Mental Health as Reteted to Locale Gendar and Emotional Intelligence Among Adolescents

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Abstract

Adolescence has a special significant as the stage before adulthood. It appears both to parents sand teachers the last opportunity educate children for their adult responsibilities. Adolescence is a phase to explore and experiment.

Adolescence is a period of great stress and strain. An adolescence is full of various ideas and nations and wants to give expression to the same at times. He wants that his personality should be recognized and his points of view must be listened to sympathially. It this is done and his reasonable demands are fulfilled many of his emotional up heavals will be cooled down and he will proceed to-wards obtaining good mental health.

According to Erikson (1959) the period from 13 to 18 years is crucial for at this stage the adolescents re examine their identity and the roles they have to occupy. Two aspects of identity have been considered to be important, viz. sexual identity is occupational identity.

The aim of the present research is to see the relationship between emotional intelligence and mental health among adolescents.

Emotional Intelligence

Investigators like Goleman, Salovey and Mayer indeed vigorously searched for the emotional component of intelligence in the 1980s and 1990s finally in 1995, Daniel Goleman was credited for bringing to light the close relation between emotion and intelligence. He used the term "Emotional Intelligence" to Mean a group of characteristics pertaining to the emotional aspect of a person's life. He has argued that emotional intelligence can be divided into five important parts. These are knowing our own emotions managing our emotions, motivating ourselves, recognizing the emotions of other, and handling relationships.

Emotional intelligence has it roots in the concept of 'Social Intelligence' first coined by L Thorndike in 1920.

Emotional intelligence involves the ability to monitor one's own and others emotions, to discriminate among them, and to use the information to guide one's thinking and actions (Mayer and Salovey, 1993).

Emotional intelligence is the single most important factor predicting success and happiness in life and the leading to good mental health (Sudarshan, 2002).

Mental Health :

Mental health is the balance between all aspects of life social, physical, spiritual and emotional. It impacts on how we manner surroundings and make choices in our lives clearly it is an integral part of our overall health.

Mental health is an important aspect of one's total health status. The Surgeon General's report defines mental health as "The successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adopt to change and copy with adversity."

Hadfield considers that in general terms we may say that mental health is the full harmonious functioning of the whole personality. In us there are vasrious urges, impulses, motives, tendencies, interests, attitudes, etc. Some of which are inborn and some are acquired. When these urges are allowed to function harmoniously in co-ordination with each other and getting full expression, we have a personality which we may call as whole some and which is essential for healthy mental life.

The neglect of mental result in serious consequences and the students passing the high school stage face various demands of future career and find difficulty in coping with them. Therefore it is essential to understand the dynamics of mental health and make planned efforts to promote their positive mental health. That is why the needs is felt to study the relationship between emotional intelligence and mental health among adolescents.

Major Objectives of the Study :

The objectives of the present study is given below-

1. To find out the impact of locale on emotional intelligence of adolescents.
2. To find out the impact of gender on emotional intelligence of adolescents.
3. To find out the impact of locale on mental health of adolescents.
4. To find out the impact of gender on mental health of adolescents.

Hypothesis :

The following hypothesis will be tested in present study-

1. There will be no difference in mental health of locale (rural and urban)
2. There will be no difference in emotional intelligence of locale (rural and urban).

Methodology

Sample

The sample of present study consisted of 400 adolescents high school and intermediate adolescents of which 200 were boys and 200 girls. The students were selected by Purposive sampling technique from different schools of Varanasi city. The age range of the sample was 13 to 19 years. Half of the sample was drawn from urban area and the rest half was draw from rural area.

Design:

In the present investigation an attempt was made to study the mental health in relation to locale, gender and emotional intelligence among adolescents. 2×2 factorial design was prepared to see the impact of sex (male and female) and locale (rural and urban) and emotional intelligence.

Tools :

The following tests and questionnaires were used to obtain relevant data in the present study.

1. Emotional Intelligences Scale.
2. Mithila Mental health Status-Inventory.

Emotional Intelligence Scale :

Hindi adaptation of emotional intelligence scale was done by Hyde Dhar, and sanjayot Pethe (2002). The scale consists of 34 item. Which are divide into 10 subscales. There are self awareness, empathy, self motivation, emotional-stability, managing- relations, integrity self development, value-orientation, commitment and altruistic-behavior. There fore, this scale was developed and constructed. The scale can be used for research and survey purpose.

Mithila Mental Health Status Inventory :

Mithila Mental health status inventory was administered by Kumar and thakur (1986). The scale consists of 50 items. Which are indicate into 5 subscales. Final form of the inventory

had 10 items in each of the scale, of which 5 were positively worded and remaining 5 were negatively worded.

