

**ABSTRACT**

Emotional intelligence is vital to the healthy psycho-social development of children. There are many other kinds of intelligence in addition to intellect. Emotional intelligence is the ability to understand, use, and manage our emotions. Emotional intelligence is sometimes called EQ (or EI) for short. IQ is just one measure of our abilities, though. Educators have long realized the need for emotional literacy among adolescents. In this study the investigator adopted Random sampling technique and the size of the sample is 81 respondents from 1. Ghandhi Museum - Yoga Practicing centre and from 2. Ecological park - Yoga Practicing centre in Madurai district of Tamil Nadu state with due representation given to the attributive variables. Emotional Intelligence Scale was constructed by the investigator and was used in this study. The collected data was analyzed statistically by using The Arithmetic Mean (\bar{x}), The Standard deviation (σ) and The 't' test (t). Among the adolescents Male, who possess either a Degree or Diploma in Yoga, who practice yoga daily, who prefer Vegetarian food have higher level of EQ. Adolescents can all work to build even stronger emotional intelligence skills just by recognizing what they feel, understanding how they got there, understanding how others feel and why, and putting their emotions into heartfelt words when they need to.

INTRODUCTION:

In the modernized society people think that for development of androgynous personality and for better development of individual, it is a must to have emotional stability. If a person has no emotions in him, then he becomes crippled in terms of living his life in a normal way. In this way, emotions play a key role in providing a particular direction to once behavior and thus shaping our personality according to their development.

Decades of research has now confirmed what many people have suspected all along: it is EQ, not IQ that determines how well someone will perform on their life. While this does not mean that technical skills and general intelligence should be ignored, some studies have indicated that emotional intelligence is twice as important. When it comes to leadership, EQ is incredibly important, making the difference between effective and mediocre leadership. Emotion can thus be understood as the agitated or excited state of our mind and body.

Emotional Intelligence refers to the capacity of recognizing our own feelings and these of others for motivating ourselves and for managing emotions well in ourselves, and in our relationship - Daniel Goleman.

EMOTIONAL INTELLIGENCE CONSISTS OF FOUR CORE ABILITIES:

- **Self-awareness** – The ability to recognize our own emotions and how they affect our thoughts and behavior, know our strengths and weaknesses, and have self-confidence.
- **Self-management** – The ability to control impulsive feelings and behaviors, manage our emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.
- **Social awareness** – The ability to understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.
- **Relationship management** – The ability to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

STATEMENT OF THE PROBLEM:

In order to find out whether there is any difference in the emotional intelligence among the Adults based on their yoga practice and food habits it was decided to conduct a

study on the following topic: "A STUDY ON EMOTIONAL INTELLIGENCE AMONG ADOLESCENTS"

NEED FOR THE STUDY:

There is a huge list of human emotions that we are capable of experiencing. However most of the times we only experience a very limited number of emotions. It is always the same few; happiness, anger, love, confidence, anxiety, stress, relaxed, etc. Ask adolescents what emotions do they experience in a week and they'll invariably say these common emotions. Among the teenagers, nowadays there is a tendency to compete against each other can be seen. Everybody should possess good emotional intelligence and consist their own achievement with the intelligence of emotions. So to become a unique personality, each and everyone should know the ways to stabilize their emotions. Without emotional intelligence and emotional stability, we cannot think of a well-developed society. So the investigators had undertaken this study of emotional intelligence among adolescents who are the future citizens of our nation.

OBJECTIVES OF THE STUDY:

- To find out the level of Emotional Intelligence of the adolescents.
- To find out the significant difference in the Level of Emotional Intelligence among the adolescents in terms of the following attributive variables:
 - a) Gender, b) Age, c) Education d) Yoga practice and e) Type of food

HYPOTHESES:

- The level of Emotional Intelligence of the adolescents is high.
- There is significant difference in the Level of Emotional Intelligence among the adolescents in terms of the following attributive variables:
 - a) Gender, b) Age, c) Education d) Yoga practice and e) Type of food.

SAMPLE:

The investigator adopted Random sampling technique and the size of the sample is 81 respondents from 1. Ghandhi Museum - Yoga Practicing centre and from 2. Ecological park - Yoga Practicing centre in Madurai district of Tamil Nadu state with due representation given to the attributive variables.

TOOL USED:

Emotional Intelligence Scale was constructed by the investigator and was used in this study. The tool consists of 25 items in the form of positive and negative statements,

under four dimensions (self-awareness, social-awareness, self-management, Relationship management) to be rated on five point scale.

STATISTICAL TREATMENT:

The collected data was analyzed statistically by using The Arithmetic Mean (\bar{x}), The Standard deviation (σ) and The 't' test. (t)

HYPOTHESIS TESTING:

Null Hypothesis 1: The level of Emotional Intelligence of the adults is not high.

