



EMOTIONAL INTELLIGENCE BETWEEN ARTISTS AND NON-ARTISTS

ANUPAMA SR*

DR.AJILAL P**

DR.ARCHANA CHANDRAN***

*Research Scholar, Kariavattom Campus Library, University of Kerala

**Assistant Professor, Dept. of Psychology, Chempazhanthi S.N College, Trivandrum

***Assistant Professor (Contract), Dept. of Psychology, Kariavattom Campus, University of Kerala

Abstract

The study is intended to measure the difference between artists and non artists on emotional intelligence. The sample of 296 Artists and 289 non artists from various districts of Kerala were collected through simple random sampling method. The data were analyzed by using t-test. The results revealed that the artists and non artists significantly differed on emotional intelligence in which non artists possess high emotional intelligence than artists. The findings of the study help to provide an insight about the need for the emotional efficacy among artists.

Index terms: Emotional intelligence, Artists, Non artists

An artist is a person engaged in an activity related to creating art, practicing the art, or demonstrating an art. The term 'Artist' describes those who create within a context of fine arts or 'high culture' activities such as drawing, painting, sculpture, acting, dancing, writing, film making, new media, photography, and music. People use imagination, talent, or skill to create their art forms that may have an aesthetic value. A poised mind is essential for an individual especially in the case of artist. Emotional stability is often intertwined with mood, temperament, personality, disposition, and motivation. Emotions are reactions consisting of subjective cognitive states, physiological reactions, and expressive behaviors. Emotional Intelligence is the capacity of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage or adjust emotions to adapt to environment or achieve one's goal (Salovey & Mayer 1990). It allows people to sense the emotional tone in groups, events and communication. An artist links emotions strongly with concepts of love, spirituality, bringing compassion and humanity to work. So for them emotional intelligence can be considered as a mental ability to reason validly with emotional information, and the action of emotions to enhance thoughts. Emotional intelligence represents the ability to reason with emotions and to use emotions to enhance thought. It is the innate potential to feel, use, communicate, recognize, learn from, manage and understand emotions. Marais and Kruger (2014) found that dance could positively affect the emotional development of students and provides them high self esteem, assertiveness and independence.

An emotionally mature, competent and skilled person is likely to enjoy a good physical and mental health for leading a happy and successful life. The feelings and emotions exercise a great impact over the well being. People who are failing to use their EI skills are more likely to employ other less effective means of managing their moods. They are twice as likely to experience anxiety, depression, substance abuse and even thoughts of suicide. EI has a tremendous impact on peoples' happiness and contentment. EQ helps positively for keeping one healthy by taking control of the severity of stress and strains. EI skills strengthen the ability of brain to cope with emotional distress. It can be seen that the feeling factor is found to effect positively or adversely both the mental and physical health of an individual.

Singh and Goel (2014) studied the gender differences on variables self efficacy and emotional intelligence among creative professionals. The study was conducted in 50 males and 50 females which include dancers, musicians and painters. The results revealed that the emotional intelligence is higher among males and self efficacy seems to be not significantly differed between male and female creative professionals. In a general way emotional intelligence helps an individual to have a reasonable understanding and management of emotions of the self and others which in turn helps them to keep one cool and controlled in most trying situations and help to seek prevention against the possible detrimental physical conditions like high blood pressure, uncontrolled aggression and conflicts, nervousness, the suicidal tendencies and nervous break down etc and thus keeping them healthy and sound for living life successfully. The ability to recognize one's own emotions and identify how others are feeling requires attention to multiple internal and external cues and the analysis of both verbal and non verbal communication in one self and others. Devoting adequate time and attention to fostering such emotional awareness is extremely important in optimizing artists in multiple domains. When artists are able to recognize how they are feeling throughout the day in different situations, they may better express themselves in and out from their artistic field. Emotional self awareness may help to predict emotions in various circumstances and guide one's behaviour. Experiencing right emotion at right time can improve motivation and energy in artists. To fully understand oneself and others, one must know what causes emotions and be able to articulate a full range of emotions when describing how one self or other may feeling. It is important for the artists to manage the emotions properly. Depending on the situation, actively dealing with or distracting oneself from one's own or others emotions may be more appropriate.

