

A Comparative Study Mental Health and Emotional Intelligence among Male and Female Students

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Abstract

Objective: 1. to examine the mental health among Male and Female 2. To find out the emotional intelligence among Male and Female. **Hypothesis:** 1. there will be no significant between Male and Female on dimension mental health. 2. There will be no significant between Male and Female on dimension emotional intelligence. **Sample:** For the present study 100 Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were Male and 50 subjects were Female. The age range of subjects was 18 to 25 years (Mean 20.69, SD = 2.78).

Tools 1. Mental Health Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 2. Emotional Intelligence test: Pedhe and Hyde were used for measuring Emotional intelligence. **Variable** Independent variable-area of residence a) Male b) Female **Dependent Variable** 1. Mental Health 2. Emotional

Intelligence Conclusion: 1. Male have significantly high mental health than the Female Students. 2. Male have significantly high emotional intelligence than the Female Students.

Introduction:

Researchers have been focusing on the affect of emotional brain on character educational and occupational success in the profession and life, and highlighting the legislation and advertising of emotional talent for cognitive activities. In latest years, emotional talent has been utilized to the find out about of character social adaptation, lifestyles pride and subjective wellbeing, which opens the way for the introduction of emotional brain into person psychological adjustment and social adaptation.

Emotional Genius hyperlinks cognitive and emotional processes, and helps the interaction, infiltration and advertising between the two (Abdollahi, Yaacob, Talib et al., 2015; Kim, Sung, Park et al., 2015). It is realistic to maintain that emotional talent is an necessary psychological aid and an capability to promote individual intellectual health. The lookup on the traits of emotional talent and intellectual fitness of university college students can help us to efficaciously apprehend the shape of emotional talent and its relationship with intellectual health, grant theoretical preparation for intellectual fitness schooling of university students, and extra importantly, assist us enhance the cultivation of emotional talent of university college students from any other perspective (Lawal, Idemudia, & Senyatsi, 2018; Li, Cao, Cao et al., 2015; Rohilla & Tak, 2016).

In day by day teaching, we can accurate add abilities coaching for emotional brain to assist university college students enhance their competencies of intellectual fitness care. At the identical time, we combine bodily education, sports activities competitions, bodily exercising and emotional talent and intellectual fitness in a complete manner to recognize whether or not emotional talent can alter the poor have an effect on of lifestyles occasions on intellectual fitness (Howe, Falkenbach, & Massey, 2014). This will enlighten intellectual fitness employees about how to alleviate the poor have an effect on of a number of types of stress on university students' intellectual health, to in addition assist them overcome psychological disaster and stop possible problems. This paper, in order to recognize the relationship between emotional talent and university students' intellectual health, conducts a complete survey and lookup on the college students from six universities in China, and attracts corresponding conclusions primarily based on the subject survey, so as to grant a theoretical groundwork for the implementation and improvement of intellectual fitness schooling for university students, and a scientific basis for their intellectual fitness counselling and education.

Previous research has commonly published that emotional brain and intellectual fitness are very vital for private success, however there are many disputes about the relationship between emotional talent and intellectual health. Does the greater emotional talent deliver the more healthy psychology, or vice versa? There has been controversy and dialogue in the educational circles on this issue. Domestic research, in general, is nevertheless at a particularly shallow level, with extra repetition and imitation and even a lot of fallacies however much less innovation (Darban, Karamzahi, Balouchi et al., 2016). Especially for the so-called "emotional quotient" in a number books continuously published, no longer solely scientific and theoretical groundwork however additionally the actual impact in exercise require similarly enchantment and verification.

Existing researches on the relationship between emotional Genius and intellectual fitness in China and past have published many exceptional issues. Firstly, we can see from the above quite a few theories of emotional Genius that many students disagree on the thought and fundamental shape of emotional intelligence. So far, there is no last conclusion on the unified definition of the connotation of emotional brain (Renshaw, Eklund, Bolognino et al., 2016), for which the theoretical groundwork is absent for the exploration of the relationship between emotional talent and intellectual health. Secondly, the relationship between emotional Genius and intellectual fitness is nonetheless uncertain at this stage. As noted above, the emotional Genius does no longer possess a clear and unified theoretical foundation as a new subject matter proposed in the ultimate decade, so the lookup on emotional brain need to be accelerated in an all-round way with the aid of extra scholars. This learn about explores the relationship between intellectual fitness and emotional brain from the standpoint of advantageous psychology orientation, in the motive of attracting extra interest of psychological researchers to deliver greater profound studies.

Objectives:

1. To examine the mental health among Male and Female.
2. To search the emotional intelligence among Male and Female.

Hypothesis of the study:

1. There will be no significant between Male and Female on dimension mental health.
2. There will be no significant between Male and Female on dimension emotional intelligence.

Sample:

For the present study 100 Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 100 subjects, 50 subjects were Male and 50 subjects were Female. The age range of subjects was 18 to 25 years (Mean 20.69, SD = 2.78).

Tools

1) Mental Health Inventory:

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54

2) Emotional Intelligence test:

Pedhe and Hyde were used for measuring Emotional intelligence. This test is developed and standardized by Pedhe and Hyde the 34 items are rated on a five point scale.

Procedures of data collection

The subjects were called in a small group of 10 to 15 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable- Area of Residence a) Male b) Female

Dependent Variable 1. Mental Health 2. Emotional Intelligence

Statistical analysis and discussion

Mental Health and Emotional Intelligence among Male and **Female** students Mean S.D. and “t” Value.

Dimensions	Male		Female		DF	t
	Mean	SD	Mean	SD		
Mental Health	160.58	5.78	150.26	5.01	98	9.54**
Emotional Intelligence	78.96	7.80	65.78	6.00	98	5.72**

The results related to the hypothesis have been recorded. Mean of mental health score of the Male Students Mean is 160.58, SD = 5.78 and that of the Female Mean is 150.26, SD = 5.01 The difference between the two mean is highly significant ($t= 5.72$, $df =98$, $P < 0.01$) It is clear that Male and Female Differ Significantly From each other from the mean scores and graph it was found that the Male Students have Significantly high mental health than the Female Students.

The results related to the hypothesis have been recorded. Mean of Emotional Intelligence score of the Male Students Mean is 78.96, SD = 7.80 and that of the Female Mean is 65.78, SD = 6.00. The difference between the two mean is highly significant ($t= 5.72$, $df =98$, $P < 0.01$) It is clear that Male and Female Differ Significantly From each other from the mean scores and graph it was found that the Male Students have Significantly high Emotional Intelligence than the Female Students.

In present century when daily life is full of stresses, ability in control of undesirable emotions is of special importance in emotional health (Goleman, 1995). Role of emotional ability is very important in psychological health. In addition, ability to recognize the emotion in oneself and others is essential for emotional health.

Without this ability, comprehension of other people's feelings and sentiments is impossible and people may have no experience of intimacy and mutual understanding. Hence, given the effect of emotional intelligence in educational, occupational and social success of training programs for enhancing emotional intelligence in all people especially Male is necessary.

Conclusion:

1. Male Students have significantly high mental health than the Female Students.
2. Male Students have significantly high emotional intelligence than the Female Students.

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