



EFFECT OF EMOTIONAL INTELLIGENCE ON PSYCHOLOGICAL WELL BEING AMONG UNDERGRADUATES

Dr. Deepak Jahagirdar* and Krishnika Singh Bundela**

ABSTRACT

This study aimed to see if there is an effect of emotional intelligence on the psychological well-being of Undergraduate Students. The sample consisted of 60 students, out of whom 26 were male and 34 were female students. Linear Regression Analysis was used to test the hypotheses on SPSS Version 29.0. In this study, emotional intelligence was not found to have a significant effect on the total sample, male sample and the female sample's psychological well-being with their values being 0.145, 0.138 and 0.260, respectively. Thus all the hypotheses were rejected. Emotional Intelligence had very little effect on Psychological well-being. Maximum number of students had average emotional intelligence in Emotional Intelligence scale and had moderate result in Psychological Well-being.

KEYWORDS: EMOTIONAL INTELLIGENCE, PSYCHOLOGICAL WEL BEING

INTRODUCTION

Emotional Intelligence refers to the ability to recognize and regulate emotions in ourselves and others as well (Goleman 2001). Peter Salovey and John Mayer defined emotional intelligence as a form of intelligence that involves the ability to monitor one's own and others' feelings and emotions, and to discriminate among them and to use this information to guide one's thinking and actions (Salovey & Mayer, 1990).

Psychological well-being is one of the most important psychological aspects that determine the success of individuals in their professional as well as their

private life. Emotional intelligence is a branch of social intelligence which is emphasized on the ability to recognize and manage one's own as well as the other person's emotions.

OBJECTIVE

1. To comparatively study the effect of emotional intelligence on psychological wellbeing among undergraduates.
2. To study the effect of emotional intelligence on psychological wellbeing among undergraduate boys.
3. To study the effect of emotional intelligence on psychological wellbeing among undergraduate girls.

HYPOTHESIS

1. There is an effect of emotional intelligence on psychological wellbeing among undergraduates.
2. There is an effect of emotional intelligence on psychological wellbeing among undergraduate boys.
3. There is an effect of emotional intelligence on psychological wellbeing among undergraduate girls.

VARIABLES

Independent Variables: Emotional Intelligence

Dependent Variables: Psychological Wellbeing, Undergraduate Students

SAMPLE SIZE

The sample consisted of 60 students out of which 26 are boys and 34 are girls. All the students are undergraduates.

Total no. of students	Boys	Girls
60	26	34

TOOL DESCRIPTION

The Emotional Intelligence Scale by Dr. Arun Kumar Singh and Dr. Shruti Narain, and the Psychological Well-Being Scale by Dr. Devendra Singh Sisodiya and Ms. Pooja Choudhary were used.

DATA ANALYSIS

The collected data was analysed using SPSS Version 29.0 and Linear Regression Analysis was used to test the Hypotheses.

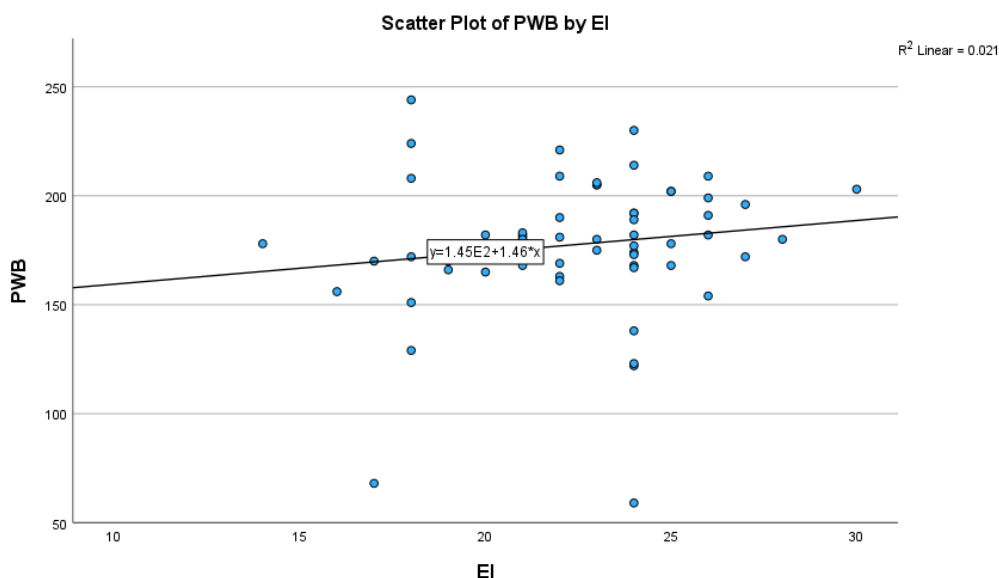
RESULTS

The table below shows the result for the first hypothesis-

COEFFICIENTS^A

Model	Unstandardized Coefficients		Standardized coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	144.804	29.692		4.877	0.000
EI	1.462	1.310	0.145	1.116	0.269

A. Dependent Variable: PWB



The effect value obtained through regression analysis is 0.145 and is not significant at any level.

