

# A Study to Correlate Emotional Intelligence and Self-Esteem among Youth in Selected Colleges at Kannur District

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## **Abstract:**

This study is a descriptive, non-experimental correlational study used to assess the relationship between emotional intelligence and self-esteem among youth in selected colleges of Kannur district. A total of 150 students aged 18–23 years from Vimal Jyothi Engineering College, Chemperi. The test was conducted using Schutte's Emotional Intelligence Scale and Rosenberg's Self-Esteem Scale. The test findings shows that 78.7% of youth had high emotional intelligence and 100% had high self-esteem. A significant moderate positive correlation ( $r = 0.43$ ) was found between emotional intelligence and self-esteem. Statistical test findings shows associations between emotional intelligence and socio-demographic variables such as gender, type of family, mother's education and parents' occupations and also showed no association between emotional intelligence and socio-demographic variables such as age, year of study , economic status, number of siblings , education of father and place of stay. Also findings shows that no significant associations were found between self-esteem and any socio-demographic variable. This study highlights the the importance of maintaining good emotional intelligence and self esteem among youths.

**Keywords:** Emotional Intelligence , Self -Esteem , Youth

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## **I. INTRODUCTION**

Emotional intelligence is defined as the ability to recognize, understand and manage the emotions of self and others. It is a skill which involves three processes which are perception, understanding and regulation. Self-esteem is appreciating and encouraging our own. It doesn't mean seeing oneself as the greatest person in the world but it refers to how we feel about ourselves and how we value ourselves. Youth is the period in which people search for identity and meaning in life and the main important aspects of them are their emotions and self-esteem. Now there is actually a worldwide trend for the present generation to be more troubled emotionally and becoming lonely and depressed.

Review of literature revealed that higher emotional intelligence is basically associated with positive moods and high self-esteem because emotionally intelligent persons are able to maintain positive mental status due to their capacity to efficiently and efficiently manage their emotions. When a person can accept their weakness and faults and at the same time recognizes their own strength and positive qualities then the person will experience strong self-importance and worth and high self-esteem. The main purpose of this study is to assess the correlation between emotional intelligence and self-esteem and their association with selected socio-demographic variables.

## **II. OBJECTIVES**

- To assess the level of emotional intelligence among youth.
- To assess the level of self-esteem among youth.
- To assess the correlation between emotional intelligence and self-esteem among youth.
- To determine the association of
  - a. Emotional intelligence with selected socio-demographic variables.
  - b. Self-esteem with selected socio-demographic variables.

## **III. LITERATURE REVIEW**

### ***Study related to Emotional Intelligence***

A correlational study was conducted by researchers Mamta Pandey and Deepti Sharma on emotional intelligence among Indian teachers on 2023. It was done among 3291 participants and later 4165 participants. This study revealed that teacher's emotional intelligence is positively correlated with both personal and professional determinants and gender has no effect on emotional intelligence.

### ***Study related to Self-Esteem***

A Quantitative cross-sectional descriptive research design was conducted by researchers Bhuvaneswari Ramakrishnan, R. Devi Krishna, B. Mahalakshmi, M. Monisha on Self-Esteem and academic stress among nursing students at the college of nursing in Pondicherry (2024). It includes a total of 243 nursing students from different year levels of BSc, MSc, and post basic diploma programs aged 18 years and above. The data were collected using Rosenberg Self-Esteem scale and scale for assessing academic stress. The result showed that 66.7% of students have normal self-esteem, while 50.2% experienced moderate academic stress and also a senior student reported high stress and low self-esteem.

### ***Study related to correlation between Emotional Intelligence and Self-Esteem***

A correlational study was conducted by researchers Dr. Meenakshi Jindal, Jiya Jindal regarding emotional intelligence, self-esteem and life satisfaction among adolescents in Chandigarh (2023). A sample of 115

was taken from adolescent age group in the age group of 15-19 years studying in various private school of trinity Chandigarh. Emotional intelligence scale, self-esteem scale and life satisfaction scale were used to collect data. The result showed that the emotional intelligence and self esteem is correlated but not correlated with life satisfaction of adolescent.

#### IV. METHODOLOGY

##### *A. Research Design*

Quantitative study with non-experimental descriptive correlational design.

##### *B. Setting*

Vimal Jyothi Engineering College, Chemperi, Kannur District, Kerala.

##### *C. Sample and Sampling*

150 students aged 18–23 years were selected using convenience sampling technique.

##### *D. Tools Used*

Schutte's Emotional Intelligence Scale (SEIS)

Rosenberg's Self-Esteem Scale (RSES)

Self structured Socio-Demographic Questionnaire

##### *E. Data Collection*

Data were collected using Google Forms after obtaining ethical clearance and formal permissions. Informed consent was taken. Descriptive and inferential statistics were used for analysis.

