

Emotional Intelligence of College Students.

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Mind is very restless, forceful and strong.O! Krishna it is more difficult to control the mind than to control the wind.[1]

-Srimad Bhagavad Gita.

Preamble:

Happiness, fear, anger, affection, shame, disgust, surprise, lust, elation, sadness, love, frustration, anxiety, failure, achievement etc are just a few emotions that can be observed in an individual through the sense organs. Excess amount of body chemistry act in a single individual as spoken in the dram of Benjenson in The Alchemist will led to worst emotions. However, a mixture of proper senses (feelings) led to emotional intelligence. The human brain is programmed to respond to such emotions.

When an individual's **emotions comes** into play, which **helps** them acknowledge their emotional instinct and **guides** them in acting in a rational manner.

According to Goelman, emotional intelligence is not from the birth but can be promoted if a person grown up in proper cognitive thinking.

Yale psychology peter salovey and the university of New Hampshire john Mayer coined the phrase "emotional intelligence" in 1990 to describe qualities like understanding one's own feelings. Empathy for the feelings of others and directing emotions in order to enhance life (Gibbs, 1995).Goelman stated that human competencies played a bigger role in determining success in life and work place rather than cognitive intelligence.

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ramesh1964.msu@gmail.com[1]**Srimad Bhagavat Gita: Karma Yoga**

REVIEW:

A research has shown that a group of children who tastes immediately the marshmallow chocolate are having less emotional intelligence in their adult age, than children who waited and have eaten the marshmallow after 20 secs. Thus the emotional intelligence of the adult change with their habits.

According to Daniel Goelman (1998), Emotional intelligence is “the capacity for recognizing **out** own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships. Emotional intelligence describes abilities distinct from but complementary to academic intelligence.”

But **Dr.Dalip Singh** (2003) provides an Indian perspective to emotional intelligence that states it as “the ability of an individual to appropriately and successfully respond to a vast variety of emotional inputs being elicited from inner self and immediate environment.”

Psychological dimensions:

Emotional intelligence constitutes three psychological dimensions such as emotional competency, emotional maturity and emotional sensitivity which motivate an individual to recognize truth fully inter prèt honestly and hand ful tactfully the dynamics of human behavior.

Components of emotional intelligence:

Daniel Goelman association with hay group find out there is four clusters with eighteen components of Emotional intelligence.

The four clusters are: Self-awareness, Social awareness, Self-management and Relationship management

Self-awareness:

Self awareness meant knowing thyself whether the feeling burn out of the body moves in the right direction or else the consequence of the particular emotion can be moves in a different direction with proper sense may led to good turning point with the positive direction.

- **Self-awareness** made the person to weigh the self correctly.
- **Self management:**

Self-management has six components

(i) Emotional self-control when an emotion shoots out of the body the higher order cognitive sense present in a person helps to think properly and made the individual to act in correct way.

(ii) **Transparency:**

Maintaining integrity and acting congruently with ones values. Transparency individuals are forth right about their own mistakes and confront others about their lapses.

(iii) **Adaptability:**

Flexibility in handling situation is known as adaptability. An individual needs to be open to new information and can let go of old assumptions and so adapt how they operate, it led to creativity and growth.

(iv) Achievement:

It is the drive in individual. Optimism is an ingredient of achievement as it may led to ones reaction to unfavoured events or circum stances; those with high achievement are proactive and persistent, have an optimistic attitude toward setbacks and operate from hope of success.

(v) Initiative:

It is readiness to act on opportunities. Taking advantage on opportunity before they are visible to anyone else. Individual lack in initiative is reactive rather than proactive, lacking the farsightedness that can make the critical difference between a wise direction and a poor one.

➤ **Social awareness:**

Social awareness refers to how people handle relationship and awareness of others feelings needs and concerns. It has three competencies they are empathy (is sensing others feelings and perspectives and taking an active interest in their concerns.)

Organizational awareness:

It involves reading groups emotional currents and power relationships.

Service relationship:

Service orientation is about anticipating, recognizing and meeting clients needs.

➤ **Relationship management:**

Relationship management concerns the skill or adeptness at inducing desirable responses in others. It includes social skills. Relationship management has 6 competencies which includes Developing others, inspirational leadership, change catalyst, influence, Conflict management and team work and collaboration.

Objective

To find out the significant difference between the emotional intelligence of the college students on the basis of their age.

Hypothesis

There is no significant difference between the emotional intelligence of the college students on the basis of their age.

Methodology

Survey method was used for studying the problem. The Stratified random sampling technique was used for selecting the sample.

Statistical data:

The Following table shows the Difference between ages ranging between 17-19 and above 19

Of college students in their Emotional intelligence

EI and its dimensions	AGE(17-19)		AGE(above 19)		Calculated 't' value	Remarks
	Mean	SD	Mean	SD		
Self awareness	14.47	3.78	15.69	4.88	2.728	S
Self management	17.40	5.45	18.06	6.02	1.171	NS
Social awareness	15.40	3.97	16.10	4.93	1.537	NS
Relationship management	13.51	4.42	15.13	6.61	2.683	S
Total	60.80	13.84	64.99	19.00	2.415	S

(At 5% level of significant the table value of 't' is 1.96)

Findings:

There is significant difference between the emotional intelligence of the college students on the basis of their age.

Conclusion:

Indian scriptures state that our senses are like wild horses, the body its chariot and the mind its proper control, they will throw this chariot into a deep abyss. He/She who keeps the reins firm and drives this chariot intelligently by controlling the horses (senses) will reach the destination (Moksha or the abode of Eternal Bliss) safely. The Gita states that renunciation should be a goal of an individual, but renunciation does not imply on shrugging off any duties to society. It further states that work that gives peace and joy is right and which brings depression and restlessness is wrong. An individual with high emotional intelligence can judge right from wrong.[16]

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