

## TO STUDY THE SELF-CONFIDENCE AND MENTAL HEALTH IN RELATION TO THEIR EMOTIONAL INTELLIGENCE OF COLLEGE STUDENTS OF DELHI

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### Abstract :

The present study is about the self-confidence and mental health in relation to their emotional intelligence of college students of Delhi. The following hypothesis were framed. 1. College students do not differ in their levels of self-confidence. 2. College students do not differ in their levels of mental health. 3. College students do not differ in their levels of emotional intelligence. 4. The following variables do not make significant difference in the self-confidence of College students. (a) Gender (b) Course of study (c) Locality 5. The following variables do not make significant difference in the mental health of College students. (a) Gender (b) Course of study (c) Locality 6. The following variables do not make significant difference in the emotional intelligence of College students. (a) Gender (b) Course of study (c) Locality 7. There is no significant relationship between self-confidence and mental health of College students. 8. The following variables do not make significant difference in the self-confidence and mental health of College students. (a) Gender (b) Course of study (c) Locality. 9. There is no significant relationship between self-confidence and emotional intelligence of College students. 10. The following variables do not make significant influence on the relationship between self-confidence and emotional intelligence of College students. (a) Gender (b) Course of study (c) Locality. 11. There is no significant relationship between mental health and emotional intelligence of College students. 12. The following variables do not make significant influence on the relationship between mental health and emotional intelligence of College students. (a) Gender (b) Course of study (c) Locality. 13. There is no significant relationship among self-confidence, mental health and emotional intelligence of College students. Survey method was used for this study. The sample for the study was selected by stratified random sampling method. The researcher used lottery system method to select the College of Professional and Non-Professional by simple random technique to collect the data. In this case researcher used a set of 30 tickets. The tickets were thoroughly mixed up and then 20 tickets were used to select 20 College of Professional and Non-Professional for the sampling purpose from Delhi. From selected Colleges 30 students from the each College were taken as sample by stratified random sampling method. So the sample consisted of 300 students. The conclusion drawn is Knowledge of self-confidence and mental health in relation to emotional intelligence of College students is a necessity for a developing country. Consequently, additional research is needed to gain not only theoretical consensus but also clarity regarding the most appropriate measurement strategy. This piece of research is a humble effort in testing the application of concept of self-confidence, mental health and emotional intelligence in the field of education.

### Introduction

In cutting-edge instances, technological know-how primarily based technological education is successful in giving momentum to the manner of monetary development of the person in addition to the society. Education makes a person best in every walk of life. Importance of self-confidence, mental health and emotional intelligence Self-confidence is what you want to attain the whole thing you want. It bureaucracy the bottom on which every human pastime rests on. Even the maximum capable frame and mind cannot do something appropriate without self-self belief. The right issue is that self-self belief must be gained or learned, progressed or practiced. In these days' global self-self assurance is a foundation of one's survival. Along with self-self assurance college students additionally need intellectual health to reach academic and personal existence. Mental fitness is the potential to deal with the challenges in existence. Good mental fitness is vital for main a great life. Another important capability which the students require is emotional intelligence.

Thus the capacity to purpose about emotion and emotional facts, and of feelings to beautify idea. Emotional intelligence allows an person to relate properly and co-operate with others within the paintings

area to keep enjoyable personal relationships to leave a extra balanced existence fashion and to solve war more without problems. Thus self-self belief, intellectual health and emotional intelligence are of high-quality significance in a scholar's lifestyles, as they lay direction to their achievement.

### Need Of The Study

Auribindo defines training as "Helping the developing soul to attract out this is in itself" (Swaroop and suxena 2001). Education plays a critical role and is being handled as simple human need because it endows humans with knowledge, capabilities and mind-set which could growth their talents and ability to adopt to the changing environment. Education have to facilitate student's private increase and equip them psychologically to address the fast adjustments taking location in all of the spheres of existence. It is necessary to think about the different factors which at once or indirectly have an impact on the private increase of the students self- self belief, intellectual fitness and emotional intelligence are the 3 essential factors. A individual with self-self assurance become described as one having fantastic and optimistic self-feeling and assessment alternatively; someone who lacked self-self belief is defined as the only having bad self feeling and evaluation. Mental fitness refers to cognitive or emotional properly being. It is all approximately how we think, experience and behave. Accordingly to WHO mental health is "A country of nicely being in which person realizes his or her personal skills and deal with normal stresses of lifestyles, can paintings productively and fruitfully, and is capable of make a contributor to his different network."

