



“COMPAIRATIVE STUDY OF EMOTIONAL INTELLIGENCE AND OCCUPATIONAL STRESS AMONG SINGLE EARNING COUPLES”

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Introduction:

The purpose of the present study is to explore the relationship between emotional intelligence and occupational stress. A total of 500 single-earning couples were administered the Emotional Intelligence as well as the Occupational Stress Questionnaire. The respondents for the study were selected from the Kalyan Dombivli Municipal Corporation area. The results were in the expected direction showing a negative correlation between emotional intelligence and stress at work, indicating that high scorers in overall Emotional Intelligence suffered less stress related to the occupational environment.

Work or Family is a key decision nowadays in middle-class families, The perspective of these crucial decisions of life has transformed in recent times. The reason is that now women are as career-oriented and ambitious as men and with the working couple, marital and domestic equation faces imbalances. Work-related Stress is occupational stress is the first and foremost fallout of such imbalances. It is widely observed that Occupational Stress is the major contributory factor behind family adjustment, which leads to conflicts amongst the single earning couple.

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)¹ 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

¹ Mayer & Salovey, 1993

(Cartwright & Cooper, 1997)². Later in the 18th century, the term stress referred primarily to an individual's 'force, pressure, strain or strong effort'.

A physical or psychological disorder is associated with an occupational environment and manifested in symptoms such as extreme anxiety, tension, cramps, headaches, or digestion problems. Occupational stress is Occupation/profession/workplace related. It can be caused due to professional duties and responsibilities.

Emotional Intelligence and Occupational stress are interdependent. Where there is stress there is also emotion. The situation provides an opportunity for researchers to study the relationship between emotional intelligence and occupational stress. Various demographic variables play an important role in understanding the relationship between emotional intelligence and occupational stress.

Statement of the Problem:

“Study of Emotional Intelligence and Occupational stress among single earning couples”

Objectives of the Study:

1. To study the relationship between the Emotional Intelligence single earning Couples
2. To study the Emotional Intelligence and Occupational stress among employees who are residing in Kalyan and Dombivli.

Keeping in mind the objectives of the study the researcher has formulated the following null hypothesis.

H0: There is a significant relationship between Emotional Intelligence and Occupational stress in single-earning couples.

² Cartwright & Cooper, 1997

Study of Emotional Intelligence

Table-3.2.2: Emotional Intelligence (Single Earning Couples) (n2 =500)		
Classification	Single Earning Couples (In Value)	Mean Value
Managing Others' Emotions	8730	17.46
Managing own Emotions	9685	19.37
Perception / Expression of Emotions	11851	23.7
Utilization of Emotion	6630	13.26
Emotional Intelligence	36896	73.79
Occupational Stress	58819	117.6

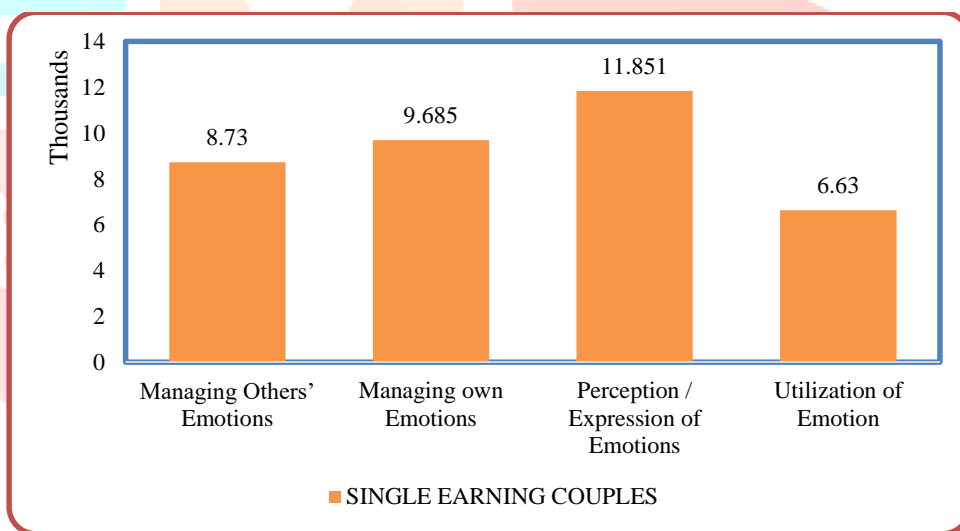


Figure -3.2.2 (a): Emotional Intelligence (Single Earning Couples) (In Thousands)

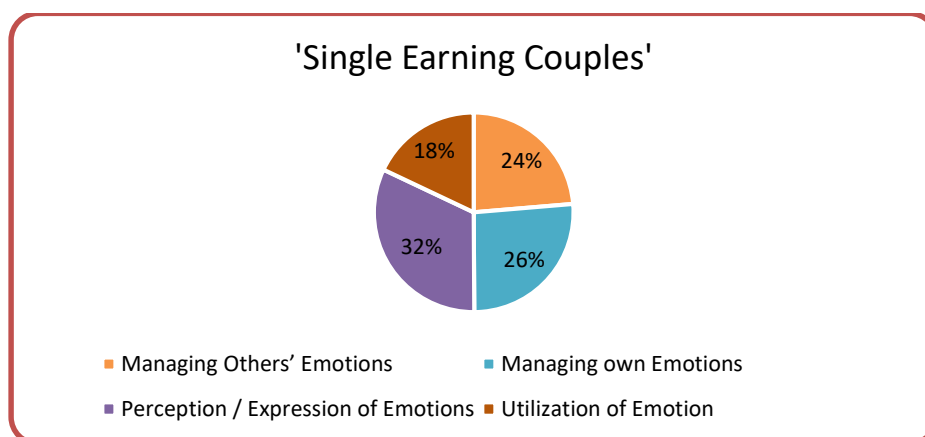


Figure -3.2.2 (b): Emotional Intelligence (Single Earning Couples) (In %)

Average ability to Manage Other's Emotions (social and other skills) among Single Earning couples 17.46 (24%), Managing Own Emotions 19.37 (26%) Perception / Expression of own Emotions is 23.70 (32%) and Utilisation of Emotions is 13.26 (18%)

It was observed by the Researcher that the average level of Expression of own Emotions / Perceptions is the highest among Single Earning Couples.

