LEVEL OF EMOTIONAL INTELLIGENCE AND LEVEL OF ADJUSTMENT AMONG NURSING STUDENTS

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Abstract

Introduction: Emotional Intelligence includes the ability to engage in sophisticated information processing about one's own and others' emotions and the ability to use this information as a guide to thinking and behavior. Individuals high in emotional intelligence pay attention to, use, understand, and manage emotions, and these skills serve adaptive functions that potentially benefit themselves and others.

Objectives: 1. Assess the level of emotional intelligence and level of adjustment and associate the emotional intelligence , level of adjustment among nursing college students with their selected demographic variables.

Materials and methods: 186 nursing students were selected as study participants by nonprobability convenience sampling technique from SRM College of Nursing. Data was collected with   trait emotional intelligence questionnaire and Bells adjustment inventory .Both descriptive and inferential statistics were used for data analysis.

Results: Maximum of participants 149 (80%)students have moderate level of emotional intelligence, and 36(19.3%) have low level of emotional intelligence. Majority 144 (77%) had moderate level of overall adjustment only 1 (0.5%) had high level of overall adjustment. Further the analysis conveyed that there is no significant relation (association) between demographic variables and the level of Adjustment emotional intelligence among the Nursing students.

Conclusion: Students who are emotionally intelligent can handle even the most challenging situations and also able to communicate their ideas and thoughts without letting their feelings take over. Students with high emotional intelligence are able to connect with strangers and establish lasting bonds through thought-provoking conversations.

Keywords: Emotional Intelligence, adjustment, nursing students

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1. Introduction

Emotional Intelligence includes the ability to engage in sophisticated information processing about one's own and others' emotions and the ability to use this information as a guide to thinking and behavior. Individuals high in emotional intelligence pay attention to, use, understand, and manage emotions, and these skills serve adaptive functions that potentially benefit themselves and others. Understanding how to properly manage oneself and our relationships is a sign of emotional intelligence.Emotional intelligence transforms students in to successful professionals.

Statement of the problem:
A study to assess the level of emotional intelligence and level of adjustment among nursing students at SRM College of Nursing, Kattankulathur, Kanchipuram district
Objectives: 1. Assess the level of emotional intelligence and level of adjustment among college of nursing students

2. Associate the emotional intelligence and level of adjustment among nursing college students with their demographic variables.
3 .Correlate the level of emotional intelligence with the level of adjustment among college of nursing students

2. Materials and methods

This Cross sectional study was conducted in SRM College of Nursing, Kattankulathur, using descriptive design. The sample size was about 186 nursing students. The study was approved by the research committee of SRM College of Nursing, SRM IST, Kattankulathur, and Kanchipuram district. The data was collected from the study participants after the brief explanation of the study with their consent . Using a standardized questionnaire, demographic data of the students was collected.Trait emotional intelligence questionnaire was used to assess the level of emotional intelligence and Bells adjustment inventory was used to assess the level of adjustment . Both descriptive and inferential statistics were used for data analysis.

3. Results

Table 1: Frequency and percentage distribution of demographic variables of nursing students

S. No.	Demographic Variable	Class	No. of respondents	Percentage
1	Age	17-20	142	76.3%
		21-24	42	22.6%
		25-29	1	0.5%
		30-34	1	0.5%
2	Gender	Male	17	9.1%
		Female	169	90.9%
3	Year of Studying	I Year	50	26.9%
		II Year	42	22.6%
		III Year	47	25.3%
		IV Year	47	25.3%
4	Religion	Hindu	148	79.6%
		Christian	31	16.7%
		Muslim	6	3.2%

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S.No	Demographic Variables	Class	No. Of responds	Percentage
		Others	1	0.5%
5	Education of father	No formal education	21	11.3%
		Primary school education	45	24.2%
		High school education	56	30.1%
		Higher secondary education	33	17.7%
		Graduates and above	31	16.7%
6	Education of mother	No formal education	25	13.4%
		Primary school education	53	28.5%
		High school education	52	28.0%
		Higher secondary education	35	18.8%
		Graduates and other	21	11.3%
7	Occupation of father	Unemployed	20	10.8%
		Unskilled employed	27	14.5%
		Government employed	22	11.8%
		Private employed	51	27.4%
		Self employed	66	35.5%
8	Occupation of mother	Unemployed	93	50.0%
		Unskilled worker	19	10.2%
		Government employed	9	4.8%
		Private employed	24	12.9%
		Self employed	41	22.0%
9	Income of family	<5000	2	1.1%
		5000-10,000	5	2.7%
		10,000-15,000	163	87.6%
		15,000-20,000	8	4.3%
		Above 20,000	8	4.3%
S.No	**Demographic Variables**	**Class**	**No. Of responds**	**Percentage**
10	Number of sibling	1 Sibling	75	40.3%
		2 Siblings	72	38.7%
		3 Siblings	25	13.4%
		4 Siblings	5	2.7%
		5 Siblings	9	4.8%

