the tools with their own ideas and knowledge. The students were assured that the results will be only for research purpose. After that, the researcher imparted all the instruction to be taken care. All the tools were administered on the same day in the class. After the completion of responding the researcher then collected the respond tools from the students and thanked them for their cooperation. Keeping in mind all directions and nature of the tools the researcher visited Secondary School which took three months time. The researcher administered two of standardized scale and test, namely Self-Esteem Scale and Emotional Intelligence Test. (The researcher translated the Self-esteem scale into English by the help of the language expert due to some respondent faced difficulties in answering the statements as the statements were in Hindi).The sample students from their respective schools records for analysis.

ANALYSIS OF DATA:

The researcher collected the data from a selected sample of secondary school students of class 8th of Anand Vidyalaya Kamalpur Sangola taluka Solapur districts of the pattern of analysis followed the requirements outlined in the statement of objectives and the various research hypotheses. The variables like Self-Esteem, Emotional Intelligence was included in the present study. The researcher used various statistical techniques like Mean, SD, t-test and The students were categorized mainly on the basis of sex, the groups are compared to find out whether there exist any significant differences between them by employing 't'-test.

Data analysis and Interpretation:

No. of Students	Mean & S.D. of E.I.	Mean & S.D. of Self Esteem	't' observed of Emotional Intelligence	't' observed of Self Esteem	Level
Male 25	Mean-55.06 SD-8.01	Mean-52.08 SD-9.04	0.036	0.21	**NS**
Female 25	Mean-54.98 SD-8.03	Mean-52.09 SD-9.05			

The present study was undertaken to analyze the Emotional Intelligence in relation with self Esteem, of Secondary School students of Anand Vidyalaya Kamalpur Sangola and also attempt was made to find out Positive relationship exists between Self- Esteems and Emotional Intelligence. From the analyses of the result it was found that the Male mean score of Self- esteem is 52.08, it means that the levels of self- esteem of secondary school students of Anand Vidyalaya Kamalpur Sangola is above average. When comparison was made between male and female students, it was shown that they have the equal level of Self-esteem. It is also observed from the findings that the Malel mean score of Emotional Intelligence is 55.06From the interpretation of scores of the test, it indicated that the level of Emotional Intelligence of secondary school students of Sagola is Average level. When comparison was made between male and female and the students of Anand Vidyalaya Kamalpur Sangola, it was found that they have equal amount of Emotional Intelligence. The pattern of relationship among Self-Esteem and Emotionality indicated a positive trend. A significant positive relationship was found between Self esteem and Emotionality.

EDUCATIONAL IMPLICATIONS:
1. Improvement of Self-esteem of secondary school students, teacher should train and help their students to recognize their self-image and formation of positive feelings and control unrealistic goals of life so that they do not condemn themselves for failure. To get a clear picture about someone, one must pay careful attention to his thoughts, feelings and behavior and utilize feedback from others.
2. The teacher and parents need to co-operate their child to modify their negative Self talk and emphasize their strengths. People who are low in self-esteem tend to engage in various counterproductive modes of thinking. On the contrary, one should take credit for his/her success and consider the possibility that his/her failures may not be his/her fault.
3. The fault finding and generally negative approach to interpersonal transactions does not go over well with other people. Instead, it leads to tension, antagonism and rejection. This rejection lowers self-esteem still further. Approaching people with a positive, supportive outlook will

promote rewarding interactions and help everyone to earn their acceptance. Therefore, the teacher should train his students how to approach others with a positive outlook.

4. Curriculum experts should develop an affective instructional curriculum thatincorporates emotional intelligence skills with the objective of enhancingpersonal and career success of students at secondary level.

5. Both the home and the school need to cooperate in making the learners to be well adjusted emotionally as this could make academically successful students.9. This study have some educational implications and provides guidance to the teachers, parents and others involving in educational system of secondary school students so that they can pay special attention to the low groups in terms of self-esteem, emotional intelligence .

FOLLOWING AREAS TO BE EXPLORED FOR FURTHER RESEARCH:

1. The present study is conducted only Anand Vidyalaya Kamalpur Sangola taluka of further studies may beconducted by taking up other taluka of Solapur district.

2. A comparative study on problems and prospects of urban and rural students may beundertaken.

3. Studies may be undertaken to find out the environmental and socio-economic factors which cause difference between self-esteem and emotionality.

4. In-depth studies may be conducted to find out the differences existing in self-esteem, emotional intelligence.

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