

Understanding Adolescent Students' Emotional Intelligence and Adjustment

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Abstract

Present paper aims to study the emotional intelligence of adolescent students in relation to their adjustment. 100 senior secondary students were the sample of the present study selected through random sampling method from senior secondary schools of Gandhinagar Gujarat. The present study found; There exists significant correlation between emotional intelligence and adjustment, therefore hypothesis is rejected and calculated coefficient of correlation was more than standard table value at both level of significance so there exists positive correlation between Emotional Intelligence and Adjustment among adolescents. The school administration especially the teachers must realize the importance of relationship between emotional intelligence and adjustment of secondary school students. As these students are passing through their adolescence age, they are emotionally very sensitive. This emotional sensitivity has an impact on their personality also. Thus, a teacher must be aware of this relationship between emotional intelligence and adjustment, so that he/she can manage these students with more ease in the class.

Key Words: *Adolescent Students, Emotional Intelligence, Adjustment*

1. Theoretical Background

Emotional intelligence (EI) is the area of cognitive ability, involving traits and social skills that facilitate interpersonal behavior. In the words of Steve, Emotional intelligence is, *"An innate ability which gives us our emotional sensitivity and our potential for learning healthy emotional management skills."* Emotional intelligence of a person can be assessed under four different aspects. These four aspects are as follows:

1. Intra-personal awareness which deals with knowing about one's own emotions,
2. Inter-personal awareness which deals with knowing about others emotions,
3. Intra-personal management dealing with managing one's own emotions,
4. Inter-personal management dealing with managing others emotions.

These four aspects help in enhancing self-efficacy and personal effectiveness.

Further there are certain studies stated in which Slaski and Cartwright (2002) conducted a study on health, performance and emotional intelligence of retail managers and found that managers who scored higher EQ suffered less subjective stress, experienced better healthy and well being and demonstrated better management performance. Trinidad and Johnson (2002) examined the association between emotional intelligence and early adolescent tobacco and alcohol use. There was a negative correlation between the two. Khosla and Dokania (2010) studied the influence of happiness on experienced affect, emotion regulation and emotional intelligence. They reported that there is great positive effect of happiness in promoting emotional intelligence.

1.2 Adolescent Students Adjustment

Browne (2002) found that high performing schools have healthier climate. Further, high performing schools outsourced the low performing ones in every category except resource influence. Dhawan Amit (2006) conducted a study on self-esteem and adjustment of adolescent in relation to their locus of control, found that a statistically significant and high positive correlation between self-esteem and adjustment of boys and girls both internal and external locus of control. Kaur Anudeep (2008) conducted a study on academic achievement and adjustment of children from different professional parental background, found that children's belonging to different professional parental background differs in their academic achievement and adjustment in schools. Sundon Prem (2009) conducted a study of senior secondary school students in relation to adjustment. The overall adjustment of the male students is found to be better than female students. Both type of students to know about environment and consider it an important part of school curriculum and subject matter differs among male and female students in relation to knowledge. Good adjustment does not simply happen.

1.3 Characteristics of a Well-Adjusted Person

- Self-knowledge.
- Self-esteem.
- Feelings of Security.
- Ability to accept and give affection.
- Satisfaction of bodily desires.
- Ability to be productive and happy.
- Absence of tension and hyper-sensitivity.

The study in the long run should also contribute to the knowledge base of state education and as well as Indian education. Hence both immediate and long term purpose is kept in mind venturing to undertake the present study.

2. Methodology

The present study uses descriptive method as it is concerned with describing the characteristics of a particular group or sample. The aims of the study is to study the relationship of emotional intelligence and adjustment among adolescent students. In the present investigation the sample was randomly selected from various schools at Gandhinagar (Gujrat) district. The sample consisted of a total 100 students in which 50 students from urban area and 50 from rural area. In each group there were 25 male and 25 female students. The following tools will be selected for the study. Mangal Emotional Intelligence Inventory (MEII) and Adjustment Inventory (By H.S. Asthana). The data were collected individually from each respondents of the sample and analyzed.

3. Results and Conclusion

There exists significant correlation between emotional intelligence and adjustment, therefore hypothesis is rejected and calculated coefficient of correlation was more than standard table value at both level of significance so there exists positive correlation between Emotional Intelligence and Adjustment among adolescents. The school administration especially the teachers must realize the importance of relationship between emotional intelligence and adjustment of secondary school students. As these students are passing through their adolescence age, they are emotionally very sensitive. This emotional sensitivity has an impact on their personality also. Thus, a teacher must be aware of this relationship between emotional intelligence and adjustment, so that he/she can manage these students with more ease in the class. The knowledge of different aspects of emotional intelligence and adjustment to the teacher, parents and school administration will enable them to make required adjustments in the environment and special educational programs for proper adjustment of the children may be organized. This also helps them in proper growth and development to become a responsible citizen of the society. In the present study, the researcher had made a study of emotional intelligence and adjustment of adolescent students of Gandhinagar district, Gujrat. Studies may be conducted in the following areas: Comparison of emotional intelligence of rural and urban school students with personality. This study can be extended to higher education level.

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