TABLE 2: Frequency and percentage distribution of level of emotional intelligence among nursing students

N=186

S. No.	Year	Level of Emotional Intelligence	No. of respondents	Percentage
1	I year	Low	12	6.4%
		Moderate	38	20.4%

		High	0	0%
2	II Year	Low	10	5.3%
		Moderate	32	17.2%
		High	0	0%
3	III Year	Low	8	4.3%
		Moderate	39	20.9%
		High	0	0%
4	IV Year	Low	6	3.2%
		Moderate	40	21.5%
		High	1	0.5%

The results revealed that 1 (0.5%) student has high level of emotional intelligence, 149 (80%) students have moderate level of emotional intelligence, and 36(19.3%) have low level of emotional intelligence. There is no association between the emotional intelligence of nursing college students with their demographic variables.
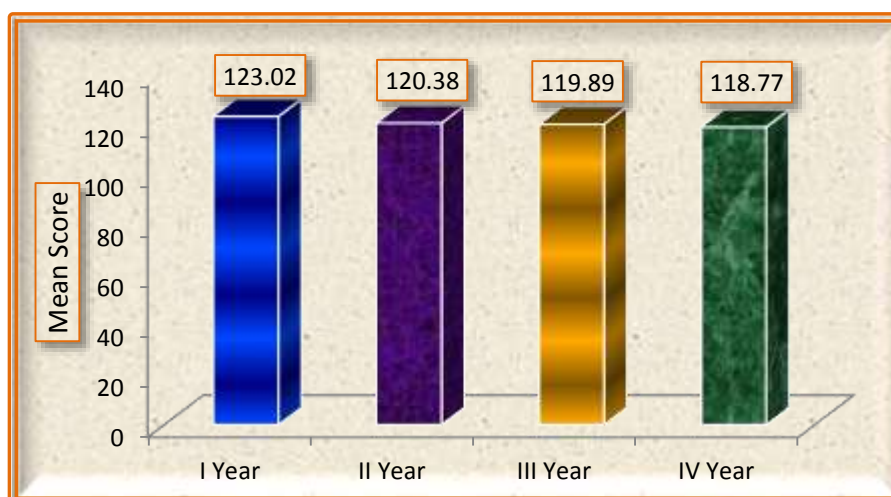

Figure1: Mean and standard deviation of emotional intelligence among nursing students

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Table 3: Association between the Demographic Variables and level of Adjustment

S. No.	Demographic Variable	Class	Level of Overall Adjustment			Chi-Square	DF	P-Value
			Low	Moderate	High			
1	Age	17-20	31	110	1	4.145	6	0.657
		21-24	9	33	0			
		25-29	1	0	0			
		30-34	0	1	0			
2	Gender	Male	3	14	0	0.323	2	0.851
		Female	38	130	1			
3	Year of Studying	I Year	11	39	0	4.722	6	0.580
		II Year	11	30	1			
		III Year	11	36	0			
		IV Year	8	39	0			
4	Religion	Hindu	34	113	1	2.345	6	0.885
		Christian	7	24	0			
		Muslim	0	6	0			
		Others	0	1	0			
5	Education of father	No formal education	3	18	0	5.341	8	0.721
		Primary school education	12	32	1			
		High school education	13	43	0			
		Higher secondary education	8	25	0			
		Graduates and above	5	26	0			
6	Education of mother	No formal education	7	17	1	8.769	8	0.362
		Primary school education	12	41	0			
		High school education	13	39	0			
		Higher secondary education	5	30	0			
		Graduates and other	4	17	0			
7	Occupation of father	Unemployed	4	16	0	4.346	8	0.825
		Unskilled employed	4	23	0			
		Government employed	7	15	0			
		Private employed	10	41	0			
		Self employed	16	49	1			
8	Occupation	Unemployed	26	66	1	5.519	8	0.701

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of mother	Unskilled worker	2	17	0			
	Government employed	2	7	0			
	Private employed	4	20	0			
	Self employed	7	34	0			

