

A Study of Emotional Intelligence and Adjustment of Senior Secondary School Students in District Karnal, Haryana, India

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Abstract : The education is really important for the improvement of physical and mental well-being of the school students. It is used to express inner potential, acquire knowledge, develop skills, shape habits, attitudes, values, belief, etc. along with providing strengths and resilience to people to changing situations and allowing them to develop all those capacities which will enable individual to control surrounding environment. Education has a significant effect on the behavior of individuals which helps us in the new situations of everyday life. Educating the child is directing the child's capacities, attitudes interest, urges, and needs into the most desirable channels. We are the part of 21st century and now a day emotional intelligence is considered more important than intelligence in the success of a person. Success depends on several intelligences and on the control of emotions too. Emotional Intelligence, like general intelligence is the product of one's heredity and its interaction with his environmental forces. There are certain methods evolved in modern researches. Keeping in view the nature and purpose of the study, the descriptive survey method is preferred. This method is one of the important methods in education research because it describes the current position of the phenomenon under study. The term descriptive survey is generally used for the type of research which proposes to condition of practices of the present time. In the present study, a systematically random sampling method was used to select a representative sample. 50 students were selected from 2 schools. Out of 50 students, 25 were boys and 25 were girls. In the study, a) it has been found a significant difference in the level of adjustment between male and female students; b) it has been found a non-significant difference in the level of emotional intelligence between male and female students; c) it has been found a non-significant relationship between adjustment and emotional intelligence among male students; d) it has been found a significant relationship between adjustment and emotional intelligence among male students. The results of the study indicated that amongst the students those who possess high scores on emotional intelligence tests are high in level of adjustment. Measures should be adopted to improve and sustain the emotional intelligence level of students throughout their studies. Adolescent students are prone to many problems like physical, social and psychological. They need a congenial home atmosphere so that they grow into full-fledged citizens of our country. After understanding these, it helps in the development of personality which leads to a better learning situation and better thinking capacities, in turn, enhances adjustment and achievement along with a better perception of self.

Keywords : adjustment, education, emotional intelligence, students

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