

## A Study of Relationship between Emotional Intelligence and Self Efficacy of The Students Studying At Higher Secondary Level



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### Abstract

Emotional Intelligence is a well known voguish concept in the field of Educational Psychology. It is known as ability to deal with emotions of one's own as well as of others. Many research studies have been conducted to assess its relationship with other variables such as academic achievement, self esteem, self concept and others. An attempt has been made in this manuscript to study the relationship between Emotional Intelligence and Self Efficacy of the students studying at Higher Secondary level. Considering the nature of the study Normative Survey Method has been used. A sample of fifty students studying at higher secondary level of Saharanpur District has been taken through random Sampling technique. Emotional Intelligence Inventory constructed by Dr. S. K. Mangal and Mrs. Shubhra and Self Efficacy Scale of Dr. (Mrs.) G. P. Mathur and Dr.(Mrs.) Raj Kumari Bhatnagar is used to measure the variables. Product Moment Coefficient of correlation has been used to find out the relationship between the variables. Results indicate that though a moderate positive correlation exists between Emotional Intelligence as a whole and Self Efficacy, but there is low and negligible correlation between different components of Emotional Intelligence that are Intra personal awareness, Inter personal awareness and Intra personal management, while Inter personal management has negligible negative correlation with self Efficacy.

**Keywords:** Emotional intelligence, Self efficacy, Higher Secondary Level.

### Introduction

Intelligence is known as one's ability to think well, reason well and to deal effectively with the environment. Intelligence is a well known criteria that lead to individual differences in the form of individuals' memory, thinking, reasoning, language abilities and much more . Now a days being smart about one's feelings and managing feelings is viewed as more important in judging one's personality and social and emotional efficacy. Emotional intelligence, another important aspect of personality, is considered as individual's ability to be aware of, control and express one's emotions, handling interpersonal relations judiciously and empathetically. The concept of emotional intelligence was given by Daniel Goleman in 1995 in his book " Emotional Intelligence". Goleman has defined Emotional Intelligence as a group of skills or characteristics involved in developing emotional awareness, managing emotions eg. being able to control anger, frustration etc, regarding emotions of others and handling relationships. Emotional Intelligence leads to a confident, self reliant and socially efficient personality.

Self Efficacy is defined as one's belief in one's ability to deal effectively in different circumstances. It plays a major role in developing one's attitude and method of approaching towards a goal and facing challenges of life. Self Efficacy is the belief, we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully (Akthar 2008). The psychological theory of self efficacy grew out of a research of Albert Bandura (1999) in which he perceived that self efficacy influences what coping behavior is initiated when an individual is met with stress and challenges along with determining how much effort will be expended to reach one's goals and for how long these goals will be perceived( 1999).

Attempts have been made to assess relationship between Emotional Intelligence and Academic Achievement, Emotional Intelligence and Social Intelligence etc with respect to gender, age teaching experience etc. A study of relationship between emotional intelligence and Self esteem with Academic Achievement was conducted by Hossein Jenaabadi in 2014, showed that Emotional Intelligence and self esteem had no effect on Academic achievement of P G students of Kahnooj Payam-e Nour University, while another study conducted on Emotional Intelligence as a Predictor of Self Efficacy among students with different levels of academic achievement at Kermanshah University of Medical Sciences by Ameneh Gharetepeh, Yahya Safari and Mohammad Bagher Kajbaf (2015) concluded that Emotional Intelligence and self Efficacy play a major role in achieving academic success and Emotional Intelligence can explain Self efficacy .Similarly another study conducted by K. S .Chikkanarti and K. S. Jattennavar published in 2018 on relationship between Emotional Intelligence and Self Efficacy in research among Dharward Physical Education teachers found that Intelligence among physical education teachers improve beliefs of self efficacy . A significant relationship was found between emotional awareness, empathy and self efficiency. In the manuscript in hand , an attempt has been made to study the relationship between Emotional Intelligence and Self Efficacy.

### Objectives of the study

1. To study the relationship between Emotional Intelligence and Self Efficacy of the students studying at Higher Secondary level.
2. To study the relationship between Intra personal Awareness and Self Efficacy of the students studying at Higher Secondary level.
3. To study the relationship between Inter personal Awareness and Self Efficacy of the students studying at Higher Secondary level.
4. To study the relationship between Intra personal Management and Self Efficacy of the students studying at Higher Secondary level.
5. To study the relationship between Inter personal Management and Self Efficacy of the students studying at Higher Secondary level.