Mayer and Salovey (1990) described emotional intelligence as "the ability to perceive as it should be, appraise and explicit feelings, generate feelings that facilitate thoughts and an capacity to modify feelings to sell increase" studies of have proven that intelligence quotient is inherent but emotional intelligence may be developed and nurtured even in maturity and prove

beneficial to one's health, relationships and overall performance. In order to continue to exist in a quick changing and aggressive world, the scholars need to broaden and nurture emotional intelligence for higher survival. Today's curriculum aims at giving schooling to make college students self-self assurance, emotionally mature and to have exact mental health. Hence there exists a want to recognize the tiers of self-confidence, mental health and emotional intelligence a few of the College

Students as they assist the scholars to solve the challenges of lifestyles and make successful adjustment in lifestyles. Hence this look at is taken up on College College students.

### Objectives Of The Study

1. To study the levels of self-confidence of College students
2. To study the levels of mental health of College students
3. To study the levels of emotional intelligence of College students
4. To study the effect of the following variables on the self-confidence of College students.  
(a) Gender (b) Course of study (c) Locality
5. To study the effect of the following variables on the mental health of College students.  
(a) Gender (b) Course of study (c) Locality
6. To study the effect of the following variables on the emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality
7. To study the relationship between self-confidence and mental health of College students.
8. To study the effect of the following variables on the relationship between self-confidence and mental health of College students.  
(a) Gender (b) Course of study (c) Locality.
9. To study the relationship between self-confidence and emotional intelligence of College students.
10. To study the effect of the following variables on the relationship between self-confidence and emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality.
11. To study the relationship between mental health and emotional intelligence of College students
12. To study the effect of the following variables on the relationship between mental health and emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality.
13. To study the inter-relationship among self-confidence, mental-health, and emotional intelligence of College students.

### Hypotheses Of The Study

1. College students do not differ in their levels of self-confidence.

2. College students do not differ in their levels of mental health.
3. College students do not differ in their levels of emotional intelligence.
4. The following variables do not make significant difference in the self- confidence of College students.  
(a) Gender (b) Course of study (c) Locality
5. The following variables do not make significant difference in the mental health of College students.  
(a) Gender (b) Course of study (c) Locality
6. The following variables do not make significant difference in the emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality
7. There is no significant relationship between self-confidence and mental health of College students.
8. The following variables do not make significant difference in the self- confidence and mental health of College students.  
(a) Gender (b) Course of study (c) Locality.
9. There is no significant relationship between self-confidence and emotional intelligence of College students.
10. The following variables do not make significant influence on the relationship between self-confidence and emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality.
11. There is no significant relationship between mental health and emotional intelligence of College students.
12. The following variables do not make significant influence on the relationship between mental health and emotional intelligence of College students.  
(a) Gender (b) Course of study (c) Locality.
13. There is no significant relationship among self-confidence, mental health and emotional intelligence of College students.

#### **Review Of Related Literature**

Any profitable research examine in any area of information requires an ok familiarity with the works which have already been achieved inside the identical region. A summary of the writings of identified government and of preceding studies is primarily based upon beyond expertise. This step helped to take away the duplication of what has been carried out, and furnished beneficial hypotheses and beneficial inspiration for extensive investigation. Citing studies that display enormous agreement and those that seem to gift conflicting conclusions helped to sharpen and outline information of existing understanding in the problem vicinity, provided a background for the research venture and made the investigator privy to the popularity of the difficulty. The opinions of expert researches were fruitful in supplying useful ideas and suggestions. It was a precious guide to choose the hassle, to recognize its significance, to indicate promising data collecting devices, to suitable study layout and assets of records for powerful analysis and to reach at fruitful conclusions.

#### **Methodology**

Methodology is the description of techniques and procedures adopted in research study. The success of a research depends on the suitability of methods adapted.

The problem for investigation needs the assessment of self-confidence and mental health of College students in relation to their emotional intelligence. Hence, it was an interdisciplinary study. This interrelationship study comes under descriptive research. It is also called the Survey Method.

#### **Tools Used For The Study**

The present study is concerned with the study of self-confidence and mental health of College students in relation to their emotional intelligence. Hence the investigator selected appropriate tools for the assessment of self confidence, mental health and emotional intelligence. From the review of related literature, it is observed that Prof. M. Basavanna, Dr.Jagdish, Dr.A.K.Srivastava, Schutte et al., (1998) constructed and standardized three tools which are very pertinent to the present study.

#### **The self-confidence inventory (SCI)**

This scale was developed and standardized by M.Basavanna, Professor, Dept. of Psychology, S.V.University, Tirupati. The scale consists of 25 statements.

#### **Mental health inventory (M.H.I.)**

This scale was developed and standardized by Dr.Jagadish, Dept. of Psychology. R.B.S.College, Agra, & Dr. A.K.Srivastava Dept. of Psychology Banaras Hindu University, Varanasi. The scale consists of 44 statements.

#### **Emotional intelligence scale (EIS)**

The emotional intelligence Scale developed and standardized by Schulte et al was used in this study. The scale consists of 33 items.

