



"Exploring Emotional Intelligence Across Demographics: A Gender, Age, and Education Perspective"

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The term Emotional Intelligence (EI) in this thesis refers to the ability to identify, use, understand and manage emotions and emotional information. It has been suggested that there are individual differences in our ability to utilize emotions and emotional information (Mayer & Salovey, 1993) The term stress is derived from the Latin word stringere, which means 'to draw tight', and was used in this way in the 17th century to describe a hardship or an affliction (Cartwright & Cooper, 1997)). Later in the 18th century, the term stress referred primarily to an individual's 'force, pressure, strain or strong effort'.

(Bar-On, BarOn Emotional Quotient Inventory (EQ-i): Technical manual., 1997) developed and introduced the first published scale assessing self-reported emotional intelligence. It was observed by the researcher that Bar-On R. (1997) has contributed to the prominence of emotional intelligence.

The popularity of emotional intelligence gained popularity when the book was published by Daniel Goleman's book entitled Emotional Intelligence Goleman (1995) (Goleman, Emotional Intelligence, 1995). Later on, he published successive books elaborate on emotional intelligence at work (1998) (Goelman, 1998).

According to Cantor and Kihlstrom (1987:68) (Cantor, Personality and social intelligence., 1987), social intelligence is possessing knowledge of social norms and having the ability/ skill to change self along well with others.

According to David Wechsler intelligence is defined as "an individual's aggregate or global capacity to behave purposefully, think rationally, and interact successfully with his environment."¹ In 1940 he alluded to the "non-intellective" as well as "intellective" aspect, which means effective, Individual, personal, and societal variables. Wechsler then proposed in 1943 that non-intellectual qualities are necessary for forecasting one's ability to respond in life.

Variables for the Study

This study aims to see if there is a link between emotional intelligence and occupational stress in single and single-earner couples. The following demographic variables are listed for study by the researcher to investigate the association between demographic variables and emotional intelligence and occupational stress:

¹ Wechsler, D. (1940). Non-intellective factors in general intelligence. *Psychological Bulletin*, 37, 444-445.

1.6.4 The independent variables of this study are

1. Working Couples
2. Single Earning couples
1. Gender
2. Age.
3. Education

Study of Demographic Variables:

This study intends to find out the relationship between emotional intelligence and occupational stress among working couples and Single Earning. To explore the relationship between demographic variables and emotional intelligence and occupation stress, demographic variables are described for the study by the researcher are as follows:

Table-3.4.1(a): Gender

Gender	Working Couple (n1)	Single Earning Couple (n2)	Total (N)	Working Couple (In Value)		Single Earning Couple (In Value)		Total (In Value)	
	f	f	F	EI	OS	EI	OS	EI	OS
Male	238	303	541	18172	29503	22487	36210	40659	65713
Female	262	197	459	20954	31445	14409	22609	35363	54054
Total	500	500	1000	39126	60948	36896	58819	76022	119767

Table-3.4.1(b): Gender

GENDER	Working Couple		Single Earning Couple		Total	
	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)
Male	76	124	74	120	75	121
Female	80	160	73	115	77	118
Total	78	122	74	118	76	120

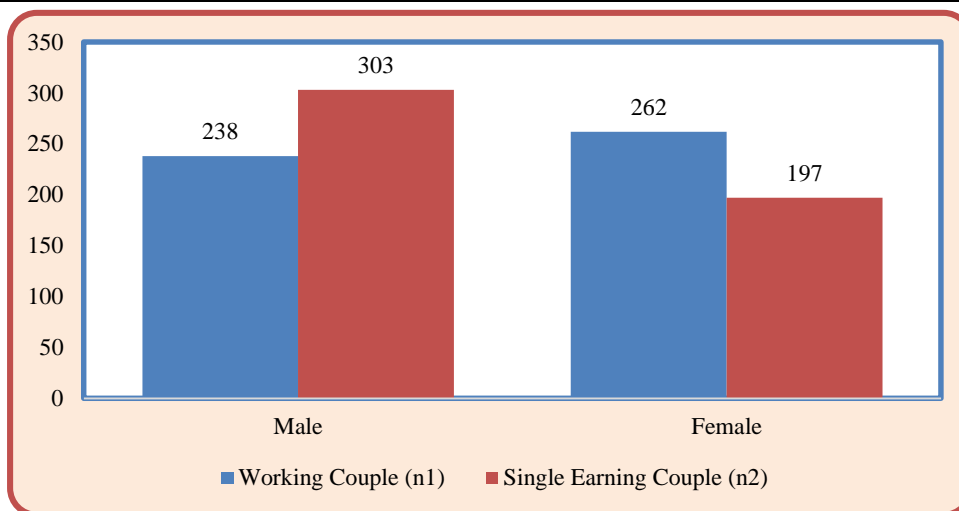


Figure -3.4.1 (a): Gender (F)