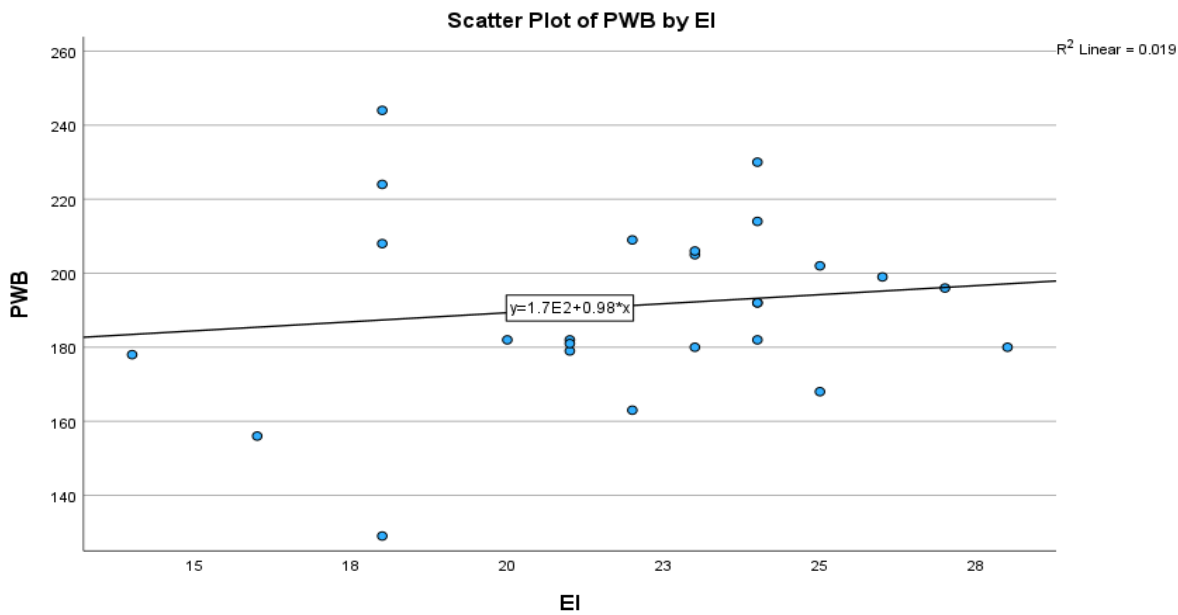
The table below shows the result for the second hypothesis-

COEFFICIENTS^{AB}

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	169.791	32.478		5.228	0.000
EI	0.977	1.462	0.138	0.668	0.511

A. Dependent Variable: PWB

B. B. Selecting only cases for which Gender: MALE



The effect value obtained through regression analysis is 0.260 and is not significant at any level.

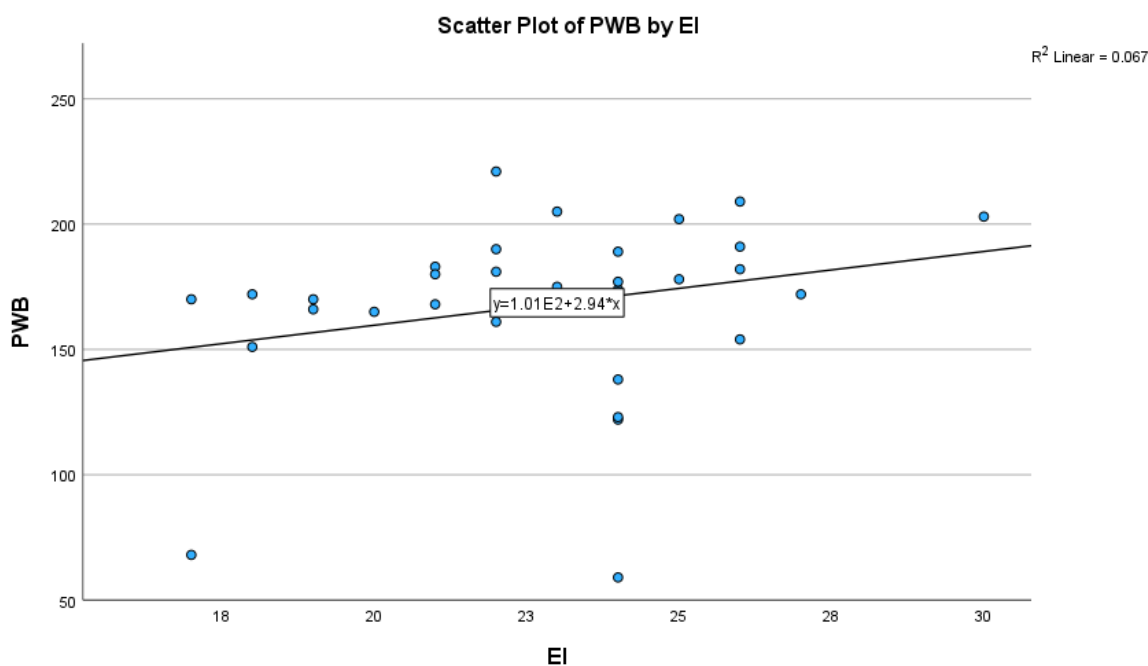
The table below shows the result for the second hypothesis-

COEFFICIENTS^{AB}

Model	Unstandardized Coefficients		Standardized coefficients	t	Sig.	
	B	Std. Error	Beta			
1	(Constant)	100.757	43.794		2.301	0.028
	EI	2.944	1.905	0.260	1.545	0.132

A. Dependent Variable: PWB

B. Selecting only cases for which gender = FEMALE



The effect value obtained through regression analysis is 0.260 and is not significant at any level.

DISCUSSION

Research Through Innovation

After computing regression analysis, we came to know that there is no significant effect of emotional intelligence on psychological well-being among undergraduates of the total sample, the male sample and the female sample. Thus, our hypotheses are rejected.

CONCLUSION

According to the results maximum number of students had average emotional intelligence in Emotional Intelligence scale and had moderate result in Psychological Well-being.

It was found that emotional intelligence had very little effect on psychological well-being among undergraduates.

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