

A Study on the Effect of Emotional Intelligence on Quality of Life Among Old Aged People

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Abstract

In the present research an attempt was made to study the effect of emotional intelligence on quality of life among old aged people. In this study the sample 70 old aged people within the range of 60 to 80 years. They were divided into 35 old aged people with high emotional intelligence and 35 with low emotional intelligence using emotional intelligence scale. Then quality of life scale given by WHO - QOL Bref was administered to these two groups. T test was used to test the significant difference between the groups. The result shows that there is a significant difference in the quality of life in the two groups. It was proved that old aged people with low emotional intelligence have poor quality of life and old aged people with high emotional intelligence have high quality of life.

Keyword: Emotional Intelligence, Quality of Life, Old Aged People

Quality of Life: Quality of Life refers to life conditions of an individual (health, wealth, social conditions) and satisfaction of personal desires, measured on a scale of personal values. It is an important area in the life of elderly person. As we know there are many changes with ageing, are expected to affect the quality of life of elderly person. Quality of Life may be defined as individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns (WHO). Poor economic, cultural, educational and health care conditions and also inadequate social interactions can result in poor quality of life in elderly people.

Datta D, Datta P.P, Majumdar KK. Showed that quality of life was significantly lower among people having more age, female, illiterate, financially fully dependent & those having lower socio economics status.

Emotional Intelligence: Emotional Intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge and to effectively regulate emotions so as to promote emotional and intellectual growth (Mayer & Salovey, 1997) Individuals who can regulate their emotions are healthier because they accurately perceive and appraise their emotional states, know how and when to express their feelings, and can effectively regulate their mood states.

Psychologists believe that high EI people may experience low stress and maintain better mental health. Emotionally intelligent people can effectively manage emotional labour and psychological distress in their life as they better cope with emotional situations (Bar-On, 2000).

It is generally assumed that elderly persons are emotionally intelligent so they can effectively regulate their mood state. Emotional Intelligence helps the old person to understand current scenario and help them to accommodate in present era conditions by understanding present generation perspective. By knowing their emotional weakness and strength elder person can make positive contribution in community. Emotional intelligence gives them the tools to identify and alter those emotions, feelings, and thoughts, in order to take advantage of them.

A study conducted by Farideh Moradi et al. (2018) found that there was no significant difference between the mean score of Quality of life and emotional intelligence in diabetic and non-diabetic individuals. But the emotional intelligence has an effect on quality of life of the elderly people.

Objective

To study the effect of emotional intelligence on quality of life among old aged people.

Hypothesis

There will be no significant difference between emotional intelligence (High Emotional Intelligence and low Emotional Intelligence) on the quality of life of old age people.

Variable

The independent variable of this study is Emotional intelligence, varied at two level i.e., high emotional intelligence and low emotional intelligence. The dependent variable of this study is quality of life.

Sample

The samples in this study consist of 70 old aged people from different location of Delhi NCR who were selected for the study using purposive sampling technique. The age range were between 60 to 80 years. The total sample was divided into two groups of 35 high emotional intelligence and 35 low emotional intelligence using emotional intelligence scale by Anukool Hyde et.al.

Procedure

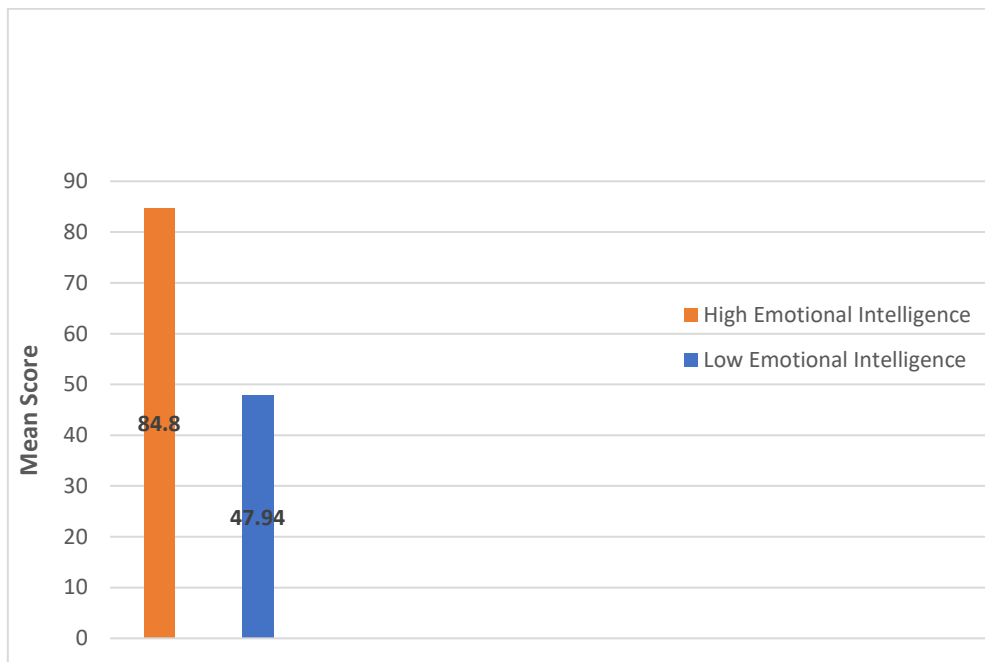
The present study includes 70 old aged people within the range of 60 to 80 years. These old aged people were divided into two groups of 35 each. one group includes with low emotional intelligence and second group includes 35 old aged people with high emotional intelligence. The emotional intelligence scale was used to measure the emotional intelligence of old aged people. Then Quality of life scale was administered to these two groups. The responses were scored and analysed using statistical technique like Mean, Standard Deviation and t-test.

Result and Discussion-

Table No.1: Difference in the level of Quality of Life based on high and low emotional Intelligence of old aged people

Emotional Intelligence	N	Mean Score	SD	SED	t-ratio	Significance
High	35	84.8	16.80	3.21	11.48	Significant
Low	35	47.94	8.89			

Bar Diagram show the mean score of quality of life of high and low emotional intelligence among old aged people



The result as given in table no1 indicates that the means score of high Emotional intelligence old aged people is 84.8 and the mean score of low emotional intelligence old aged people is 47.94. The mean value shows that high emotional intelligence old aged people have good quality of life to the comparison of low emotional intelligence old aged people. Results revealed that the SD value of High emotional intelligence old aged people is 16.80 and low emotional intelligence value is 8.89. Table shows the SED value, which is 3.21 & t value is 11.48. This value shows that there will be significant difference between emotional intelligence on the quality of life among elderly.

Conclusion

The present study shows that the elderly people with high emotional intelligence have good quality of life and elderly people with low emotional intelligence have less quality of life.

Farideh Moradi et al. study indicated that there was know significant difference between the mean score of quality of life and emotional intelligence in diabetic & non diabetic elderly. But the emotional intelligence has effect on the quality of life of elderly.

Reference

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