

Emotional Intelligence and Family Relations of Adlescents in the District Of Kottayam, Kerala.

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Abstract: The present study aims to assess the family relations and emotional intelligence among adolescents. The sample consists of adolescent people (n=120) boys and girls 60 numbers each. The questionnaires were used to identify family relations and emotional intelligence. Majority of the participants showing medium level of emotional intelligence. There was a significant positive association between family relations and emotional intelligence. Healthy family relationships play an important role in the development of better emotional intelligence

Key Words: - Emotional Intelligence, family relations, Adolescents, Boys, Girls etc..

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I. INTRODUCTION

Family relations play an important role in the development of a person. Family is the first social unit which shapes and moulds everyone. Family socialisation has direct and indirect impact on the child's social and emotional competency. The family socialisation has influenced the socio-emotional competence through the one's understanding of emotions and acquisition of social knowledge. Parental socialisation of emotional competencies is carried out by parents acting directly on the child, mainly through the way parents regulate the children's emotions.

Communication in the family has an important role in building sustainable family relations. Family communication is the way verbal and nonverbal information is interchanged between family members to share needs and concerns, and find solutions for problems. A good family communication is a key element of children's emotional and social progress. Without a proper communication, the family would have a very limited flexibility to change when it is necessary. The time spend by parents with their children and the standard of their interactions are major factors determining the children's Emotional intelligence.

Emotional Intelligence development include the ability to identify and understand one's own feelings, to accurately read and comprehend emotional states in others, to manage strong emotions and their expression in a constructive manner, to regulate one's own behavior, to develop empathy for others, and to establish and maintain relationships. Young children's expression of positive and negative emotions may play a significant role in their development of social relationships. Positive emotions appeal to social partners and seem to enable relationships to form, while problematic management or expression of negative emotions leads to difficulty in social relationships.

Statement of the Problem

Adolescence is a stage in life where the people find identity crisis, gender discrimination, facing physical and mental changes, taking important decision regarding future. The support of family will help them to grow better and live better. They can succeed than anyone if get enough support from family and the family relations are supporting, good and well going. The study discussing the level of emotional intelligence and the family relations among the adolscents in the district of Kottayam, Kerala

Scope of the Study

The study contributes to the analysis of emotional intelligence and the influence of family relations in developing EI. Emotional Intelligence consist of self awareness, knowing other's emotions, regulate own emotions and behave according to the situations. The well framed family can make their children or adolescent emotionally intelligent and to manage each and every situation of life in a balanced manner. In the future course of life they will be able to manage their professional life and personal life without much of emotional outburst or anger. Adolescents need increased usage of EI as a must for the success of life as them are the future heroes.

II. LITERATURE REVIEW

Petrides, K. Vet. al. (2016) their study on the Trait Emotional Intelligence aimed (a) the location of trait EI in personality factor space, (b) the biological underpinnings of the construct, (c) indicative applications in the areas of clinical, health, social, educational, organizational, and developmental psychology, and (d) trait EI training. The findings of the study suggested that individual differences in trait EI are a consistent predictor of human behaviour across the life span.

Shulгаа , Tatyana I., Savchenkoa, Daria D., and Filinkovaa, Evgeniya B. (2016) their the study conducted on the psychological features of adolescents with different experiences of living in a family. The study revealed that family deprivation violates the psychological development of adolescents. The violation manifests in the specificity of their emotional intelligence and regulatory functions, reduction of social intelligence and level of sociability, as well as in specific self-image and perception of the other.

Castilho, Paula., A. Carvalho, Sérgio., Marques, Sara., and Pinto-Gouveia, José. (2016) their study aimed to explore the mediating role of self-compassion and emotional intelligence on the relationship between shame traumatic memories and depressive symptoms, and to explore if these were different between adolescents of female and male. The sample was composed of 1101 adolescents from general population, whose age ranged from 14 to 18 years. The study showed that there are association between depressive symptoms and with lower levels of self-compassion and emotional intelligence. The study showed that emotional intelligence has a greater impact on depression in female adolescents and the impact of shame traumatic memories on depression is stronger in males. Thus the study provides preliminary evidence that self-compassion and emotional intelligence are important emotion regulation processes for depressive symptoms in adolescence.

Abdollahi, A., Talib, Mansoor Abu., and Motalebi, S A. (2015) their present study sought to investigate the relationships of emotional intelligence, depressive symptoms, and happiness in a sample of male students in Tehran, Iran. The findings showed that a significant positive association existed between high ability of emotional intelligence and happiness. Conversely, the low ability of emotional intelligence was associated with unhappiness and there was a positive association between non-depression symptoms and happiness and severe depressive symptoms were positively associated with unhappiness. High ability of emotional intelligence and non-depression symptoms were the strongest predictors of happiness.

Nayak, Mamta. (2014) The Influence of different demographic variables such as gender, age and cultural settings (urban and rural) on Emotional Intelligence (EI) were examined among school adolescents during the most crucial and turning period of life. The participants in the study were 240 students randomly selected from ten higher secondary schools of Odisha, a South-Eastern region of India. The results revealed that girl adolescents have scored higher EI average than boys of the same age group and within the same cultural environment. The overall EI average of girls was found to be higher than that of boys. Moreover, 26.67% of adolescent girls have high level of EI, while 14.17% of adolescent boys have high level of EI. Younger adolescents of first year class were found to have scored lower mean EI than older adolescents of second year class taking both urban and rural-base school adolescents into consideration. 17.50% of younger adolescents have shown high level of EI, while 23.33% of older adolescents have shown high level of EI. Irrespective of gender and age, a significant difference was found between the adolescents of urban and rural secondary schools in EI test.

III. RESEARCH METHODOLOGY

The study describes the present section in a systematic way .

