

Effect of Emotional Intelligence On Home, Health, Social, Emotional and Overall adjustment of High School Students.

Varsha Prakash Sawant*, Ph.D. Research Scholar
Baba Saheb Ambedkar Marathwada University, Aurangabad

Abstract

The purpose of this study is to investigate the effect of Emotional Intelligence on Home, Health, Social, Emotional Adjustment of High School students. The total respondent consist of sixty high school students including thirty boys and thirty girls. For this research to assess the Emotional Intelligence the test constructed by Dr. Ekta Sharma and to assess the adjustment the test constructed by Dr. R. K. Ojha is used. Here "t" test is applied to check the effect of level of Emotional Intelligence on Adjustment of high school students. Results revealed that higher level of Emotional Intelligence have positive effect on adjustment level.

Keywords: Emotional Intelligence, Adjustment, Emotional Intelligent Test, Bell Adjustment Inventory.

Reference

- Akinlolu Adeyemo, David (2005) The buffering effect of emotional intelligence on the adjustment of secondary school students in transition. *Electronic Journal of Research in Educational Psychology*, vol. 3, núm. 6, septiembre, 2005, pp. 79-90. Universidad de Almería. Almería, España.
- Bar-On, R. (2004). The Bar-On Emotional Quotient Inventory (EQ-i): rationale, description and summary of psychometric properties. In G. Geher (ed.): *Measuring emotional intelligence: common ground and controversy* (pp. 111-142). Hauppauge, NY: Nova Science Publishers.
- Goleman Daniel. "Emotional Intelligence". (1995) Bloomsbury Publisher.
- Kaur, M. (2013). A Comparative Study of Emotional Maturity of Senior Secondary School Students. International Indexed, Referred Research Journal, ISSN-2250-2629.
- Mayer and Salvey (1993). Emotions and emotional intelligence. retrieved from www.socialresearchmethods.net/Gallery/Young/emotion.htm.
- Ojha, R.K. (1998). Manual of Hindi adaptation of Bell Adjustment Inventory. Lucknow: Ankur Psychological Agency.
- Petrides, K. V., Frederickson, N., & Furnham, A. (2004). The role of trait emotional intelligence in academic performance and deviant behaviour at school. *Personality and Individual Differences*, 36, 277 – 293.
- Safavi M, Mousavi LS, Lotfi R 2008. Correlation between emotional intelligence and socio-emotional adjustment in pre-university girl students in Tehran. *Pajoohandeh Journal*, 1(5): 255-261.
- Sharma Ekta. (2011) Emotional Intelligent Test. Available from <http://www.prasadpsycho.com>.
- Singh A. K. "Tests, Measurements and Research Methods in Behavioural sciences". (2013) .Bharati Bhavan Publishers.
www.krepublishers.com
www.wikipedia.org.