

# Religiosity and Emotional Intelligence among University Students

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## Abstract

Emotional intelligence is a recent concept that has a clear impact on the lives of humans; it influences ones thoughts, relationships and emotions. This study attempts to justify religiosity on emotional intelligence and to examine the impact of religion and gender on emotional intelligence. One hundred university students were selected by stratified random sampling technique from Ranchi University. The stratification was based on religion (Hindu & Muslim ad gender (Male &female. The emotional Quotient test developed by Dalip Singh and Chadha was administered. The result revealed that Hindu was more emotionally intelligent than their counterpart Muslim students. There is no significant difference between male and female students on emotional intelligence.

**Key words:** *Religiosity, Gender, Emotional Intelligence.*

## Religiosity and Emotional Intelligence among University Students

### Introduction

Emotional intelligence is a recent concept that has a clear impact on the lives of humans; it influences ones thoughts, relationships and emotions. There is a common denominator between emotions and thoughts and between the mind and the heart since they interact with each other to provide an opportunity for humans to make correct decisions and to have sound thoughts. An emotionally disturbed or disoriented person cannot regulate own emotions or feelings even if demonstrates a high level of intelligence. The term emotional intelligence was first described by Salovey and Mayer (1990) as a form of social intelligence that involves the ability to monitor one's own and others feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action.

Then terms of emotional intelligence became popular by Daniel Goleman with publication of his book "*Why it can be matter more than IQ*" in the early 1990.

Human quality is it that helps people to function better in all spheres from career to personal life. With the dawn of 21st century, the human mind added a new dimension which is now being held responsible more for success than intelligence. This is termed as *Emotional Intelligence* and is measured as EQ (Emotional Quotient). Over the past several years the term emotional intelligence has received much attention as a factor that is useful in understanding and predicting individual's performance at work, at home, at school etc.

Emotional intelligence is the capacity to create positive outcomes in relationships with others and with oneself. It is an umbrella term that captures a broad collection of interpersonal and intrapersonal skills. Interpersonal skills consist of the ability to understand the feelings of others, empathise, maintain and develop interpersonal relationships and above all our sense of social responsibility. On the other hand, intrapersonal skills comprise of the ability to understand one's own motivation. Emotional intelligence plays a key role in determining life success. It becomes more and more important as people progress up the career ladder of their life. Emotions are our feelings; hence, emotional intelligence is our life. It does not only measure emotions or intelligence. Emotionally intelligent person is skilled in four areas such as identifying, using, understanding and regulating emotions (Mayer & Salovey, 1993).

## **Component of Emotional Intelligence**

### **Self-awareness**

Self-awareness is one of the first components of the self-concept to emerge. While self-awareness is something that is central to each and every one of us, it is not something that we are acutely aware of at every moment of every day

### **Self-regulation**

It is the second component of emotional intelligence. Aware of your own emotions and the impact you have on others, emotional intelligence requires you to be able to regulate and manage your emotions. It simply means waiting for the right time, place, and avenue to express your emotions.

## Social Skill

The ability of social skill being able to interact well with others is another important aspect of emotional intelligence. True emotional understanding involves more than just understanding your own emotions and the feelings of others.

## Empathy

Empathy, or the ability to understand how others are feeling, is absolutely critical to emotional intelligence. But this involves more than just being able to recognize the emotional states of others. It also involves your responses to people based on this information.

Studies on emotional intelligence have shown its relevance to many aspects of life. Punia and Sangwan (2011) found that girls are more emotionally intelligent than boys. Katyal and Awasthi (2005) found emotional intelligence higher among females than males among adolescents of Chandigarh. Alumran and Punamaki (2008) conducted a study examining gender and age differences in emotional intelligence among Bahraini adolescents and discovered that gender not age was significantly correlated with emotional intelligence. Girls showed higher interpersonal skills.

Study done by Saranya and Velayudhan (2008) among 30 male and 30 female, university students regarding gender differences in emotional intelligence revealed that there exists no significant difference in self awareness, self regulation, social awareness and social skills among day scholars boys and girls.

## Objectives

- To assess the extent of emotional intelligence among university student.
- To study the impact of religiosity on Emotional Intelligence among university students
- To examine the gender difference in Emotional Intelligence among university students.

## Hypotheses

- ✓ Level of Emotional Intelligence will vary among university students.
- ✓ Hindu university students were more emotionally Intelligence than Muslim university student.
- ✓ Female students will be more Emotionally Intelligence than their counterpart male students.

