

# Effect of Emotional Intelligence On Home, Health, Social, Emotional and Overall adjustment of High School Students.

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## Abstract

*The purpose of this study is to investigate the effect of Emotional Intelligence on Home, Health, Social, Emotional Adjustment of High School students. The total respondent consist of sixty high school students including thirty boys and thirty girls. For this research to assess the Emotional Intelligence the test constructed by Dr. Ekta Sharma and to assess the adjustment the test constructed by Dr. R. K. Ojha is used. Here "t" test is applied to check the effect of level of Emotional Intelligence on Adjustment of high school students. Results revealed that higher level of Emotional Intelligence have positive effect on adjustment level.*

**Keywords:** Emotional Intelligence, Adjustment, Emotional Intelligent Test, Bell Adjustment Inventory.

Emotions play a very important role in our lives. Mayor and Salovey(1993) gave a comprehensive theory of Emotional intelligence describing it as "A type of social intelligence that involves the ability to monitor one's own and others emotions and to discriminate among them and to use this intelligence to guide one's thinking and actions. The term "Emotional Intelligence" entered the mainstream only with Daniel Goleman in 1995. Goleman says that 80% of adult success comes from emotional quotient. Goleman suggests that emotional intelligence consists of five major parts----1.Knowing our emotions 2. Managing our emotions 3.Motivating ourselves 4.Recognizing the emotions of others 5.Handling relationship. These elements plays an important role in shaping experiences in life. Adjustment maybe defined as your continuous interaction with yourself, with other people and with your world. It is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. There is a growing body of research findings that scientifically demonstrate that emotional intelligence

predicts how well we perform at home, school and in the work place(Bar-On R, 2004). Safavi et al.(2008) investigated the relationship between emotional intelligence and socio-emotional adjustment of pre-university girl students in Tehran. The result of the study showed that there was a significant correlation between emotional intelligence and socio emotional adjustment's study by Akinlolu D. (2005) confirmed that strengths of emotional intelligence have profound influence on the adjustment of the subjects. The study by Petrides et.al.(2004) on a study of relationship between emotional intelligence, cognitive ability,and academic performance, they found that emotional intelligence moderated the relationship between academic performance and cognitive ability. Kaur(2013) in her study on adolescents found the significant relationship between emotional maturity and environmental factors.

### Statement of problem:

To study the effect of emotional intelligence on home, health, social, emotional adjustment of high school students.