



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Effect of Emotional Intelligence and Gender on Self Esteem Through Literature Survey

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Abstract: Self-esteem is an important part of personality. It is one of the aspects that influences the overall performance of a person. Emotional intelligence and gender are some of the variables which affects the self-esteem. A literature study has been done to know this effect of emotional intelligence and gender in self-esteem.

Keywords: self-esteem, emotional intelligence, gender, males, females

I. Introduction

What is self-esteem? Is it a part of personality? Or a factor influencing other factors of personality? Does emotional intelligence play a role in self-esteem? Can being male or female has any role in promoting self-esteem? Gender is factor which is not in control of anyone. So, if gender plays a role in self-esteem, then can anyone say that self esteem is in born? Self esteem is an internal factor of personality.

The definition of self esteem is changing from time to time. According to Mruk, (2006) self-esteem is the lived status of one's competence at dealing with the challenges of living in a worthy way over time'. Self esteem acts an indicator of psychological wellbeing (Ruderman et al., 2002). Self-esteem refers to an overall evaluation that includes one's worth or value in life (Rosenberg, 1989; Rosenberg et al., 1995).

II. Literature Review

One of the causes of higher level of psychological well-being of emotionally intelligent persons and lower level of emotional deficit than persons possess a low level of emotional intelligence (e.g. Salovey & Mayer, 1990), is, maintenance of positive mental states in emotionally intelligent persons due the ability of managing their emotions, efficiently. This is because emotionally intelligent persons are able to recognize, understand, generate, regulate, and promote their emotions in better way (Mayer & Salovey, 1995; Salovey & Mayer, 1993).

There are some researchers that provide evidences in support of the fact that higher emotional intelligence is related to higher self-esteem. Schutte et al., (2002) provide evidences that supports the fact that higher emotional intelligence was typically associated to positive moods and higher self-esteem, and found correlation between emotional intelligence and self-esteem.

In a research, Sameer (2008) investigates the relationship between self-esteem and emotional intelligence. He included trainees of Tsunami affected coastal belt of Alleppey district of Kerala, India in his sample. He found that both emotional intelligence and self-esteem were positively correlated.

Goleman, 1995; Schutte et al., 2002 & Zeidner et al., 2004 in their research had proven that self-esteem is a clear indicator that develops proper emotional intelligence among students.

Now if we consider the difference of self-esteem in boys and girls, we have to go through some researches that mentioned adolescent females have a lower sense of self-esteem than adolescent males Baumeister (1993) & Pipher, (1994). In a research done by Coopersmith (1967) & Wylie (1974) also reported that boys have a significantly higher self-esteem than girls. There are some other researches also, that supports the same fact of having higher self esteem in case of boys than girls with slight variation across the age groups King et al., (1999). So, we accept the fact that girls have lower self esteem as compared to boys or some research work needs to be done. As the same thing is proved by Moksnes, Moljord, Espnes, & Byrne, 2010, that male adolescents have higher self-esteem than female adolescents do.

But if we accept the above fact, what about those research works that found difference in opinion with the above-mentioned researchers. Bhardwaj & Agrawal, 2013 concluded in their research that general self-esteem of females was found to be higher than males of the ages between 9 to 12 years of northern region of India. So, is age and region where they are residing is another variable that needs attention to actually draw a conclusion about who have self-esteem, boys or girls.

There are also some researches that found no difference in self esteem in case of boys and girls Jain & Dixit, 2014. A study conducted in southern region of India on a sample of 400 NCC cadets (boys and girls) by Divya & Rajagopalan, 2014 found positive and significant differences in self-esteem of the two. Another research conducted by Colonel Harpal Singh Heer and Durlabh Singh Kowal (2018) on NCC and Non NCC college students, with a sample of 191 college students (100 NCC and 91 Non NCC) were included, found no significant gender differences in terms of self-esteem and emotional differences.

The results of Chub et al., (1997) and Harper & Marshall (1991) found the relationship between gender and self-esteem considering gender as one of the variables. The final results were in favour of males' adolescents, with females having lower self-esteem levels.

It can be stated that emotional intelligence is related to self-esteem and higher emotional intelligence has a positive impact on self esteem but the area of gender remains unexplored. As there are some researches which states that boys have higher self esteem and some researches which states that girls have higher self-esteem.

In a research conducted by Iram Abbas (2011), to assess the relationship between Emotional Intelligence and self-esteem, 240 students and employees (120 males and 120 females) were selected as sample. The findings of the research showed that emotional intelligence and self-esteem were positively correlated and are significant. Also, the research findings concluded the fact that females are emotionally more intelligent than males whereas males showed high self-esteem than females.

III. Conclusion

To get a clear idea some other factors need to be studied such as geography, age and surroundings of the person. Also, there should be some researchers conducted to find out the affect of childhood experiences on self-esteem. As Freud has suggested the role of childhood experiences in adult personality. So, there should be more researchers to fill the gap in literature.

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