

Study of Depression of Adolescents in Relation to their Emotional Intelligence

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Abstract

The study aimed to investigate the relationship between depression and emotional intelligence among adolescents. A sample of 160 adolescents was randomly selected from schools of Ludhiana district of Punjab state. Karim and Tiwari scale of Depression and Emotional Intelligence scale by Mangal & Mangal were used in this study. Mean, S.D., SEM and t-test were used to analysis the data. The research showed that **F1**. High emotional intelligence and low emotional intelligence adolescents are similar on their depression level. **F2**. High emotional intelligence male and high emotional intelligence female adolescents are similar on their depression level. **F3**. Low emotional intelligence male and low emotional intelligence female adolescents are similar on their depression level. **F4**. High emotional intelligence rural and high emotional intelligence urban are similar on their depression level. **F5**. Low emotional intelligence rural and low emotional intelligence urban adolescents are similar on their depression level.

KEYWORDS: Depression, Emotional Intelligence and Adolescents

INTRODUCTION

According to the World Health Organization 350 Million people suffer from depression. National Survey on Drug use and health highlights the problem more than 8 percent of young adults between the ages of 18-22. Major depressive disorder is a medical illness that causes a content feeling of sadness and lack of interest. Depression affects the person feels, behaves and thinks. Depression can lead to emotional and physical problems. Typically people with depression find it hard to go about their day to day activities and may also feel that life is not worth living. Most people have felt sad or depressed resulting in life struggle or an injured to self esteem. Emotional Intelligence is strong related to health Psychological functioning.

A numbers of studies (Atkinson & Hornby; Fenander, Berrocal et al. 2006) suggest that clinically depressed children regulate emotions differently than non- depressed children. Goleman (1995) found that poor emotional intelligence skills lead to increased depression. Mayer and Salovey (1997) found that EI indirect influence the development of their children regulatory abilities. Study of Khoshakhlagh & Faramarzi (2012) showed that there is a correlation between emotional intelligence and mental disorder. Other research of Sulaiman (2013) showed a high level of EI among SQU students; a higher EI average female students compared to male; a negative correlations between EI and depression symptoms amd positive correlation between EI and psychological adjustment. Abdollahi; Talib; & Motalebi (2015) found that a significant positive association existed between high emotional intelligence and happiness other hand low emotional intelligence was associate with unhappiness. s

OBJECTIVES OF THE STUDY

1. To find out relationship between high emotional intelligence and low emotional intelligence adolescents on their depression.
2. To find out the relationship between high emotional intelligence male and high emotional intelligence female adolescents on their depression.
3. To find out the relationship between low emotional intelligence male and low emotional intelligence female adolescents on their depression.
4. To find out the relationship between high emotional intelligence rural and high emotional intelligence urban adolescents on their depression.
5. To find out the relationship between low emotional intelligence rural and low emotional intelligence urban adolescents on their depression.

METHODOLOGY

In the present study, Descriptive survey method was employed.

SAMPLE

A sample of 160 adolescents was randomly selected from schools of Ludhiana district of Punjab state.

DEPENDENT VARIABLE

- Depression

INDEPENDENT VARIABLE

- Emotional Intelligence

TOOLS USED IN THE STUDY

- Depression Scale by Karim and Tiwari (1986)
- Emotional Intelligence scale by Mangal and Mangal (2009)

STATISTICAL TECHNIQUES USED

The statistical techniques were employed to concise picture of the data, so that it can be easily comprehend. It was employed to test the hypotheses in the study. Mean, S.D., S.Em and t-test were calculated in the present study.

ANALYSIS AND INTERPRETATION

Hypothesis-1. There is no significant relationship between high emotional intelligence and low emotional intelligence adolescents on their depression.

Table -1

Mean, S.D., SEM and t-test of high emotional intelligence and low emotional intelligence adolescents on their depression.

Group	N	Mean	S.D.	SEM	t-ratio	Level of significance
High EI	80	142.2	48.4	5.41	0.80	Null
Low EI	80	149.7	43.6	4.87		

P <0.05=1.98, P<0.01=2.61 at df =158

Above table shows that obtained t value (0.80) is less than the table value at both levels of significance i.e. 0.05 (1.98) and 0.01 (2.61) at df 158. So the null hypothesis, “There is no significant relationship between high emotional intelligence and low emotional intelligence adolescents” has been accepted. Hence it may conclude that high emotional intelligence and low emotional intelligence adolescents are similar in their depression level.

Hypothesis -2. There is no significant relationship between high emotional intelligence male and high emotional intelligence female adolescents on their depression.

Table-2

Showing Mean, S.D., SEM and t-ratio of high emotional intelligence male and high emotional intelligence female adolescents on their depression.

