

“Psychological Well-Being Among Secondary School Students In Relation To Emotional Intelligence.”

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ABSTRACT

The present study explores the Psychological Well-Being Among Secondary School Students In Relation To Emotional Intelligence among high school students in Sangrur district of Punjab. A sample of 200 Class 9 students from government and private schools was selected using a random sampling technique. The study employed the Psychological Well-being Scale by Sisodia. (2012) Emotional Intelligence scale by Dhar, Hyde and Pethe. (2011). Statistical analyses, including descriptive statistics, t-tests, and Pearson's correlation, were used to interpret the data. The findings of the study also show that there is no significant difference in the psychological well-being of male and female students. The result also indicated that there is no significant difference in the psychological well-being of rural and Urban school students. There is significant relationship between the psychological well-being and emotional intelligence of students. Psychological well-being, a strong predictor of student's behaviour and attitude demands that school counsellors and psychologists should design intervention programmes to foster psychological well-being of students. The findings of the present study may help the parents, teachers, administrators, policy makers and government in framing curricular and co-curricular guidelines, intervention programs and strategies.

Keywords

Psychological well-being, Emotional Intelligence, High school students, Punjab. Emotional Intelligence scale by Dhar, Hyde and Pethe and Psychological Well-being Scale by Sisodia. Rural and Urban.

Introduction

Man is a social animal. It lives in the society, and he has to follow the rules of the society. A man shows his emotions in the time of happiness, anger, sorrow, pain etc. Psychological wellbeing is also related with the human nature. It is also affected by the intelligence of a person which can be emotional intelligence or it can be in the other form of the intelligence.

Objectives of the Study

- To study the psychological well-being and emotional intelligence of seniorsecondary school students.

- To compare the psychological well-being of male and female senior secondary school students
- To compare the psychological well-being of the rural and urban senior secondary school students.
- To study the relationship between psychological well-being and emotional intelligence of senior secondary school students.

Hypotheses

- There will be no significant difference in the psychological well-being of male and female students.
- There will be no significant difference in the psychological well-being of rural and Urban school students.
- There will be no significant relationship between the psychological well-being and emotional intelligence of students.

Methodology

1.1 Research Design

The study utilized a descriptive survey method.

1.2 Sample

A total of 200 Class 9 students (100 from government and 100 from private schools) across rural and urban areas of Sangrur district were selected.

Tools Used

- Psychological Well-being Scale by Sisodia. (2012)
- Emotional Intelligence scale by Dhar, Hyde and Pethe. (2011)

Data Collection

Permissions were obtained from school authorities, and proper rapport was built with the students. Tests were administered according to the manual instructions.

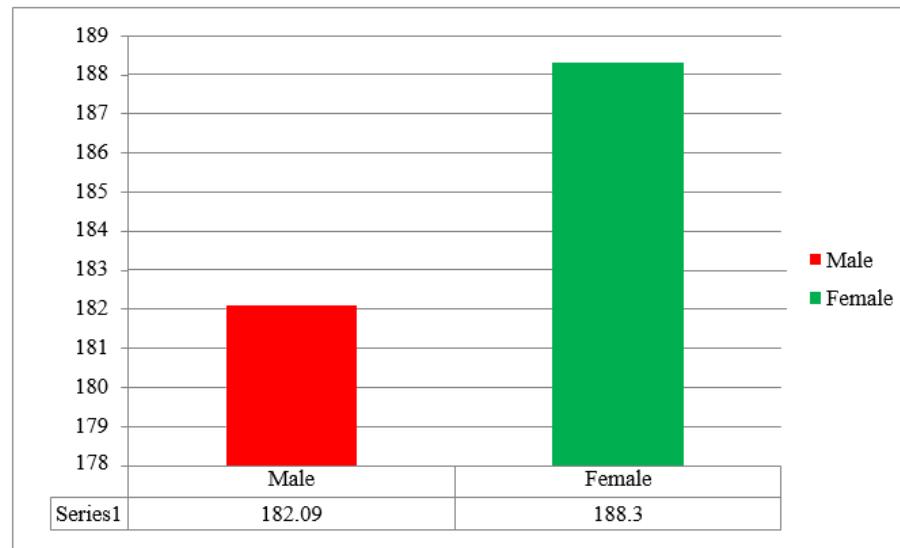
Statistical Techniques

- Descriptive statistics: Mean, median, mode, standard deviation, skewness, kurtosis
- Inferential statistics: t-test and Pearson's correlation

Results and Discussion

Psychological Well Being scores of Male and Female students (N 200)