An emotionally intelligent person knows how to manage the situations properly. The present study is given importance to the emotional intelligence of artists. Emotional health is important in cultivating a positive mental health too. Artists are belongs to a different population and they are having different characteristics traits also. Emotional intelligence refers to the competence to identify and express emotions, understand emotions, assimilate emotions in thought and regulate both positive and negative emotions in the self and in others. EI has been commonly claimed to play an important role in modern society by determining the real life out comes. The suppressed feelings block the personal growth. It is difficult to overcome the stress.

Involving in a creative task, artists may feel a range of emotions and those emotions can signal future actions. Emotions are central to all art forms, from painting and sculpture to music, art, theatre, film etc. In some artists EI works out automatically. By teaching the EI skills one can learn how to use their emotions as aids in creative process.

Emotional instability is usually detrimental to creativity. Art provides a path to the sacred and spiritual and need good creations. In the current scenario, the importance of mental health is an inevitable factor in human lives especially among artists. The creative artists from different categories might have differences in their emotional intelligence. Art lovers accepted different art forms and are least bothered about the emotional fluctuations on artists. The emotional ill health may leads to severe psychological issues. Individuals having high emotional quotient found to possess a positive attitude and thereby motivated to achieve goals.

OBJECTIVE

To find out the difference between artists and non artist on emotional intelligence

HYPOTHESIS

There will be a significant difference between artist and non artist on emotional intelligence

METHOD:

Participants

The sample consists of artists (N=296) and non artists (N=289) groups, chosen from various districts of Kerala using simple random sampling

Instruments

Emotional Intelligence Inventory (Thomas and Sushama, 2003) was used for the present study. This inventory contains 50 statements with 5 possible assertions out of which the candidate is directed to tick anyone. The marks are 5,4,3,2, and 1 respectively as for completely agree, agree, undecided, disagree, and completely disagree respectively. The reliability of the emotional intelligence inventory has been established using Cronbach alpha and the coefficient obtained is 0.88 (N=432). The odd even split-half reliability methods after correction for attenuation is found to be 0.86 (N=432).

Procedure

After securing permission from the respective authorities in the institutions, the subjects were administered the emotional intelligence inventory, with their consent. They were asked to read the instructions carefully and answer the questions without omitting any. The subjects were assured that their responses would be kept confidential.

RESULT AND DISCUSSION

Differences between artists and non artists on emotional intelligence

Table 1

t-test comparing mean values between artists and non artists on emotional intelligence.

Variable	category	N	mean	SD	df	t value
Emotional intelligence	Artists	296	159.29	20.574	583	4.041**
	Non artists	289	165.24	14.439		

t- test was carried out to compare artist and non artist groups in terms of mean score on emotional intelligence. Result shows a significant difference between two groups on emotional intelligence. The mean value and standard deviation of artists is found to be lower than ($M=159.29$ & $SD=20.574$) that of non artists ($M=165.24$ & $SD=14.439$). The t value ($t=4.041$) reveals that artists are significantly differed from non artist on emotional intelligence and of which artist have low emotional intelligence than non artist or they approach emotional conflicts in a less efficacious manner. Stabilizing emotions is often a great burden for artist than non artist group. Hence they need to develop an equilibrated mind to label the situations in a right way. The artistic works itself may tend to explain the emotional conflicts of the artists. It is important to label it for the management of emotions among artists, other ways it may lead to severe psychological pressure. The result further reveals that the creative artists are impulsive and cannot be able to understand and manage emotions properly. The creation of artistic work viz; paintings, choreography, improvisation and emotion filled singing etc are expressed out according to the emotional fluctuations. i.e., it intends to explain the relation between the emotion or mood of artists and their artwork. Developing an empathetic mind among creative artists is necessary for keeping an emotionally balanced life situations and even relationships also.

The present study paved the light on the need of emotional intelligence of artists for the improvement of better mental health. Artists are valuable in the society and their creations are the asset of the society. Drowning deeply in to the emotional sea causes severe psychological issues. Hence artists need to be more comfortable in managing their emotions properly when compared with non artists.

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