



# EMOTIONAL INTELLIGENCE OF COLLEGE STUDENTS

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**Abstract:** Today it is a high time to discuss about emotional intelligence. As emotional intelligence of a person determines the personality of a person. At this fast moving juncture it is stress because of fast foods and fast moving conjure. So the author has discussed the topic emotional intelligence. Emotional intelligence is meant to represent that how a person act for the situations arisen to him and how ably he manages his temperament at different situations. Emission of emotions in an intelligent manner is called as emotional intelligent. Cognitive intelligence success relies on emotional intelligence.

## Preamble:

**Mind is very restless, forceful and strong.O! Krishna it is more difficult to control the mind than to control the wind.[1]-Srimad Bhagavad Gita.**

Emo- vere the word emotions be previously called in Greek. Emo- vere it meant that the feelings. Later on Michael Roldoch has called the emotional intelligence in the year 1964. It gained its popularity during 1990. It reaches the public after Goel man in 1991. There are some of the few forms of emotions which include happiness, sadness, fear, courage and pity these are some sort of emotion which is reflected after an action is done by the self or by others. The feeling empathy here meant that knowing others feeling towards an action in palace of that person.

## Definition:

When an individual emits happiness, fear or some other sort of emotions after observe in the nature of the other persons feeling are called as emotions.

When a person know to emit right sort of emotions for an action at the right moment with the right person is said to be emotionally intelligent.

Goelman speaks out emotional intelligent in such manner that emotions are not come by birth but by the traits.

It is emotions arise due to the mixture of trait and ability was argued by Mayer and salovey.They support emotional intelligence are formed by the ability and trait model. According to them it is emotional intelligence which is done by birth and acquired traits in the study. Whatever it may be emotionalintelligence is a part of cognitive ability.



**REVIEW:**

A research has shown that a group of children who tastes immediately the marshmallow chocolate are having less emotional intelligence in their adult age, than children who waited and have eaten the marshmallow after 20 secs. Thus the emotional intelligence of the adult change with their habits.

According to Daniel Goelman (1998), Emotional intelligence is “the capacity for recognizing out own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships. Emotional intelligence describes abilities distinct from but complementary to academic intelligence.”

**Benefit:**

The success of a person in the work place , society and family are determined through emotional intelligence which is a part and parcel of personality. All round development of a person’s personality is acquire through the traits. A become a leader only when he acquires to behave in a society. Thus personality of a person depends only upon emotional intelligence. Emotional intelligence is a trait which prevails within cognitive intelligence.

**Dimensions of emotions:**

Emotional intelligence dimension which includes with emotional competency and emotional maturity. A person in a particular context may compete with a sort of emotions if he uses the sixth sense to behave in such a manner hence he may be call us emotionally competent person. On the other hand the same person waits for a minute to exhaust a sort of emotion he may remain himself that particular trait is necessary for the situation. Such a type of emission of emotion is called as emotional maturity. Emotional maturity will arise by the experience and intelligence of emotions.

**Self-awareness:**

Emotional intelligence includes with it four types of variables it includes self-awareness, self-management, social awareness and relationship management.

Self-awareness is to mean that psychological observation of the self. A person who studies his own emotions at different places and how he reacts to a person or a situation is well known to him. Knowing about him is most essentially spoken here. He may be aware of his emotions. He must know the dos and don’ts of the self. He has the initiativeness in learning his self. Thus a person may be emotionally intelligent.

**Self-management:**

A person who knows himself advances his intelligent to control the self. He may know how to react and when to control the emotions. To avoid critical situations arise he controls himself. Know ing self is important to a person but in advance managing the emotions is the right sort of action which may avoid the congenial situation.

**Social awareness:**

The person’s interest over the society and the action needed in the society are well known to a person who is socially aware. Socially awareness means nothing but understanding the laws and rules of the society and his role in the society as well as others interference over the society is how far. Learning the self is essential preventing a person from the social cause. But learning about the society and become socially aware of the society proves a person to lead his way in the advanced manner.

**Relationship management:**

A person who wasself-aware, self-managed and socially aware may become to have healthy relationship management. Relations hip management is nothing but how the person handles difficult complicated problems in the public and how he manages to get out the problem without hurting anybody. Thus a person can organize a healthy atmosphere in the society. If a person who is aware



of the other three variables along with relationship management proved to be a healthy personality who may also be with the risen sort of cognitive intelligence. He may thus assume to be a great leader.

**Objective**

To find out the significant difference between the emotional intelligence of the college students on the basis of their age.

**Hypothesis**

There is no significant difference between the emotional intelligence of the college students on the basis of their age.

**Methodology**

Survey method was used for studying the problem. The Stratified random sampling technique was used for selecting the sample.

**Statistical data:**

The Following table shows:

**The Difference between ages ranging between 17-19 and above 19 of college students in their Emotional intelligence**

**Table I**

EI and its dimensions	AGE(17-19)		AGE(above 19)		Calculated 't' value	Remarks
	Mean	SD	Mean	SD		
Self awareness	14.47	3.78	15.69	4.88	2.728	S
Self management	17.40	5.45	18.06	6.02	1.171	NS
Social awareness	15.40	3.97	16.10	4.93	1.537	NS

Relationship management	13.51	4.42	15.13	6.61	2.683	S
Total	60.80	13.84	64.99	19.00	2.415	S

(At 5% level of significant the table value of 't' is 1.96)

**Findings:**

There is significant difference between the emotional intelligence of the college students on the basis of their age.

**Conclusion:**

According to Bhagavad gita, in the war field Arjuna and Krishna are travelling in the chariot. At that time Krishna had told that these wild horses are the senses and the body is the chariot and mind is the proper control that will through this chariot in the right path. A person who drives the horse and the chariot in the right path in action with mind hence can succeed in life. Others will lose his destination. Thus it is emotional intelligence will led the cognitive intelligence to enshrine. Thus emotional intelligence and cognitive intelligence are interrelated. The one without the other may led to destruction. As per lord Krishna if the sense and mind travel in the same path and achieve their life goal.

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