## Sample

The sample of the present study was conducted on 100 university students of Ranchi University, selected by stratified random basis from different department of social science, Ranchi University. Out of 100 sample fifty percent were Hindu and fifty percent were Muslim. It was further divided into two groups i.e. Male and Female. Therefore, there were 4 strata from each stratum 25 cases were selected altogether there were 100 university students. The sample selection has been done in two stages. In first stage some of the P.G. department were randomly selected from social science faculty of Ranchi University, Ranchi. In next stage Personal data questionnaire was administered of all students who studying in department of social science. On the basis of the information obtained the students have been classified into four groups matched on the religion and gender was randomly selected by using lottery method.

## Emotional Quotient Test

The Emotional Quotient Test developed by Dr. Dalip Singh and Prof NK Chadha to measure emotional intelligence of Indian population. This test measures some areas of individual's professional and personal life. The present EQ test measures three psychological dimensions such as emotional sensitivity, emotional maturity and emotional competency. This test has been standardized for professional managers, businessmen, bureaucrats, artists, graduate student, and adolescent population. This psychological test will help you to know more about yourself and about people around you. This test measures the way you use your emotional skills in your personal and professional life. The 22 situations given below will measure your emotional responses

to different situations. Answer on the basis of how you feel and not what you think. They have to answer honestly and do not spend too much time. Usually your first response is the best response. Do not leave any question unanswered and complete the test, in a single setting. There is no right or wrong answer. Each situation has 4 options (a, b, c, and d). The highly emotional intelligent subject would get a score of 20 and the lower brackets are scores of 15, 10 and 5. Use separate response sheet for answer. The scoring is done by with the help scoring key. This EQ test has a test retest and split-half *reliability* of 0.94 and 0.89 respectively and validity of 0.89.

### Procedure

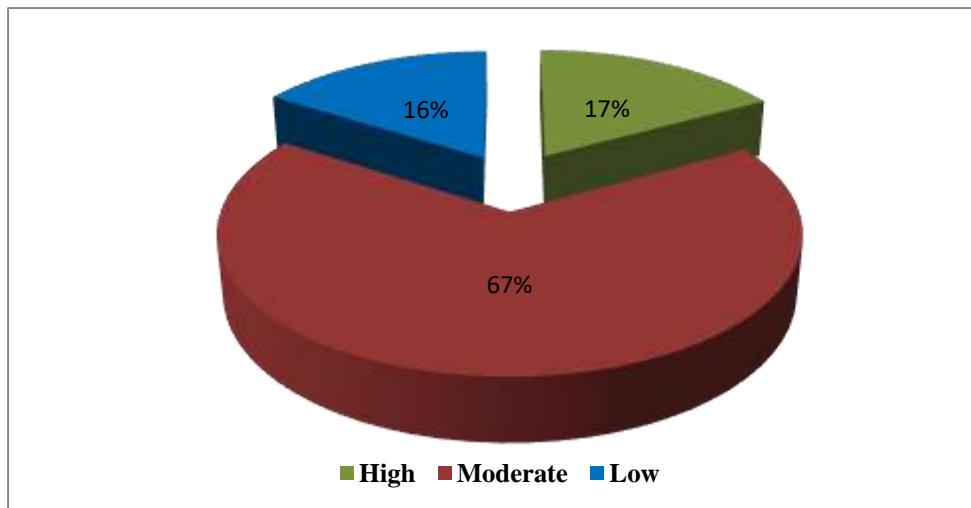
Before The administration of the test the purpose of the study was explained to the respondent so the rapport was established. Emotional Test was administered and proper instruction was given. Respondent were fill the test according to the instruction. The researcher collected the test and also checked it also then after score as per the scoring key.

### Result ad Discussion

**Table 1 Percentage of Students having different level of Emotional Intelligence**

<b>Group</b>	<b>High (364 or above)</b>	<b>Moderate (321-363)</b>	<b>Low (320 or below)</b>
N=100	17	67	16
Percentage	17%	67%	16%