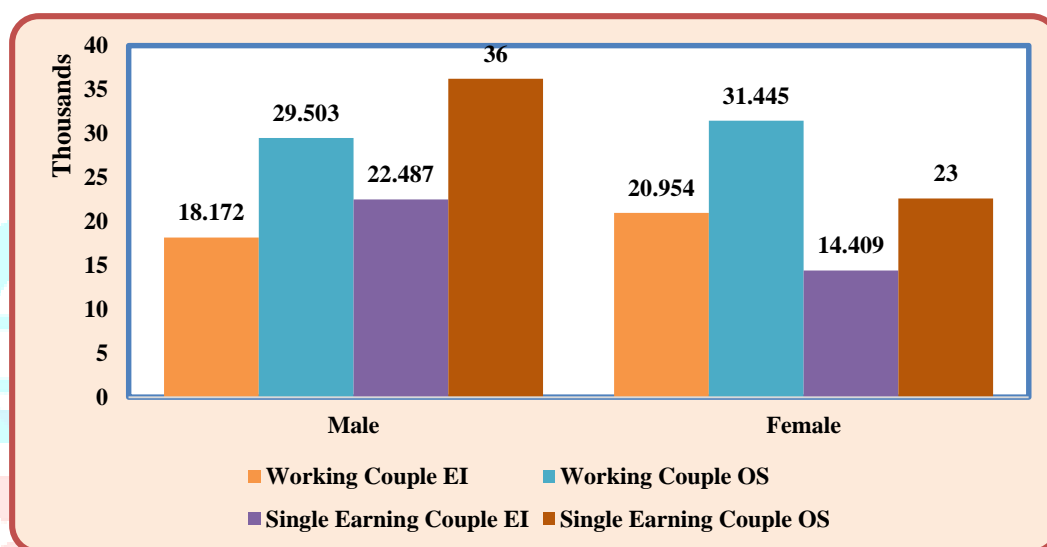


Figure -3.4.1 (b): Gender (Values in Thousands)

Average Level of Emotional intelligence among working couple respondent, a male is 76 and female 80.

The average Level of Emotional intelligence among single earning couple respondent male is 74 and the female 73.

The average level of occupational stress among working couple respondents, the male is 124 and female 160.

The average level of occupational stress among single earning couple respondents male is 120 and females 115.

The average level of emotional intelligence of male respondents (541) is 75 and female respondents (459) is 77

The average level of occupational stress of male respondents (541) is 121 and female respondents (459) is 118.

The researcher observed that the average level of emotional intelligence of female respondents among working couples is more than the male respondents.

The average level of emotional intelligence of female respondents among single earning couples is marginally less than the male respondents.

The average level of occupational stress of male respondents among working couples is less than female respondents but the occupational stress of male respondents among single earning couples is more than that of female respondents.

The average level of emotional intelligence of males (76), females (80) among working couples is more than male (74), female (73) respondents among single earning couples.

The average level of occupational stress of males (124), females (160) among working couples is more than male (120), and female (115) respondents among single-earning couples.

It was also observed by the researcher that the average level of emotional intelligence among females is more than male respondents but, the average level of occupational stress among male respondents is more than the of female respondents.

The average level of Occupational stress of male and female respondents among working couples is more than single-earning couples.

Table-3.4.2(a):Age

Age	Working Couple (n1)	Single Earning Couple (n2)	Total (N)	Working Couple (In Value)		Single Earning Couple (In Value)		Total (In Value)	
	f1	f2	F	EI	OS	EI	OS	EI	OS
25-30 Years	167	130	297	13251	19387	9341	14457	22592	33844
31-41 Years	110	85	195	8654	13428	6492	9849	15146	23277
41-50 Years	151	177	328	11605	19046	13030	21630	24635	40676
50-60 Years	72	108	180	5616	9087	8033	12883	13649	21970
Total	500	500	1000	39126	60948	36896	58819	76022	119767

Table-3.4.2(b):Age

AGE	Working Couple		Single Earning Couple		Total	
	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)
25-30 Years	79	116	72	111	76	114
31-41 Years	79	122	76	116	78	119
41-50 Years	77	126	74	122	75	124
51-60 Years	78	126	74	119	76	122
Total	78	122	74	118	76	120