Table No.1: The Level of Emotional Intelligence of the adults

Sample	Number (N)	Theoretical Mean	Obtained Mean
Adolescents	81	75	85.39

From the above table No.1, it is inferred that the obtained mean value 85.39 is higher than that of the theoretical mean value 75, which is the frame of reference.

Hence the framed null hypothesis "The level of Emotional Intelligence of adolescents is not high" is rejected. It is evident that the level of Emotional Intelligence of adults is high.

Null Hypothesis 2: There is no significant difference in the Level of Emotional Intelligence among the adolescents in terms of the following attributive variables

Table No. 2: Difference in the Level of Emotional Intelligence of the adults

Categories		Sample (N)	Mean	Standard deviation	Obtained 't' value	Level of significance
Gender	Male	33	90.64	8.09	4.48	Significant
	Female	48	81.79	9.58		
Age	Below 15	38	79.21	9.18	6.23	Significant
	Above 15	43	90.86	7.41		
Education (Degree/Diploma)	Yoga	37	90.73	6.94	5.35	Significant
	Others	44	80.91	9.55		
Yoga Practice	Daily	41	91.78	7.20	7.19	Significant
	Rarely	40	78.85	8.89		
Food Preference	Vegetarian	47	88.68	9.35	3.47	Significant
	Non-Vegetarian	34	80.85	10.48		

* Table "t" value = 2.58 at 0.01 Level of Significance.

From the above table No.2, it is inferred that all the obtained 't' values are greater than that of the table 't' value 2.58 at 0.01 level of significance. This shows that there is significant difference in the Level of Emotional Intelligence among the adolescents in terms of the attributive variables.

Hence the framed null hypothesis "There is no significant difference in the Level of Emotional Intelligence among the adults in terms of the attributive variables" is fully rejected.

INTERPRETATION:

From the above findings it is inferred that,

- Among the adolescents Male have higher level of EQ than Female respondents.
- The adolescents those who are above 15 years old have higher level of EQ than the respondents below 15 years old.
- The adolescents those who possess either a Degree or Diploma in Yoga have higher level of EQ than those who possess other qualifications.
- The adolescents those who practice yoga daily have higher level of EQ than those who practice rarely.
- The adolescents those who prefer Vegetarian food have higher level of EQ than those who prefer Non-Vegetarian food.

SCOPE OF THE STUDY:

The scope of the study reveals that Emotional intelligence (EQ) is a different type of intelligence. It's about being "heart smart," not just "book smart." The evidence shows that emotional intelligence matters just as much as intellectual ability, if not more so, when it comes to happiness and success in life. Emotional intelligence helps to build strong relationships, succeed at work, and to achieve our goals. Of course, this raises the question of exactly how we are supposed to increase your emotional intelligence. Unlike your IQ, which some researchers see as being set in stone (there are some that disagree on this as well), EI is something that can be increased with practice and training.

SUGGESTIONS:

Based on the study, the following suggestions are put forth to Enhance the Emotional intelligence among adolescents:

1. EQ consists of five key skills, each building on the last:

- Skill 1: The ability to quickly reduce stress.
- Skill 2: The ability to recognize and manage our emotions.
- Skill 3: The ability to connect with others using nonverbal communication.
- Skill 4: The ability to use humor and play to deal with challenges.
- Skill 5: The ability to resolve conflicts positively and with confidence.

The five skills of emotional intelligence can be learned by anyone, at anytime. But there is a difference between learning about emotional intelligence and applying that knowledge to our life. So it is very much essential to improve our EQ through practice.

2. A well-integrated practice of yoga includes asana (postures), pranayama (breathing), relaxation and meditation. The practice of asana gives us a strong, flexible body, cleanses the system of toxins, improves the glandular functions and prepares us for a deeper yoga experience. Pranayama helps with energizing and strengthening the nervous system, improving lung capacity and helping with emotions. The pranayama practice is supposed to be the best means of dealing with emotions. Meditation is the key practice in finally stilling the mind so that the unnecessary chatter in the mind is subdued and we can make a connection with our true essence.

3. According to a report in The British Medical Journal, Persons with higher IQs and EQs are more likely to grow up to be vegetarians. The main disadvantage of non-vegetarian food is that many meats contain high levels of tryptophan which eventually makes its way into being serotonin. For someone with an already existing chemical imbalance in their brain such a switch in diet could prompt feelings of depression and elevated emotional output. Also the spicy food makes emotions run high. So one should be very careful in his/her food habits and should prefer vegetarian food.

CONCLUSION:

Most of the problems in our life, the individual problems, whether work situation problems or

political, regional or international problems are the results of misinterpretation of the involved sentiments, feelings and emotions of the concerned individuals or group of individuals. If proper efforts are made for balancing the emotions and developing proper emotional intelligence among the people right from their childhood, then it will enhance individual's mutual emotional understanding, empathy, accompanied with right action on the part of the individuals and groups, to lead a better life in peace and co-operation.

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