**Figure 1 Percentage of Students having different level of Emotional Intelligence**



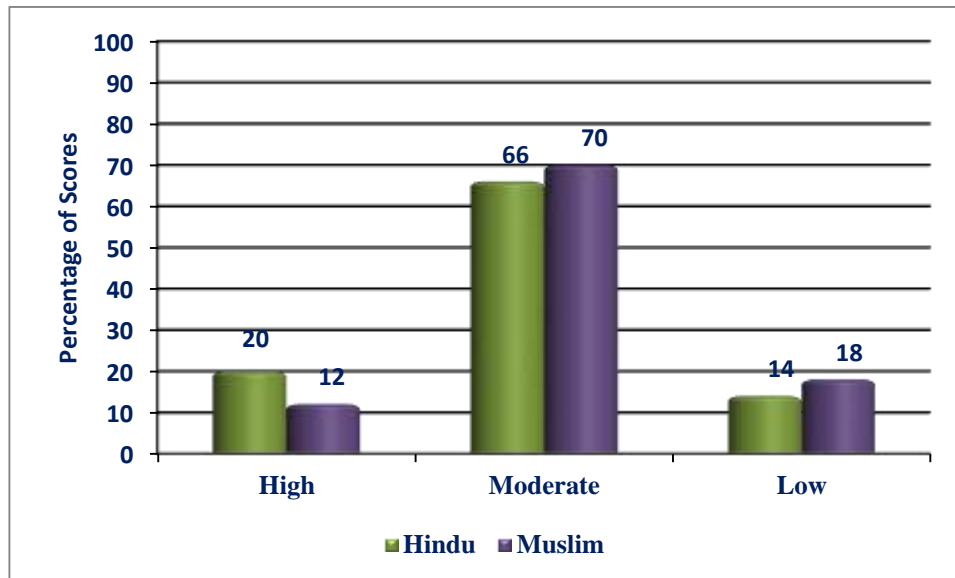
It was depicted from the table 1 and figure 1

- Out of total sample of 100, 67% percentage of student had to found moderate level of emotionally intelligent on emotional test.
- 16% of students had to found high level of emotional intelligent whereas 17% students had Low level of emotional intelligent.

**Table 2 Percentage Distribution of Hindu and Muslim College Students according to the Level of Emotional Intelligence**

Religion	N	High (364 or above)		Moderate (321-363)		Low (320 or below)	
		N	%	N	%	N	%
<b>Hindu</b>	50	10	20	33	66	07	14
<b>Muslim</b>	50	06	12	35	70	09	18

## Figure 2 Percentage Distribution of Hindu and Muslim College Students according to the Level of Emotional Intelligence



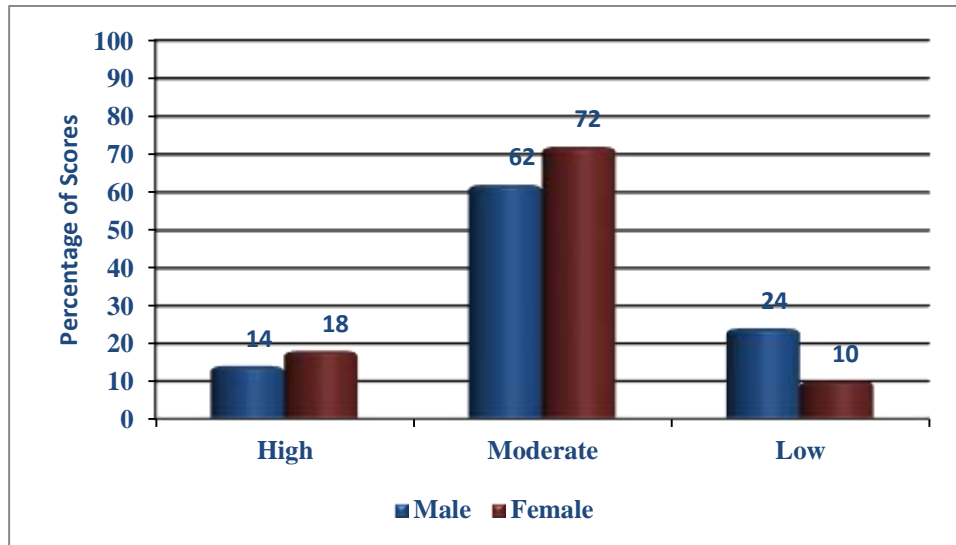
Findings shows that

- Percentage of Hindu students in high category (20%) was higher than Muslim students (12%).
- In moderate category percentage of Muslim students were more (70%) as compare to Hindu students (66%) similarly Muslim students were greater in low category (18%) than Hindu students (14%) of their level of emotional intelligence.

**Table 3 Percentage Distribution of Male and Female College Students according to the Level of Emotional Intelligence**

Gender	N	High (364 or above)		Moderate (321-363)		Low (320 or below)	
		N	%	N	%	N	%
Male	50	07	14	31	62	12	24
Female	50	9	18	36	72	05	10

### Figure 3 Percentage Distribution of Male and Female College Students according to the Level of Emotional Intelligence



The data reported that:

- It was clear that percentage of high and moderate scorer in emotional intelligence is higher in female students (18% and 72%) than male (14% and 62%) respectively.
- Only 10% female students had found less emotionally intelligence as compare to male students (24%).