Research Design

The design of the study made in accordance with data collection and analysis. The study involves descriptive and exploratory analysis. Data collection was done from both primary and secondary sources.

Primary data

The primary data was gathered with the Emotional Intelligence Questionnaire .The primary data consists of 120 adolescents (60 boys and 60 girls) from different families.

Secondary data

Secondary data was collected from different Magazines, Journals, News Papers and online resources including past studies done on the basis of emotional intelligence and occupational stress. For the study survey sample size was taken, by lottery method.

Profile of the study area

The profile of the study area consists of Kottayam district of Kerala state.

Objectives

- i) To assess the level of emotional Intelligence of the adolescent boys and girls
- ii) To ascertain the relationship between family relations and of Emotional Intelligence

IV. DATA ANALYSIS AND INTERPRETATION

Table No.1: Distribution of gender

Sl.No	Particulars	Number	Per cent
1	Boys	60	50
2	Female	60	50
	Total	120	100

*Source: Primary Data

Figure No.1: Distribution of gender

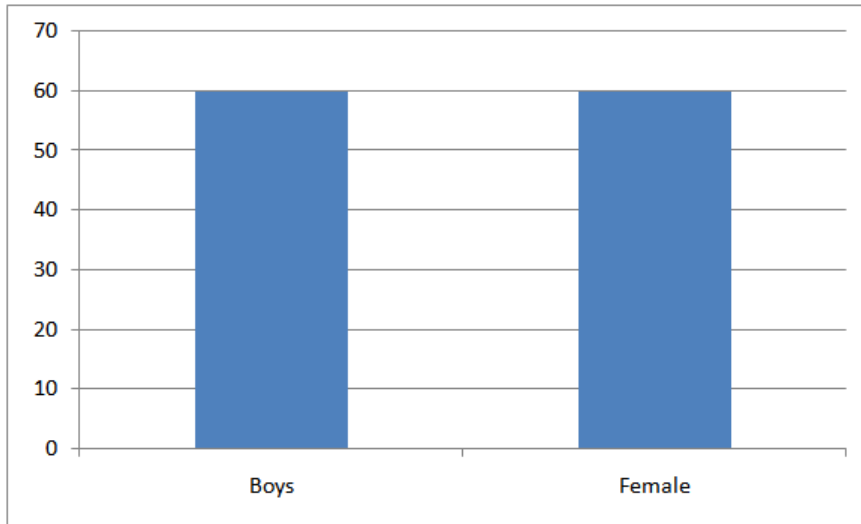


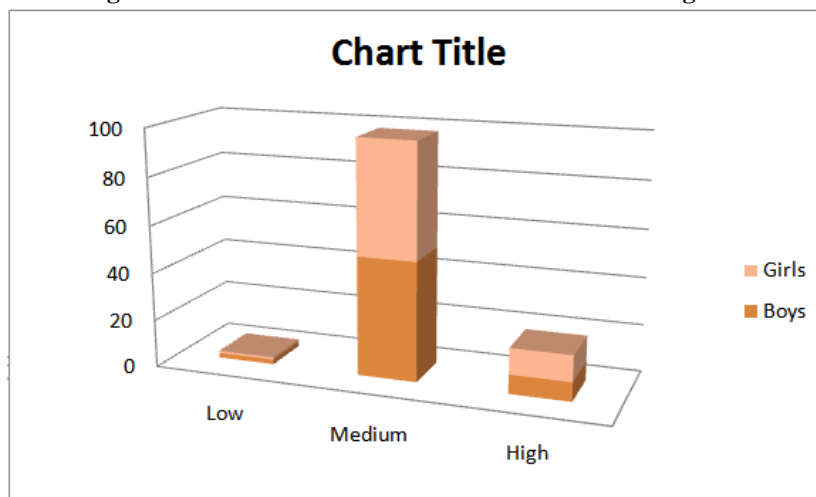
Table no.1 and Figure no.1 depicts that the number of participants in the study both boys and girls are equal in number 60 each.

Table No.2: Distribution of level of emotional Intelligence

Sl.No	Gender	Low	Medium	High
1	Boys	2	50	8
2	Girls	1	48	11

*Source: Primary Data

Figure No.2: Distribution of level of emotional Intelligence



As per the table No.2 and Figure No.2, out of 60 Boys 2 were showing low level of Emotional Intelligence, 50 were showing Medium level of Emotional Intelligence and 8 were showing High level of emotional intelligence. Out of 60 Girls 1 was showing low level of Emotional Intelligence, 48 were showing Medium level of Emotional Intelligence and 11 were showing High level of emotional level.

Table No.3: Correlations

Spearman's Rho	Family Relations	Emotional Intelligence
Emotional Intelligence	1.00	0.00
	0.788	
Sig.0.05	60	
Family Relations	0.00	1.00
		0.788
Sig.0.05	N	60

*Source: Primary Data

The table no.3 revealed that there is positive correlation between family relations and emotional intelligence

V. FINDINGS

- The participation of boys and girls in the study is equal in number.
- Among 60 Boys 2 were showing low level of Emotional Intelligence, 50 were showing Medium level of Emotional Intelligence and 8 were showing High level of emotional intelligence. Among 60 Girls 1 was showing low level of Emotional Intelligence, 48 were showing Medium level of Emotional Intelligence and 11 were showing High level of emotional level.
- There is positive correlation between family relations and emotional intelligence

VI. CONCLUSION

As a small unit of the society family has prominent role in the mould the future of the nation. The studies shown that good family relations and atmosphere can promote well being of everyone. In this study it is emphasized that the respondents showing normal level of emotional intelligence. There is a positive correlation between family relations and emotional intelligence among the respondents. There is need to develop good family relations and emotional intelligence for the total well being of the society.

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