Group	N	Mean	S.D	SEM	t- ratio	Level of significance
High Emotional Intelligence Male	40	137.5	53.4	8.44	1.69	Null
High Emotional Intelligence Female	40	143	42	6.64		

P <0.05=2.00, P<0.01=2.65 at df=78

Above table shows that obtained t- value (1.69) is less than the table value at both levels of significance i.e. 0.05 (2.00) and 0.01 (2.65) at df 78. So the null hypothesis, “There is no significant relationship between high emotional intelligence male and high emotional intelligence female adolescents on their depression” has been accepted. Hence it may conclude that high emotional intelligence male and high emotional intelligence female adolescents are similar on their depression level.

Hypothesis -3. There is no significant relationship between low emotional intelligence male and low emotional intelligence female adolescents on their depression.

Table-3

Showing Mean, S.D., SEM and t-ratio of low emotional intelligence male and low emotional intelligence female adolescents on their depression.

P<0.05=2.00, P<.0.01=2.65 at df=78

Group	N	Mean	S.D.	SEM	t-ratio	Level of significance
Low Emotional Intelligence Male	40	150	47.4	7.49	1.74	Null
Low Emotional Intelligence Female	40	151	51.2	8.09		

Above table shows that obtained t-value (1.74) is less than table value at both levels of significance i.e.0.05(2.00) and at 0.01(2.65) at df 78. So the null hypothesis, “There is no significant relationship between low emotional intelligence male and low emotional intelligence female adolescents on their depression” has been accepted. Hence it may conclude that low emotional intelligence male and low emotional intelligence female adolescents are similar on their depression level.

Hypothesis-4. There is no significant relationship between high emotional intelligence rural and high emotional intelligence urban adolescents on their depression.

Table -4

Showing Mean, S.D., SEM and t-ratio of high emotional intelligence rural and high emotional intelligence urban adolescents on their depression.

Group	N	Mean	S.D	SEM	t-ratio	Level of significance
High Emotional Intelligence Rural	40	132	49.8	7.87	1.71	Null
High Emotional Intelligence urban	40	126	47.6	7.52		

P<0.05=2.00, P<0.01=2.65 at df=78

Above table shows that obtained t-value (1.71) is less than the table value at both level of significance i.e. 0.05(2.00) and 0.01(2.65) at df 78. So the null hypothesis, “There is no significant relationship between high emotional intelligence rural and high emotional intelligence urban adolescents on their depression” has been accepted. Hence it may conclude that high emotional intelligence rural and high emotional intelligence urban adolescents are similar on their depression.

Hypothesis-5. There is no significant relationship between low emotional intelligence rural and low emotional intelligence urban adolescents on their depression.

Table -5

Showing Mean, S.D., SEM and t-ratio of low emotional intelligence rural and low emotional intelligence urban adolescents on their depression.

Group	N	Mean	S.D.	SEm	t-ratio	Level of significance
Low Emotional Intelligence rural	40	149.5	49.2	7.77	1.74	Null
Low Emotional Intelligence urban	40	149	50	7.90		

$P < 0.05 = 2.00$, $P < 0.01 = 2.65$ at $df = 78$

Above table shows that the obtained t-value (0.87) is less than the table value at both level of significance i.e. 0.05 (2.00) and 0.01(2.65) at df 78. So the null hypothesis, “There is no significant relationship between low emotional intelligence rural and low emotional intelligence urban adolescents on their depression” has been accepted. Hence it may conclude that low emotional intelligence rural and low emotional intelligence urban adolescents are similar on their depression level.

MAJOR FINDINGS OF THE STUDY

a). High emotional intelligence and low emotional intelligence adolescents are similar on their depression level. b). High emotional intelligence male and high emotional intelligence female adolescents are similar on their depression level. c). Low emotional intelligence male and low emotional intelligence female adolescents are similar on their depression level. d). High emotional intelligence rural and high emotional urban intelligence are similar on their depression level. e). Low emotional intelligence rural and low emotional intelligence urban adolescents are similar on their depression level.

DISCUSSION OF THE RESULTS

Sulaiman Suad, (2013), In “Emotional intelligence, depression and psychological adjustment among university students in Sultanate of Onam” found that the research showed a high level of emotional intelligence among SQU students: a high EI average for female students compared to males and a negative correlation between emotional intelligence and depression symptoms and a positive correlation between emotional intelligence and psychological adjustment. Berrocal, Alcaide and Extremera (2006), The study “The role of emotional intelligence in anxiety and depression among adolescents” revealed two main findings. First, self reported ability to regulate mood (Emotional repair) was positively relates to self esteem. Second, self reported emotional intelligence was negatively related to levels of depression and anxiety.

EDUCATIONL IMPLICATIONS

. The finding of the present study may be utilized by particularly for educationists psychologists, physiologists, neurologists, administrators, policy makers and teacher

educators. The most of the goal for every Institution of school education is academic development. Educational policies should be framed so that it should promote those teaching methods to reduce the depression students and such activities and strategies should be adopted that encourage activities which helps in relaxing the mind and reduces depression. More creativity work should be given to them. Subjects should be taught according to the interest of the students. Activities on the part of children should be provided to minimize depression among students.

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