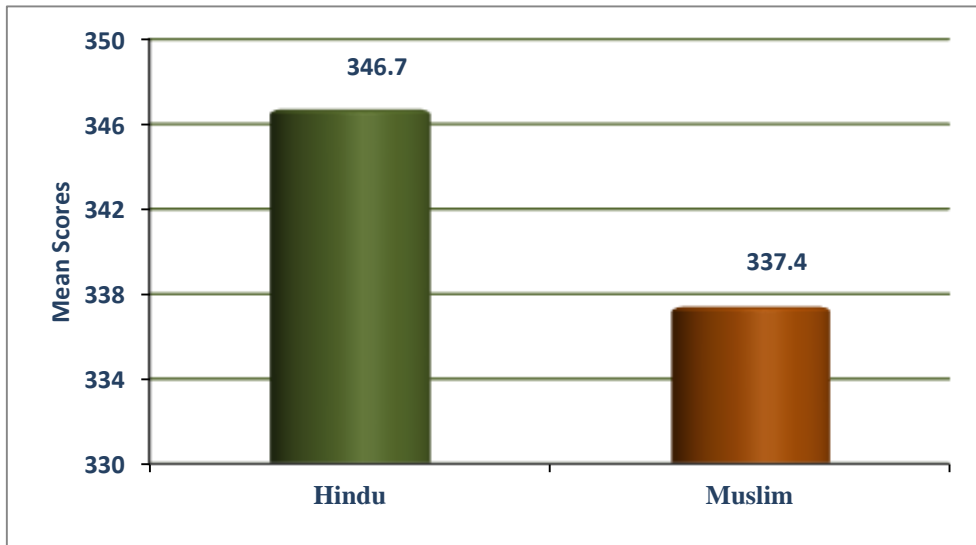
**Table 4 Comparison Means Scores of Hindu and Muslim University Students on their Level of Emotional intelligence**

Group	N	Mean	SD	t	P value
Hindu	50	346.7	19.65	2.15	0.01**
Muslim	50	337.4	23.37		

\*\*Significant at .01level



### Figure 4 Comparison Means Scores of Hindu and Muslim University Students on their Level of Emotional intelligence

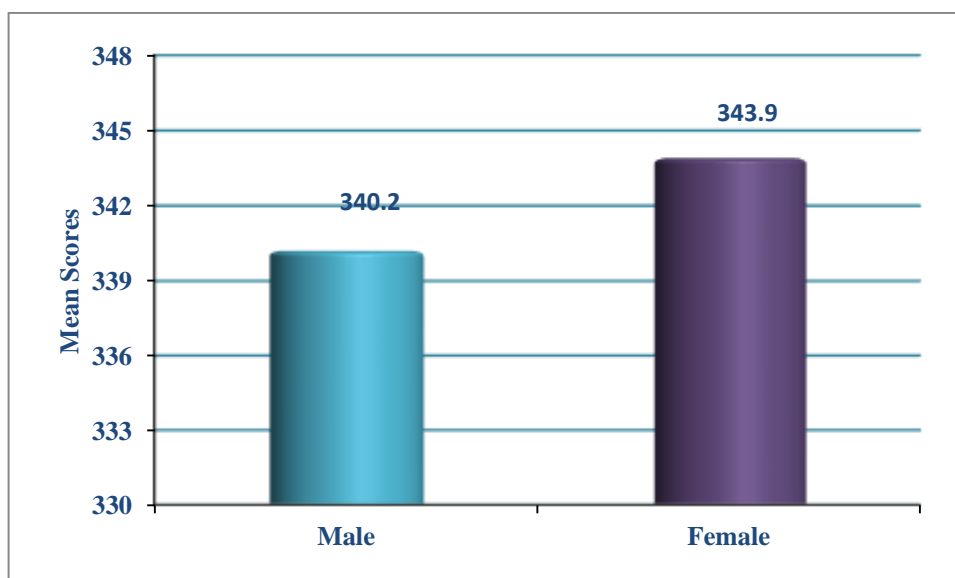


It was revealed that

Mean scores of Hindu and Muslim students differed significantly. The obtained mean score of Hindu students was (346.7) and Muslim was (337.4) and t value found to 2.15 which were statistically significant beyond .01 level which shows that Hindu students were higher mean score than Muslim students in their level of emotional intelligence.

**Table 5 Comparisons Mean Scores of Male and Female University Students of their Level of Emotional Intelligence.**

Group	N	Mean	SD	t	P value
Male	50	340.2	23.79	0.840	Not Significant
Female	50	343.9	20.08		



Indicates the following findings:

- The mean score of male students (M= 340.2) and female students (M=343.9) and the t value was found 0.840 which was not significant. The results indicate that gender was not play to significant role on emotional intelligence among university students.

## Conclusion

- Majority of students were having moderate level of emotionally intelligent.
- Hindu was more emotionally intelligent than their counterpart Muslim students
- There is no significant difference between male and female students on emotional intelligence.

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