Statistical analysis :

The responses to various tests were scored according to the directions set in manuals of the test. Means were computed for the different sets of data in the present study and were presented through bar diagram. T. test was applied to test the significance of difference between various sets of data.

Two way analysis of variance was applied to test the impact of locale and gender on mental health and also on emotional intelligence.

Findings of Study :

Locale Gander and Emanation intelligence

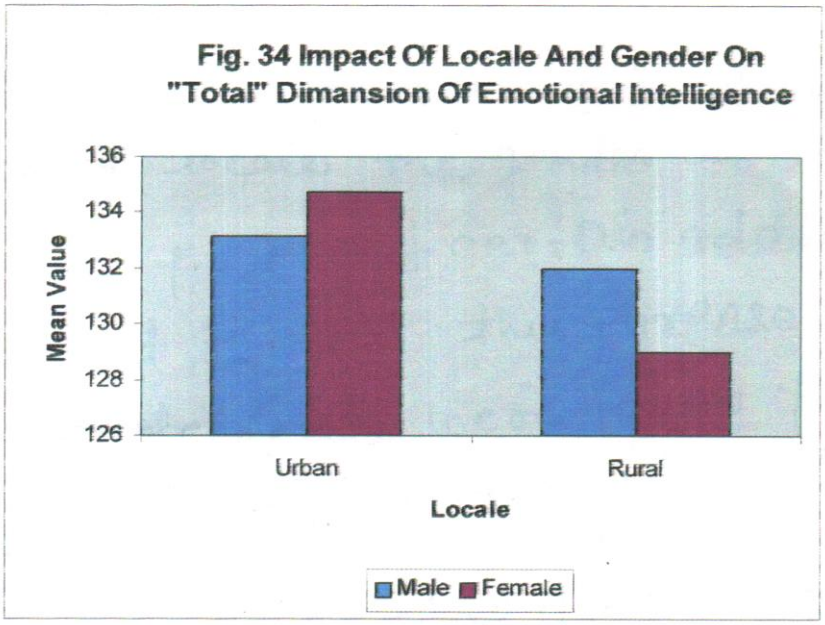
2×2 factorial design and two way Analysis of variance were applied to see the impact of local and gender on Emotional Intelligence of dole scents.

Descriptive statistics of the sample is presented is table-01 and interaction effects of above variable are shown in figure-01 and 02.

Table-01

Descriptive statistics of emotional intelligence

Locale	Gender	Mean	S.D.	N
Urban	Male	133.16	12.25	100
	Female	134.72	12.44	100
	Total	133.94	12.34	200
Rural	Male	132	12.00	100
	Female	129	12.58	100
	Total	130	12.34	200
Total	Male	132.63	12.11	200
	Female	132.00	12.77	200
	Total	132.31	12.43	400



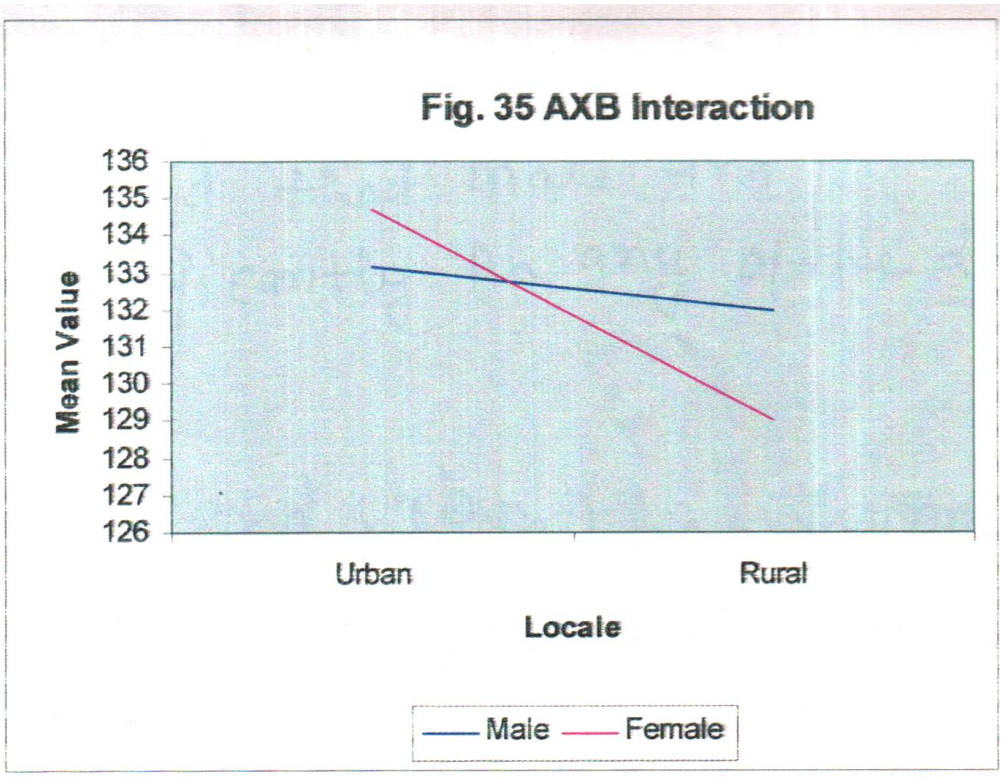


Table-02
The impact of locale and gender on total emotional intelligence
(Summary of result of 2 way ANOVA)