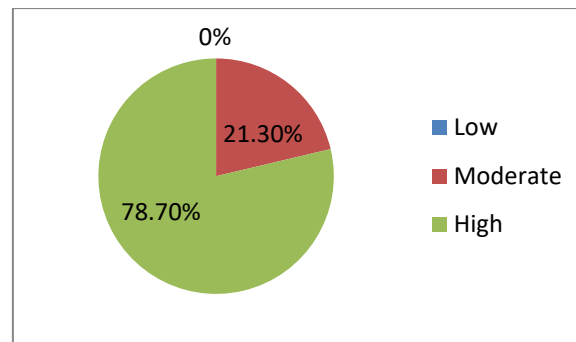
#### V. FINDINGS AND ANALYSIS

The study aimed to assess the levels of emotional intelligence and self-esteem among youth in selected colleges of Kannur district and also to examine their correlation and association with selected socio-demographic variables.

##### DATA ON SELECTED SOCIO-DEMOGRAPHIC VARIABLES OF STUDENTS

1. Majority of the students (55.3%) are aged between 18 and 20 years.
2. Females are of 52% of the student population. Regarding the year of study the highest proportions of students are in their first and fourth years (28.7%).
3. Regarding economic status, most students (79.3%) belong to the Above Poverty Line (APL) category.
4. Majority (88.7%) come from nuclear families, and 66% in rural areas. And 71.3% of the students reported having one sibling.
5. Regarding parental education, 34.7% of mothers have completed secondary education and the majority (66.7%) are housewives
6. 31.3% of father's have attained secondary education, with 40% employed in occupation outside of professional, agricultural or skilled labor categories
7. Majority 52.7% of the students stay at home.
8. A large majority (96%) reported no physical or psychological health issues.

##### DATA ON LEVEL OF EMOTIONAL INTELLIGENCE AMONG YOUTH



## DATA ON LEVEL OF SELF ESTEEM AMONG YOUTH

| Sl No | Level of self-esteem | Range of percentage | Frequency | Percentage (%) |
|-------|----------------------|---------------------|-----------|----------------|
| 1.    | Low                  | 0-15                | 0         | 0%             |
| 2.    | High                 | 16-30               | 150       | 100%           |

## DATA ON CORRELATION BETWEEN EMOTIONAL INTELLIGENCE AND SELF-ESTEEM AMONG YOUTH

| Sl.No. | Variables              | Mean | SD     | r Value |
|--------|------------------------|------|--------|---------|
| 1      | Emotional intelligence | 0.70 | 103.07 | 0.43    |
| 2      | Self-esteem            | 0.63 | 10.89  | 0.43    |

## DATA ON ASSOCIATION BETWEEN LEVEL OF EMOTIONAL INTELLIGENCE AND SELECTED DEMOGRAPHIC VARIABLES AMONG YOUTH

- The study findings reveals that calculated value( chi-square value) of socio-demographic variables 0.470, 4.48, 0.29, 0, 0.71, 3.83, 1.25 of age, , year of study, economic status, place of residence, number of siblings, education of father, place of stay are lower than table value at ( $p > 0.05$ ) level of significance . Hence there is no significant association between level of emotional intelligence and selected socio-demographic variables among youth. The research hypothesis is rejected for these variables.
- The calculated value (chi-square value) 10.34, 20.01, 8.99, 62.79, 40.63, 8.71 of gender, type of family, education of mother, occupation of mother, occupation of father, physical or psychological illness are higher than the table value at ( $p > 0.05$ ) level of significance. Hence the formulated hypothesis is accepted for these variables and there is significant association between these variables and level of emotional intelligence among youth. The research hypothesis is accepted for these variables.

## DATA ON ASSOCIATION BETWEEN LEVEL OF SELF-ESTEEM AND SELECTED SOCIO-DEMOGRAPHIC VARIABLES AMONG YOUTH

The study reveals that calculated value( chi-square, value )of socio-demographic variables age, gender, year of study, economic status, type of family, place of residence, number of siblings, education of mother, occupation of mother, education of father, occupation of father, place of stay, physical or psychological illness are lower than table value at ( $p>0.05$ ) level of significance . Hence there is no significant association between level of self-esteem and selected socio-demographic variables among youth. Therefore the research hypothesis is rejected for these variables.

## VI. RECOMMENDATIONS

- A similar study can be conducted in a large sample and in a different setting.
- The study can be conducted in a community setting.

## VII. CONCLUSION

This correlational study indicate a significant moderate positive relationship between emotional intelligence and self-esteem. Individuals with higher levels of emotional intelligence tend to exhibit greater self-esteem. These findings along with existing psychological theories emphasizes the role of emotional intelligence in emphasizing and building self-worth.

## VIII. LIMITATIONS AND FUTURE SCOPE

### *Limitations:*

- The study is limited in Vimal Jyothi Engineering College ,Chemperi.
- Sample size is limited to 150.
- In this study the youth of age group 18-23 are only considered.

### *Future scope:*

The findings of the research help to improve the knowledge of nurses and also provides new knowledge to teachers and students regarding the correlation of emotional intelligence and self-esteem. This also enhances the importance of high self esteem and emotional intelligence among the youth. So it will be useful in the future also.

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