



# **A Study To Assess The Emotional Intelligence Among B. Sc., Nursing I Year Students At Smvnc, Puducherry.**

**<sup>1</sup>Ms.Ramya. R,<sup>2</sup> Mrs. Nathiya.P,**

**<sup>1</sup>M.Sc.,(Nursing)-II year, Sri Manakula Vinayagar Nursing College,**

**<sup>2</sup>Reader in nursing, Sri Manakula Vinayagar Nursing College,**

## **ABSTRACT**

Emotional intelligence (EI) is most often defined as the ability to perceive, use, understand, manage, and handle emotions. People with high emotional intelligence can recognize their own emotions and those of others, use emotional information to guide thinking and behavior, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments.

## **INTRODUCTION**

Although the term first appeared in 1964, it gained popularity in the 1995 bestselling book Emotional Intelligence by science journalist Daniel Goleman. Goleman defined EI as the array of skills and characteristics that drive leadership performance. Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic.

Emotional intelligence is a person's ability to express, recognize, see, use and manage his or her own emotions or the emotions of others (Matthews et al., 2017). In line with him, Feldman and Mulle (2009) also define emotional intelligence as the ability of an individual to use his emotions wisely to improve performance and achieve effective communication with other individuals. While Akinboye (2003), considers it as the ability to regulate the processes of perception, intuition and thought driven by emotions.

Additionally, Hakimi and Bashar (2015),

describe emotional intelligence as the ability to stay focused in the face of conflict, deal with criticism, control anger and manage various forms of confrontation that can ruin one's life. Thus, emotional intelligence can be said to be an art in dealing with situations involving management aspects and emotional related matters.

## STATEMENT OF THE PROBLEM

A Study To Assess The Emotional Intelligence Among B. Sc., Nursing I Year Students AtSMVNC, Puducherry.

## OBJECTIVES

- To assess the level of emotional intelligence among B.Sc., Nursing I year students.
- To associate the level of emotional intelligence among B.Sc., Nursing I year students with their selected demographic variables.

## DESCRIPTION OF DATA COLLECTION INSTRUMENTS:

**Section A:** The demographic data it consist of 11 items seeking a information such as Age, Gender, Religion, Residence, Father's Education, Father's Occupation, Mother's Education, Mother's Occupation, Type of family, Family income per month, Number of Siblings,.

**Section B:** Standardized questionnaires emotional intelligence lance impostor phenomenon scale used to assess the emotional intelligence. It consists of 33 questions.

## SCORE INTERPRETATION

SCORE	INTERPRETATION
1 To 55	Low Level of Emotional Intelligence
51 To 110	Moderate Level of Emotional Intelligence
111 To 165	High Level of Emotional Intelligence

**Table 4.3: Level of emotional intelligence among B.Sc., Nursing I year students.**

S.No	Score	Frequency (N)	Percentage (%)
1	Low Level of Emotional Intelligence	0	0
2	Moderate Level of Emotional Intelligence	91	91
3	High Level of Emotional Intelligence	9	9
	<b>Mean</b>	<b><math>127.62 \pm 15.37</math></b>	
	<b>Standard deviation</b>		

Shows frequency and percentage wise distribution of level of emotional intelligence among B.Sc nursing I year students. In B.Sc., nursing, majority of the students 91 (91%) had moderate level of emotional intelligence, and 9(9%) had high level of emotional intelligence. The mean and standard deviation of level of emotional intelligence among B.Sc., nursing I year students  $127.62 \pm 15.37$ .

**Table 4.4: Mean and standard deviation regarding level of emotional intelligence among B.Sc., nursing I year.**

Mean	Standard deviation	T value	P value
127.62	15.377	82.342	0.05*

shows that, the mean score of the level of emotional intelligence B.Sc., Nursing I year students  $127.62 \pm 15.37$ .

‘t’ test value was  $t = 82.3$  and ‘p’ value = 0.05 it shows that there is significant.

## DISCUSSION

The main aim of the study was to assess the emotional intelligence among B. Sc., Nursing I year students at SMVNC, Puducherry. The research design used in this study was descriptive research design and sample technique adapted in the study was convenient sampling technique. The sample size was 100. The population of the study was B.Sc., nursing I year students age between 18-19 years in SMVNC, Puducherry. The data was collected with the convenient sampling technique.

The data was analysis through both descriptive ( Mean, Frequency and Percentage) and Inferential statistics (‘t’ test and Chi Square test). This chapter attempts to discuss the findings of the study as per the objective.

### **The first objective of the present study was to assess the level of emotional intelligence among B.Sc., nursing I year students:**

Out of 100 sample , In B.Sc., nursing I year students 91(91%) had moderate level of emotional intelligence and 9 (9%) had high level of emotional intelligence.

## The second objective to associate the level of emotional intelligence among B.Sc., nursingI year students:

The mean and standard deviation was  $127.62 \pm 15.37$  of B.Sc nursing students. Association between the emotional intelligence found non- significant ( $t= 82.3$ ) and p value was significant( $p= 0.05$ ).

## MAJOR STUDY FINDINGS:

- The study finding reveal that the out of 100 sample 91(91%) had moderate level of emotional intelligence and 9(9%) had high level of emotional intelligence.
- The mean score of the level of emotional intelligence B.Sc., Nursing I year students  $127.62 \pm 15.37$ . ‘t’ test value was  $t= 82.3$  and ‘p’ value = 0.05 it shows that there is significant. With regard to the association between father’s occupation and type of family among B.Sc., nursing I year students was found statistically significant p value is  $P< 0.05$  level.

## Conclusion

Thus the study findings clearly reveal that the emotional intelligence among B.sc nursing I year students on the rise except for outreach programmers to create the awareness and instill a positive behavior regarding emotional intelligence.

## REFERENCE

1. **Basavanhappa BT**, “Psychiatry & Mental Health Nursing”, 1st edition-2007, published by Jaypee publishers.
2. **Basavanhappa BT**, “Nursing Research”, 2nd edition, published by Jaypee
3. **Dr. Bimblakapoor**, “Text book of psychiatry Nursing, volume-II, 1st edition published by Kumar publishing House, New Delhi
4. **KananYelikar**, “Essentials of Research methods and Dissertation writing”, 1<sup>st</sup> edition, published by Jaypee
5. **Lalitha. K** “Mental Health and psychiatric nursing (an Indian perspective), published by VMG Book House, 1st edition -2007.
6. **Lippincott**, “Psychiatric nursing made incredible easy”, 1st edition, published by Wolters Kluwer Company.
7. **Louise Rebracashives**, “Basic concept of psychiatric Mental Health Nursing, 7th edition, published by wolterskluwer.
8. **MarrinerTomey**, “Nursing Theorists and their works”, 6th edition, published by Mosby

9. **Mary C. Townsend**, "Psychiatry Mental Health for Nursing," 6th edition, published by Jaypee publication.
10. **Nambooldiri VMD** "concise textbook of psychiatry", 2nd edition, published by Elsevier publication.
11. **Norman L.Keltner**, "Psychiatric Nursing", 5th edition, published by Mosby Elsevier.
12. **Nirajahuja**, "A short text book by of psychiatry Nursing" published by Jaypee publication, New Delhi.
13. **Polit&Beck**, "Nursing Research Principles and Methods", 7th edition, published by Lippincot.