Source of Variance	df	S.S.	M.S.	F	P
Locale	1	1053.003	1053.003	6.935	0.01
Gender	1	39.062	39.062	0.257	NS
Locale & Gender	1	477.423	477.423	3.144	NS
Error	396	60125.19	151.831		

ANOVA summary table -02 shows significant independent effect of locale on emotional intelligence (F=6.935, P>0.01). But neither gender nor its interaction with locale is significant, regarding overall emotional intelligence.

Locale, Gender and Mental Health

To way analysis of variance was applied to find out impact of locale and gender on mental health of adolescents in a 2×2 factorial design.

Means and S.Ds. of Mental Health Scores of the sample are presented in table and findings of ANOVA are presented in table-2. The mean scores and interactive effects of Above variables are shown in figure 1 and 2.

Table-03
Descriptive Statistics of Mental Health

Locale	Gender	Mean	S.D.	N
Urban	Male	123.6	12.26	100
	Female	122.7	13.37	100
	Total	123.05	12.94	200
Rural	Male	124.7	11.91	100
	Female	122.4	11.69	100
	Total	123.5	11.92	200
Total	Male	124.15	14.64	200
	Female	122.65	12.56	200
	Total	120.53	11.68	400

Table-04
Impact of Locale and Gender on Mental Health
(Summary of result of 2 way ANOVA)

Source of Variance	df	S.S.	M.S.	F	P
Locale	1	165.123	165.123	1.49	
Gender	1	45.563	45.563	0.41	
Locale & Gender	1	73.102	73.102	0.659	nosigni
Error	396	43871.15	110.785		

The finding in table-04 indicate that the locale and gender were in significant for mental health score. Interaction effect was also found insignificant.

Discussion

Locale, Gender and Emotional Intelligence:

As expected, overall urban adolescents is significantly higher on emotional intelligence. Urban adolescents score is higher comparison to rural adolescents. So urban adolescents is highly emotionally intelligence. Emotional intelligence includes traits like self-awareness, managing relation and to show empathy to wards others. Emotional intelligence leaders understand the range of choices they have in establishing relationship with others. And they choose the appropriate one depending on the situation. So he should be adept in handling relationship with others.

So the hypothesis that "There will be no difference emotional intelligence of rural and urban adolescents" ma be rejected.

The impact of gender on emotional intelligence is no significant. Male and female adolescents are more emotionally. Emotional intelligence can help in dealing with these by creating a culture which is more caring, giving, supportive and enriching where each is regarded as an individual and feelings are respected. It can be said that emotional intelligence can play a crucial role in the successful life of adolescents.

Thus the hypothesis 2 that "There is no difference in emotional intelligence of male and female adolescents" may be rejected.

Locale, Gender and mental Health

Among all the five dimension of mental loath gender shown ho influence, so it my clearly be said that male and female do not differ significantly on any of the dimension of mental health.

Locale (rural and Urban) has shown its significant impact on four out of the five dimension of mentalhelath. It has been observed that on two dimension of mental health, rural adol escents score higher and on the other two dimension or the urban adolescent score higher.

CONCLUSION:

1. There is no gender difference in mental health of adolescents.
2. Rural and urban adolescents differ significantly on four out of five dimension of mental health. On social nonconformity they score equal. On egocentrism, alienation and expression rural adolescents score higher, and on emotional unstability they score lower than urban adolescents.
3. There is no gender difference in emotional intelligence of adolescents.
4. Urban adolescents are significantly higher, in emotional intelligence comparison to rural adolescents on only two dimensions, namely managing relations, and value orientation. On other eight dimensions both groups are same.

Limitation of the Study:

The study suffers from certain limitations which are given below :

1. Only Hindi medium schools have been taken in this study.
2. Only adolescents (13-19 years) have been taken in this study.

Suggestions:

Based on observations findings and subsequent conclusion of this study the following suggestions are given for further research-

1. Limited variables have been taken in this study. Other variables may be taken regarding mental health of adolescents.
2. Using same design other tools may be used to study the problem of present study.
3. A comparative study should be done between students of Hindi medium and English medium convent school.
4. Only adolescents have been taken in this study. Children, adults and aged may be taken as the sample for the same problem.

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