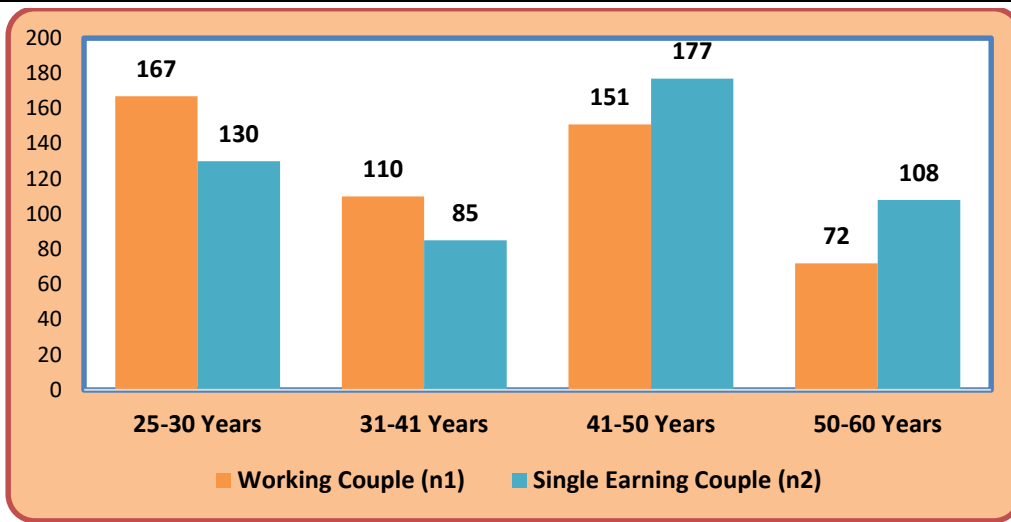


Figure -3.4.2(a): Age (F)

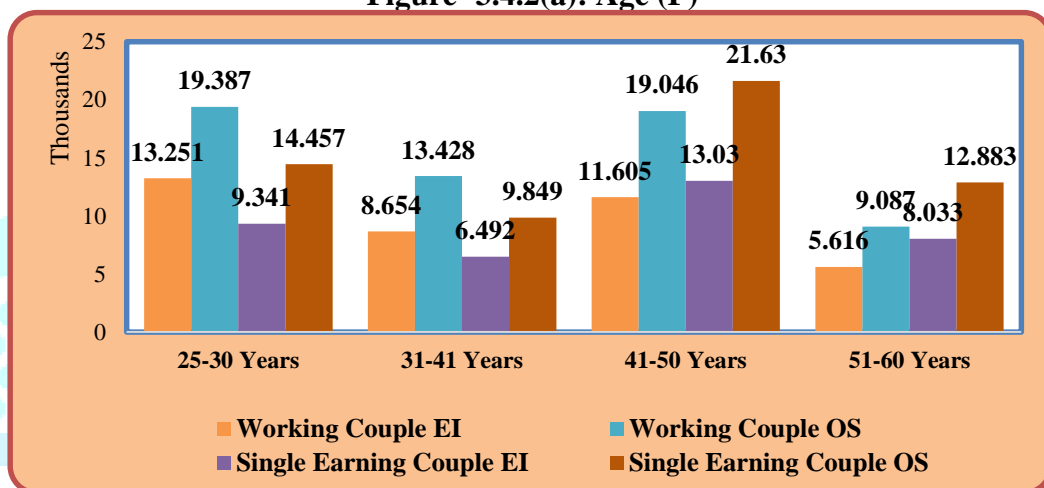


Figure -3.4.2 (b): Age (Values in Thousands)

Average Level of Emotional intelligence among working couple respondent, age group 25- 30 years, 31 -40 years 79, 41- 50years 77 and 5- 60 years 78 whereas an average level of emotional intelligence among single earning couple respondent age group 25- 30 years, 72, 31 -40 years 76, 41- 50years 74 and 51- 60 years 74.

Average Level of occupational stress among working couple respondent, age group 25- 30 years 116, 31 -40 years 122, 41- 50years 126 and 51- 60 years 126 whereas an average level of occupational stress among single earning couple respondent age group 25- 30 years, 111, 31 -40 years 116, 41- 50years 122 and 5- 60 years 119

The average level of emotional intelligence in different age groups among the working couples and single earning couples respondents is stable.

It was observed by the researcher that the average level of emotional intelligence and occupational stress from the respondents of different age groups among working couples is higher than respondents of different age groups of single earning couples.

