

A Study of Emotional Intelligence and Perceived Stress among First and Second Year Medical Students in South India

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Abstract : Objectives: This study was done to assess emotional intelligence levels and to find out its association with socio demographic variables and perceived stress among medical students. Material and Methods: This study was done among first and second year medical students. Data was collected using a self-administered questionnaire. Results: Emotional intelligence scores was found to significantly increase with age of the participants ($F=2.377$, $P < 0.05$). Perceived stress was found to be significantly more among first year ($t=1.997$, $P=0.05$). Perceived stress was found to significantly decrease with increasing emotional intelligence scores ($r = - 0.226$, $P < 0.001$). Conclusion: First year students were found to be more vulnerable to stress than their seniors probably due to lesser emotional intelligence. As both these parameters are related, ample measures to improve emotional intelligence needs to be supported in the training curriculum of beginners so as to make them more stress free during early student life.

Keywords : emotional intelligence, medical students, perceived stress, socio demographic variables

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