S. No.	Demographic Variable	Class	Level of Overall Adjustment			Chi-Square	DF	P-Value
			Low	Moderate	High			
9	Income of family	<5000	0	2	0	1.756	8	0.988
		5000-10,000	1	4	0			
		10,000-15,000	38	124	1			
		15,000-20,000	1	7	0			
		Above 20,000	1	7	0			
10	Number of sibling	1 Sibling	14	61	0	9.298	8	0.318
		2 Siblings	19	53	0			
		3 Siblings	6	18	1			
		4 Siblings	0	5	0			
		5 Siblings	2	7	0			

The result of the study revealed that among 186 nursing students level of adjustment, 41 (22%) had low level of overall adjustment, 144 (77%) had moderate level of overall adjustment, 1 (0.5%) had high level of overall adjustment. Further the analysis conveyed that there is no significant relation (association) between demographic variables and the level of Adjustment among the Nursing students.
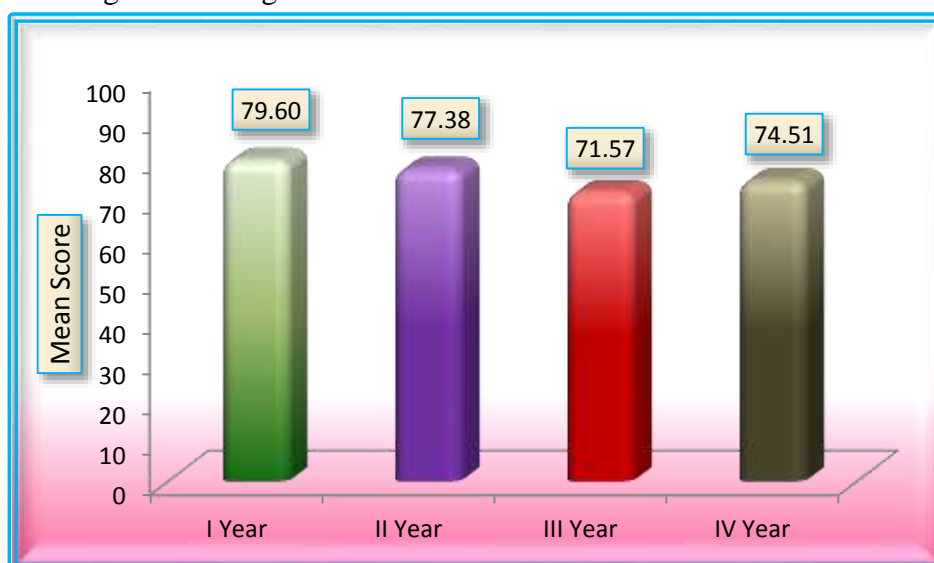

Figure 2: Mean and standard deviation of Level of adjustment among nursing students

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The assessment of the level of emotional intelligence and level of adjustment among nursing students discloses that p = 0.035 and is less than 0.05 hence we can conclude that there is significant positive correlation between the emotional intelligence and level adjustment among Nursing College students.

4. Discussion

The findings showed that majority of the students 149 (80%) of them have moderate emotional intelligence and only one (0.5%) had high level of emotional intelligence.According to the study's findings, out of 186 nursing students, 144 (77%) had moderate overall adjustment, and only one (0.5%) had high overall adjustment. The investigation and the analysis clearly showcases the positive correlation between the emotional intelligence and level adjustment among Nursing College students.The findings supported by a study done by **Sunsooksim and Miran Bang (2016)** with a desire to suggest base line data to develop program of adjustment to college life and intervention program for the improvement of emotional intelligence and stress coping of nursing in the future. Subjects were 227 associate nursing students in Korea. As a result of the analysis, the nursing students, emotional intelligence and adjustment to college life and stress coping shows a meaningful positive correlation.

5. Conclusion

By adjusting to persons with various personalities and temperaments, students who are emotionally intelligent can handle even the most challenging situations. Most essential, they have emotional restraint and are able to reason through choices.
Students who are emotionally intelligent are better able to communicate their ideas and thoughts without letting their feelings take over. Students with high emotional intelligence are able to connect with strangers and establish lasting bonds through thought-provoking conversations. This study results revealed that majority 80% of Nursing students have Moderate level of Emotional intelligence and 77% have moderate level of adjustment. Thus the study identified the need for emotional intelligence training sessions for the students to improve their academic performance and mental health. Such training sessions help the students to control their emotions well and avoid emotional outbursts, stress, and worry.

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