It was observed that occupational stress increases with the age among working couples as well as single earning couple respondents.

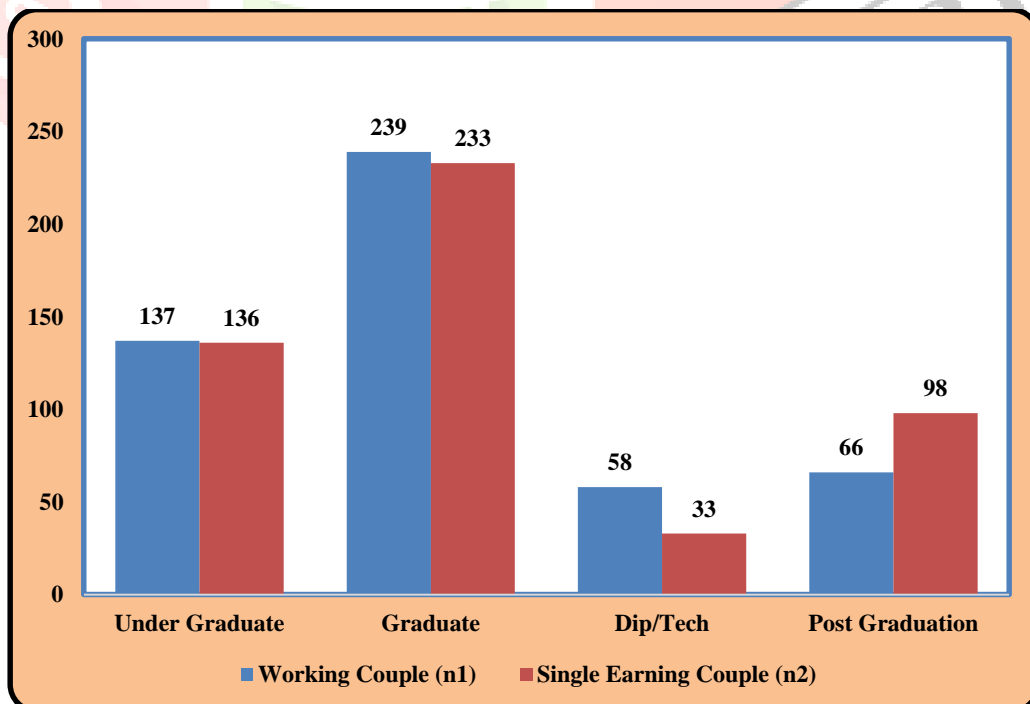
It was observed that the average level of emotional intelligence is highest in the age group 31-40 years, but the level of average occupational stress is highest in the age group 41-50 years.

Table-3.4.11(a): Level of Education

Level of Education	Working Couple (n1)	Single Earning Couple (n2)	Total (N)	Working Couple (In Value)		Single Earning Couple (In Value)		Total (In Value)	
				EI	OS	EI	OS	EI	OS
	<i>f1</i>	<i>f2</i>	<i>F</i>						
Undergraduate	137	136	273	10632	16313	9949	16391	20581	32704
Graduate	239	233	472	19110	29382	17438	27149	36548	56531
Diploma/Tech	58	33	91	4497	7151	2317	4062	6814	11213
Post-Graduation	66	98	164	4887	8102	7192	11217	12079	19319
Total	500	500	1000	39126	60948	36896	58819	76022	119767

Table-3.4.11(b): Level of Education

Level of Education	Working Couple		Single Earning Couple		Total	
	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)	EI (Mean)	OS (Mean)
Under Graduate	78	119	73	121	75	120
Graduate	80	123	75	117	77	120
Dip/Tech	78	123	70	123	75	123
Post Graduation	74	123	73	114	74	118
Total	78	122	74	118	76	120



Chat -3.4.11 (a): Level of Education (F)

