

Effect of emotional intelligence on adolescents adjustment

■ MUKTA GARG AND NIDHI YADAV

ABSTRACT

The study was conducted to evaluate the effect of emotional intelligence on adolescents' adjustment on 120 respondents. The sample was selected randomly from different schools of Kanpur. Two standardized tests "Test of emotional intelligence" designed by Mangal and Mangal (2004) were used to assess the level of adolescent's emotional intelligence and "Adjustment inventory for school students" designed by Sinha and Singh were used to assess the level of adolescents adjustment. The result of the study revealed positively significant relationship between all the areas of emotional intelligence and adjustment of adolescents in both cases (boys and girls).

KEY WORDS : Adolescents, Adolescents adjustment, Emotional intelligence

How to cite this Article: Garg, Mukta and Yadav, Nidhi (2011). Effect of emotional intelligence on adolescents adjustment, *Adv. Res. J. Soc. Sci.*, 2 (2) : 224-226.

Article chronicle : Received : 17.08.2011; **Sent for revision :** 24.09.2011; **Accepted :** 25.11.2011

INTRODUCTION

Modern age is often called the age of transition. Everything in this world is changing at a very rapid pace. Nothing is constant. It is only this phenomenon of change, which has lifted man from the tree top to the surface of moon or planetary world. In the past, intelligence was considered to be the sole prime asset. Today in this fast track life, the main asset is the art of handling relationship, knowing others' emotions and living a successful life.

Children transiting from primary school to secondary school are faced with a lot of challenges as entering secondary school is an adjustment and growth process that takes a lot of efforts and above all require hard work. How we handle ourselves and other make a big difference in our career and in our personal life. This art is known as emotional intelligence.

The term "Adolescence" is the period of transition from dependence to self-dependence (Crow, 1956). The overall growth and development lead adolescents to experience anxieties and uncertainties, which add to the adjustment problems of the youth. According to the studies, the most common cause for all the problems in adolescents is mental illness, poor ability in resolving conflicts and handling emotions (Goleman, 1995). Understanding the characteristics, needs, interests, problems and growth

potentialities of maturing adolescents can help them experience a gradual and relatively peaceful development from early childhood to adulthood.

Pioneers like (Mayer and Salovey, 1990) defined emotional intelligence as the ability to monitor one's own and other's feeling and emotions to discriminate among them, and to use this information to guide one's thinking and action. Goleman (1995) popularized the term emotional intelligence in his famous book "Emotional Intelligence" and emphasized more on how people with high emotional intelligence will be more socially effective and successful than others.

Emotional intelligence (EI), a concept rooted in the theory of social intelligence (Rehfield, 2002) is defined in a number of ways. One definition denotes emotional intelligence as the combination of factors that allow a person to feel, be motivated, regulate mood, control impulse, persist in the face of frustration and thereby, succeed in day-to-day living (Goleman, 1995). Emotional intelligence has also been identified as the ability to monitor one's own and others'.

Since emotions play a very important role in our lives, it is essential to know how it affects our personal and social adjustments. Adjustment is an important factor to complete a person's goal successfully. It is the process by which a living organism maintains a balance between its

Author for correspondence:

MUKTA GARG, Department of Human Development and Family Studies, M.A.B., College of Home Science, C.S.A. University of Agriculture and Technology, KANPUR (U.P.) INDIA

Address for the coopted Authors:

NIDHI YADAV, Department of Human Development and Family Studies, M.A.B., College of Home Science, C.S.A. University of Agriculture and Technology, KANPUR (U.P.) INDIA