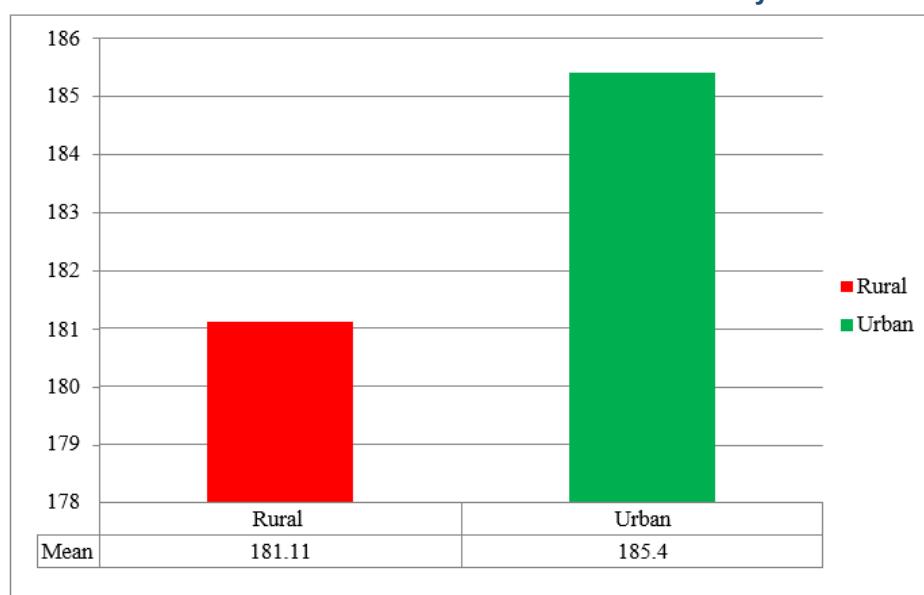
Group	N	Mean	S.D	SED	t-value
Male	100	182.09	26.5	3.4	1.83
Female	100	188.3	21.3		



The table shows that the mean score of psychological well being of male students came out to be 182.09 and that of female students are 188.3. The value of the S.D. for the male and female students are 26.5 and 21.3 respectively. The t-values testing the significance of difference between the mean is 1.83 which is not significant at 0.05 level of significance indicating that there is no significant difference in the psychological wellbeing of male and female students. Thus the hypothesis stating—There will be no significant difference in psychological well being of male and female students|| is accepted.

Psychological Well Being scores of rural and urban students (N 200)

Group	N	Mean	S.D	SED	t-value
Rural	86	181.11	25.4	3.49	1.25
Urban	114	185.4	23.2		



The table shows that the mean score of psychological well being of rural students came out to be 181.11 and that of urban students are 185.4. The value of the S.D. for the rural and urban students are 25.4 and 23.2 respectively. The t-values testing the significance of difference between the mean is 1.25 which is not significant at 0.05 level of significance indicating that there is no significant difference in the psychological well being of rural and urban. Thus the hypothesis stating —There is no significant difference in psychological well being of rural and urban students is accepted. It may be said that locality of the students has no impact on the psychological well being of the students.

Correlation Analysis

Values of mean, S.D. and correlation coefficient for Psychological Well being and Emotional Intelligence. (N 200)

Variable	Mean	S.D	Correlation Coefficient
Psychological Well Being	183.90	24.23	0.38*
Emotional Intelligence	128.5	18.11	

As shown in the table the value of correlation coefficient ρ of psychological well being and emotional intelligence is 0.38. This value is significant at 0.05 level of significance, thus Hypothesis stating 'There will be no correlation between psychological well being and emotional intelligence' is not accepted. It may be interpreted that psychological well being and emotional intelligence are positively and significantly correlated with each other.

- No significant difference in the psychological well-being of male and female students.
- No significant difference in the psychological well-being of rural and Urban school students.
- A significant relationship between the psychological well-being and emotional intelligence of students.

Educational Implications

- This study elucidates the role of psychological well-being in relation to secondary school students. Psychological well-being, a strong predictor of student's behaviour and attitude demands that school counsellors and psychologists should design intervention programmes to foster psychological well-being of students.
- The present study may help the parents, teachers, administrators, policy makers and government in framing curricular and co-curricular guidelines, intervention programs and strategies.

Conclusion

- There is no significant difference in the psychological well-being of male and female students.
- There is no significant difference in the psychological well-being of rural and Urban school students.
- There is significant relationship between the psychological well-being and emotional intelligence of Students.

Suggestions for Further Research

- The present study is a humble attempt. Keeping in view the delimitations of the study following suggestions may be laid down for further research.
- The present study was confined to schools of Sangrur district. The study should be extended to other districts of Punjab.
- The present study only confined to school students. Similar study can be undertaken on college and university students.
- The present study was restricted to only 200 school students of schools. Larger sample can be taken up in future research endeavors.

- The study may be undertaken on different age groups as like adults, old age group

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