

## Emotional Intelligence of College Students

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### Abstract -

The purpose of the present study was to find out emotional intelligence of college students. The study was conducted on 30 graduate students. (15 male and 15 female) Respondents were taken from Maulana Azad College Aurangabad. The Emotional intelligence Scale constructed by Anukool Hyde, sunjyot Pete and Upinder Dhar was used. The descriptive statistics (Mean, and Standard deviation) and 't' test was used. The hypotheses were tested and verified.

**Key Words:** Emotional Intelligence, Male, Female

Emotional Intelligence is the ability or tendency to perceive, understand, regulate and harness emotions adaptively in self and in others (Schutte et al., 1998). Researchers have conceptualized Emotional Intelligence both as ability and as a trait. It includes the ability to understand and regulate other as well as once own emotions. People who can have control over their life can manage their feelings, will read and deal effectively with other people's feelings, while the people who cannot have control over their emotional life fight inner battles that sabotage their ability to focus on work and think clearly (Goleman, 1996). The various characteristics make up Emotional Intelligence such as self motivational ability to control impulses, regulate moods and keep distress away from sampling the ability to think.

Emotional intelligence has been found a reliable predictor of academic achievement than general intelligence. A large amount of research work done in the previous century concluded that the higher the intelligence the better the academic performance. Later observations made in other studies revealed that many adolescent boys and girls, in spite of having good IQ levels, were not able to show equivalent performance. Their declining performance appeared as a result of their emotional disturbances, problems in managing relationships and insufficient coping mechanism to deal effectively with environment. Such results made the researchers think, analyze academic performance.

Salovey and Mayer (1990) proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions.

Goleman (1996) identified the five 'domains' of EQ as:

- Knowing your emotions.
- Managing your own emotions.
- Motivating yourself.
- Recognising and understanding other people's emotions.
- Managing relationships, i.e. managing the emotions of others.

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