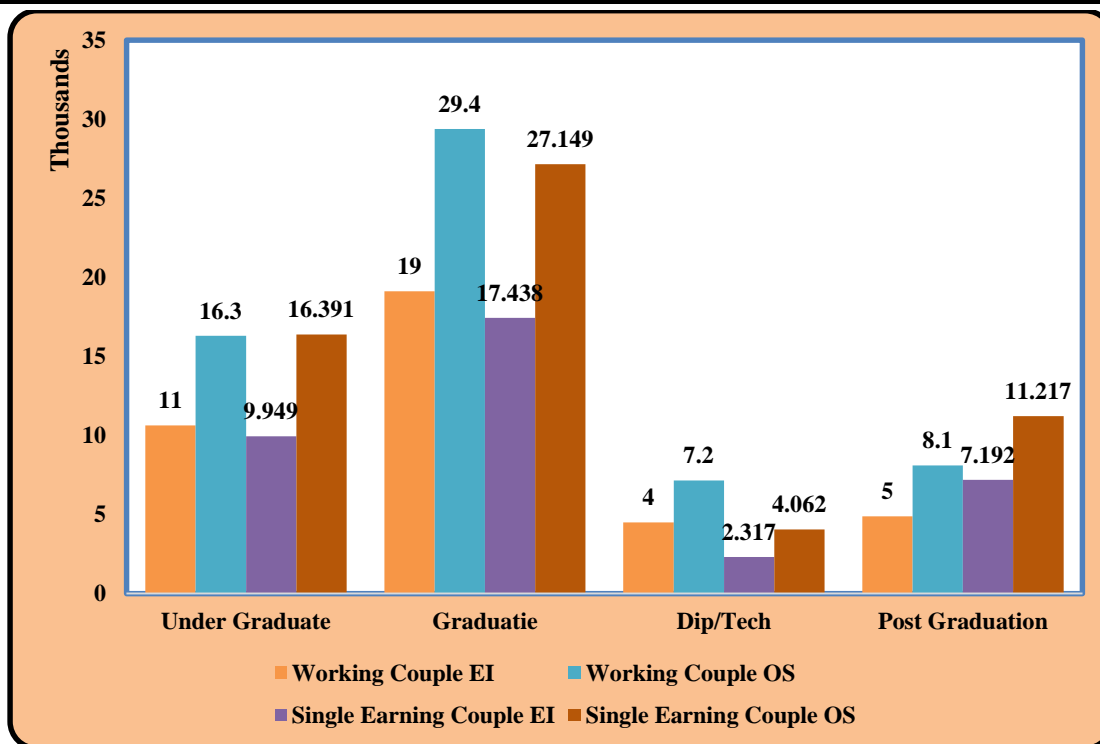


Chart -3.4.11 (b): Level of Education (Values in Thousands)

Average Level of Emotional intelligence among working couple respondent having Under Graduate qualification 78, Graduate 80, Diploma / Technical Education 78 and Postgraduate degree 74, whereas the average level of emotional intelligence among single earning couple respondent having Under Graduate qualification 73, Graduate 75, Diploma / Technical Education 70 and Postgraduate degree 73,

Average Level of occupational stress among working couple respondent, having Under Graduate qualification 119, Graduate 123, Diploma / Technical Education 123 and Postgraduate degree 123, whereas the average level of occupational stress among single earning couple respondent having Under Graduate qualification 121, Graduate 117, Diploma / Technical Education 123 and Postgraduate degree 114.

It was observed that emotional intelligence among working couple respondents having a graduate qualification is highest and respondents having a postgraduate qualification is lowest.

It was observed that the average level of occupational stress among working couple respondents having qualification graduate, diploma / technical education and postgraduate is the same

It was observed that emotional intelligence among single earning couple respondents having a graduate qualification is highest and respondent diploma / technical education is lowest.

It was observed that occupational stress among single earning couple respondents having diploma / technical education is highest and respondent postgraduate qualification is lowest.

It was observed that occupation stress among the working couple and single earning couple having qualification graduate is highest.

It was observed that the average level of emotional intelligence and occupational stress among working couples is higher than among single-earning couple respondents.

3.5 Summary:

It was also observed by the researcher that the average level of emotional intelligence among females is more than male respondents but, the average level of occupational stress among male respondents is more than female respondents.

It was observed by the researcher that the average level of Expression of own Emotions / Perceptions is the highest, Utilise their Emotions is the lowest among working couples as well as single-earning couples.

The average level of emotional intelligence in different age groups among the working couples and single-earning couples' respondents is stable.

It was observed that occupation stress increases with age among working couples as well as single-earning couple respondents.

It was observed that emotional intelligence among working couple respondents having a graduate qualification is highest and respondents having a postgraduate qualification is lowest.

It was observed that the average level of occupational stress among working couple respondents having qualification graduate, diploma / technical education and postgraduate is the same

The level of Emotional Intelligence amongst working couples is higher than single earning couples. The researcher also observed that Occupation Stress amongst Working Couples is more than that of Single Earning Couples. It was observed that the average level of emotional intelligence and occupational stress among working couples is higher than among single-earning couple respondents.

Emotional intelligence and occupation stress are highly correlated.

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