The researcher observed that the ability of respondents among Single Earning couples to Utilise their Emotions is the lowest.

It is necessary to develop skills amongst single-earning respondents to manage others' emotions as well as manage their own emotions and utilize their emotions effectively.

It is necessary to develop skills amongst working couples single earning couple respondents to manage their own emotions, manage others' emotions, and utilize their emotions effectively.

It is also observed by the researcher that management, expression, and utilization of emotions are a concern.

Emotional intelligence must be included in the training program and efforts should be made to improve effectiveness for managing emotions, expressing emotions, and utilizing their emotions.

Study of Emotional Intelligence and Occupational Stress

Emotional Intelligence and Occupational Stress

Classification	Single Earning Couples (Values) (n2=500)	Mean Values
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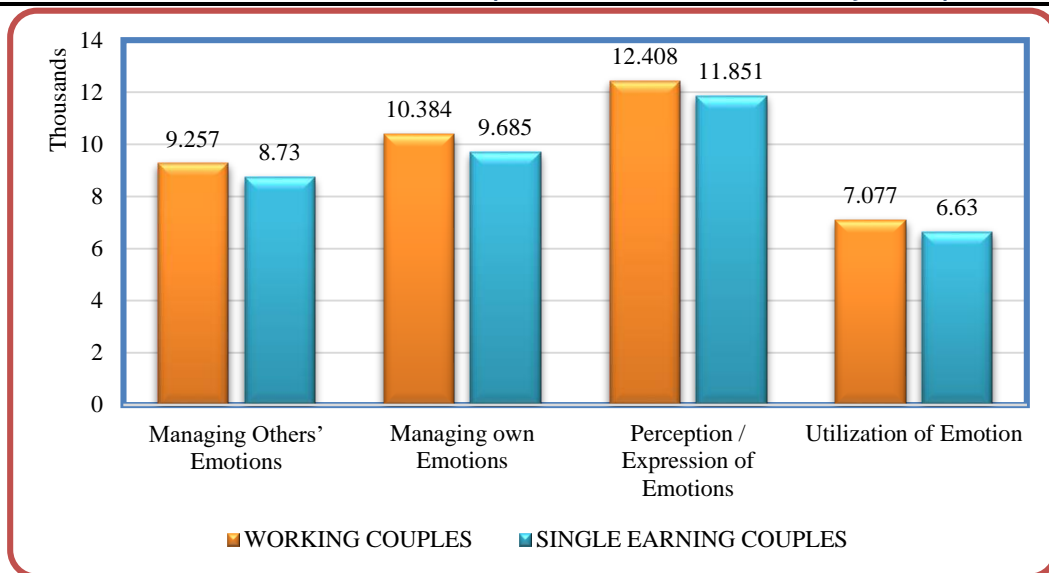


Figure -3.3.1: Emotional Intelligence and Occupational Stress

(In Thousands)

The four dimensions of emotional intelligence are described as a) Managing others' Emotions, (or social skills) b) Managing own emotions / Emotions in Self c) Perception / Expression of Emotions, and d) Utilisation of Emotions.

a) Managing other`s Emotions, (or social skills):

The arithmetic Mean of Managing others' emotions among single-earning couples is 17.46.

b) Managing own Emotions / Emotions in self:

The Arithmetic Mean of the Ability to manage own emotions among single-earning couples is 19.37.

c) Perception / Expression of Emotions:

The Arithmetic Mean of the Ability to manage others (social skills) of emotion among single-earning couples is 23.70.

d) Utilisation of Emotions:

The Arithmetic Mean of the Ability of utilization of emotion among single-earning couples is 13.26.

It was observed that single earning ability to manage other emotions is the highest.

The ability of perceive/expression of the emotion of a single earning moderate.

The skill of utilization of emotions was observed to be lowest amongst single-earning couples.

So, the researcher believes that there is a need to provide adequate training to single learners to develop the ability to improve their perception/expression of emotions.

The researcher also feels that efforts in the form of education are necessary to manage and control own emotions.

The education and training to improve the ability to express emotion and manage own emotions lead to improve the efficiency of single-earning and working couples.

Improved skills in the utilization of emotions help develop better relationships in the organization and ultimately it leads to improving the efficiency of individuals and organizations as a whole.

It was observed that the average emotional intelligence of a single-earning couple (n=500) is 73.79.

The researcher observed that the average occupational stress of a single-earning couple (n=500) is 117.60.

It was observed by the researcher that the level of emotional intelligence of single-earning couples is almost moderate.

It was observed by the researcher that the level of occupational stress of single-earning couples is also almost moderate.

The level of emotional intelligence is lower than the level of occupational stress among single-earning couples.

It was observed by the researcher that lower the emotional intelligence higher the occupational stress.

Emotional intelligence and occupational stress among single-earning couples appear to be highly correlated.

The researcher observed that Occupation Stress is more than Emotional Intelligence amongst single-earning couples.

CONCLUSION

The relationship between Emotional Intelligence and occupational Stress, among single-earning couples was investigated and the result of the study is there is a significant relationship between emotional intelligence and occupational stress.

Emotional intelligence and occupation stress are highly correlated among single-earning couples.

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