### Hypotheses of the study

1. There exists no significant relationship between Emotional Intelligence and Self Efficacy of the students studying at Higher Secondary level.
2. There exists no significant relationship between Intra personal Awareness and Self Efficacy of the students studying at Higher Secondary level.
3. There exists no significant relationship between Inter personal Awareness and Self Efficacy of the students studying at Higher Secondary level.
4. There exists no significant relationship between Intra personal Management and Self Efficacy of the students studying at Higher Secondary level.
5. There exists no significant relationship between Inter personal Management and Self Efficacy of the students studying at Higher Secondary level.

### Methodology

The present study is concerned with the study of relationship between Emotional Intelligence and Self Efficacy of the students studying at higher secondary level. Considering the nature of the study Normative Survey Method has been used. A sample of fifty students has been taken by the investigator through Random Sampling technique ; of the students studying at Higher Secondary level in Saharanpur District.

The study is delimited to the students studying at Higher Secondary level of Saharanpur District Only.

In the manuscript, the Emotional Intelligence of the students is considered as Independent variable whereas Self Efficacy is the Dependent variable.

Emotional Intelligence Inventory constructed by Dr. S. K. Mangal and Mrs. Shubhra Mangal is used to measure the Emotional Intelligence of the students which measures the four areas of emotional intelligence, that are : Intra Personal awareness, Inter personal awareness, Intra personal management and Inter personal management. Self Efficacy is measured by the Self Efficacy Scale of Dr. (Mrs.) G. P. Mathur and Dr.(Mrs.) Raj Kumari Bhatnagar.

Product Moment Coefficient of correlation has been used to find out the relationship between the variables.

### Results and Discussion

In the manuscript in hand, an attempt has been made to study of relationship between Emotional Intelligence and Self Efficacy of the students studying at higher secondary level. Product Moment Coefficient of correlation was applied to find out the relationship between the variables .Five objectives and hypotheses were formed to study the relationship between Emotional Intelligence and Self Efficacy of the students studying at higher secondary level. In this regard, table 1 to 5 reveal the relationship on the basis of their scores on the test of Emotional Intelligence, its components and Self Efficacy. The critical values of Pearson Product Moment correlation with df 48 is found to be .273 at .05 level of significance and .354 at .01 level of significance. The hypothesis wise interpretation of 'r' values in a theoretical perspective will be of help in the enrichment of our existing knowledge span .Hence; hypothesis wise result and discussion is given below :

#### Hypothesis 1

It was hypothesized that there exists no significant relationship between Emotional Intelligence and Self Efficacy of the students studying at Higher Secondary level. Below given table shows the result:

**Table 1**

| Variables                                | "r"Value | Result |
|--|----------|--------|
| Emotional Intelligence and Self Efficacy | 0.51     | *      |

Table one shows that the obtained "r" value is 0.51 which indicates moderate positive correlation between Emotional Intelligence and Self efficacy. The obtained r value is more than the table value at both the levels of significance which are .273 at .05 level and .354 at .01 level .The results indicate that

Emotional Intelligence and Self Efficacy both the variables have positive relationship, but only up to a certain extent as the relationship is moderate. Significance of r value at both the levels of significance lead to rejection of the null hypothesis. So, it may be interpreted that a moderate significant relationship exists between Emotional Intelligence and Self Efficacy.

The second hypothesis was that there exists no significant relationship between Intra Personal Awareness and Self Efficacy of the students studying at Higher Secondary level. The results are given in the below table:

**Table 2**

| Variables                                  | "r" Value | Result |
|--|-----------|--------|
| Intra personal Awareness and Self Efficacy | 0.20      | N S    |

The table reveals that the obtained r value is 0.20, indicating low positive correlation between Intra personal awareness and self efficacy of the students studying at higher secondary level. The obtained value is not significant at both the levels. The results show that although Intra personal Awareness as a component of Emotional Intelligence is related with Self Efficacy of the students, but the magnitude of relationship is low. The r value 0.20 is not significant at both the levels of confidence, so our null hypothesis is accepted indicating that no significant relationship exists between the variables.

The third hypothesis concerned with the Interpersonal Awareness component of Emotional Intelligence; says that there exists no significant relationship between Inter personal Awareness and Self Efficacy of the students studying at Higher Secondary

**Table 3**

| Variables                                  | "r" Value | Result |
|--|-----------|--------|
| Inter personal Awareness and Self Efficacy | 0.20      | N S    |

Here also as the table reveals, the obtained r value is 0.20, which indicates low positive correlation between Inter personal awareness and self efficacy of the students studying at higher secondary level. The obtained value is not significant at both the levels. The results show that although Inter personal Awareness as a component of Emotional Intelligence is related with Self Efficacy of the students, but the magnitude of relationship is low. Here also the r value 0.20 is not significant at both the levels of confidence, so our null hypothesis is accepted indicating that no significant relationship exists between the variables.

The fourth hypothesis states that there exists no significant relationship between Intra personal Management and Self Efficacy of the students studying at Higher Secondary level. The results are given in table 4 :

**Table 4**

| Variables                                   | "r" Value | Result |
|---|-----------|--------|
| Intra personal Management and Self Efficacy | 0.28      | **     |

The table reveals that the obtained r value is 0.28, indicating low positive correlation between Intra personal awareness and self efficacy of the students studying at higher secondary level. The obtained value is significant at .05 level of significance as the table value at .05 level is .273. The results show that although Intra personal Management as a component of Emotional Intelligence is related with Self Efficacy of the students, but the magnitude of relationship is low. The r value 0.28 is significant only at .05 level of confidence which indicates that null hypothesis is rejected at .05 level only indicating that although the relationship exists between the variables but the magnitude of relationship is low.

The last hypothesis states that there exists no significant relationship between Inter Personal Management and Self Efficacy of the students studying at Higher Secondary level. The results are given in table 5 :

**Table 5**

| Variables                                   | "r" Value | Result |
|---|-----------|--------|
| Inter personal Management and Self Efficacy | --0.15    | N S    |

The table reveals that the obtained r value is -0.15, indicating low negative correlation between Inter Personal Management and Self Efficacy of the students studying at higher secondary level. The obtained value is not significant at both the levels. The results show that although Inter Personal Management as a component of Emotional Intelligence is related with Self Efficacy of the students, but this relationship is negative and the magnitude of relationship is low. The r value -0.15 is not significant at both the levels of confidence, so our null hypothesis is accepted indicating that no significant relationship exists between the variables.

Thus, we see that though a moderate positive correlation exists between Emotional Intelligence as a whole and Self Efficacy, but there is low and negligible correlation between different components of Emotional Intelligence that are Intra personal awareness, Inter personal awareness and Intra personal management meaning thereby that though individuals have average relationship between their Emotional Intelligence and Self Efficacy but all the areas of Emotional Intelligence such as Intra and Inter personal awareness and Intra personal management not necessarily have the same trend, they have low positive relationship with self efficacy. On the other hand, Inter personal management has negligible negative correlation with self Efficacy. Hossein Jennabadi (2014) also found that Emotional intelligence and Self Esteem had no effect on academic achievement of PG students. While K. S. Jattannavar (2018) found a significant relationship Emotional awareness, empathy and self efficacy.

### Conclusion

To conclude we can say that though a moderate relationship exists between Emotional Intelligence and Self efficacy, but among different aspects of Emotional Intelligence such as Intra and Inter personal awareness and Intra personal management relationship is low, and negatively low

between Interpersonal Management and Self Efficacy. Self Efficacy is the belief, we have in our own abilities, specifically our ability to meet the challenges ahead of us and to complete a task successfully, while Emotional Intelligence is concerned with emotional awareness, managing emotions eg. being able to control anger, frustration etc, regarding emotions of others and handling relationships that can lead to a confident, self reliant and socially efficient personality. Hence, it is the prime responsibility of us ; the parents, the teachers and the elders of the community to provide our younger generation with an environment that can make them emotionally stable or emotionally intelligent and develop feeling of self efficacy in them. Emotional intelligence skills should be taught to our students to make them self sufficient and socially efficient.

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