#### **Sample Of The Study**

The sample for the study was selected by stratified random sampling method. The researcher used lottery system method to select the College of Professional and Non-Professional by simple random technique to collect the data. In this case researcher used a set of 30 tickets. The tickets were thoroughly mixed up and then 20 tickets were used to select 20 College of Professional and Non-Professional for the sampling purpose from Delhi. From selected Colleges 30 students from the each College were taken as sample by stratified random sampling method. So the sample consisted of 300 students.

#### **Variables Of The Study**

Variables are the conditions or characteristics that the experimenter manipulates, controls and observes. There are mainly three types of variables, namely, independent, dependent and intervening. The independent variables are those variables which do not change on manipulation by the experimenter. The intervening variables are those variables which are dependent both on dependent and independent variables. For the present study, the following dependent and independent variables are chosen. To find out whether there is any difference in the self-confidence, mental health and emotional intelligence of College students influenced by the following variables.

1. Gender: Gender refers to male and female College students.
2. Course of study: It refers to the course being studied by the student, professional courses like engineering, medicine etc., or non-professional courses like B.A., B.Com., etc.
3. Locality: Locality refers the area in which the College is located that is rural or urban.

#### **Statistical Techniques Used**

The following statistical techniques have been used depending on the need. Mean, Standard Deviation, Critical Ratio, Percentage, Fisher Z<sup>2</sup> function, Coefficient of correlation, and multiple correlations.

#### **Major Findings:**

1. 16% of the sample College students have low self-confidence. 62% of the sample has moderate self-confidence and remaining have high Self-confidence.
2. 19% of the sample College students have low mental health. 65% of the sample has moderate mental health and remaining have high mental health.
3. 16% of the sample College students have low emotional intelligence. 63% of the sample has moderate emotional intelligence and remaining have high emotional intelligence.
4. The self-confidence of male College students is found to be more than the self-confidence of female College students.
5. The self-confidence of non-professional College students is found to be more than the self-confidence of professional College students.
6. The self-confidence of rural College students is found to be more than the self-confidence of urban College students.
7. The mental health of male College students is found to be more than the mental health of female College students.
8. The mental health of professional College students is found to be more than the mental health of non-professional College students.
9. The mental health of urban College students is found to be more than the mental health of rural College students.
10. The emotional intelligence of female College students is found to be more than the emotional intelligence of male College students.

11. The emotional intelligence of professional College students is found to be more than the emotional intelligence of non-professional College students.
12. The emotional intelligence of urban College students is found to be more than the emotional intelligence of rural College students.
13. There is a significant relationship between self-confidence and mental health of College students.
14. Gender, course of study and locality do not make any significant influence on the relationship between self-confidence and mental health of College students.
15. There is a significant relationship between self-confidence and emotional intelligence of College students.
16. Gender, course of study and locality do not make any significant influence on the relationship between self-confidence and emotional intelligence of College students.
17. There is a significant relationship between mental health and emotional intelligence of College students.
18. Gender, course of study and locality do not make any significant influence on the relationship between mental health and emotional intelligence of College students.
19. There is a highly significant positive correlation among self-confidence, mental health and emotional intelligence.

### **Educational Implications**

The major findings of the study and the conclusions drawn helped the investigator to suggest the following implications.

1. The findings of the present study showed that 65% of the sample had moderate level of self-confidence. Students should possess high self- confidence as it is a positive belief that one can take control of his life and of his plans. It is probably because of low self-confidence among the students, that we are witnessing suicide attempts. So, the College need to conduct activities which increase the confidence levels of the students and prepare them to face the challenges of life boldly.
2. The study revealed that the students of non-professional Colleges and belonging to rural areas showed low levels of self-confidence. Education is not mere acquisition of knowledge. It should give the students the ability to stand on their own feet. This can happen only when the self confidence levels of the students are high. So, the College should conduct seminars and workshops to increase the confidence levels of these students. Participation in co-curricular activities like elocution, debates, and role plays should be made compulsory as they help in increasing the confidence levels of the students.
3. To excel in life mental well being is more important than physical well being. The findings showed that 68% of the students had moderate level of mental health. So, it becomes essential on part of the College to take care of this aspect of the College students. Measures have to be taken to minimize the stress caused to the students by various educational and social factors. Introduction of courses like yoga, fine arts along with the curriculum will increase the levels of mental health among the students which intern will help them to perform well in all aspects of life.
4. The female students showed less mental health when compared to their male counterparts. The competition they face and the pressure from the parents could be the reasons for low mental health among them. Educational institutions and parents should understand that the mental health of these students can be increased, when they grow and attain education in a stress free environment.
5. The students of rural College should be given special attention and should be exposed to talks by eminent personalities from the society to increase their levels of motivation. This will help to increase the levels of mental health among the students of rural College.
6. Emotional intelligence is the ability to be adaptive to different situations and coping with life situations. But this emotional intelligence is found to be only at a moderate level among 65% of the sample. Lack of proper guidance and directions could be reason for this. The College and the teachers should develop the following key skills to increase the level of emotional intelligence among students:
  - (a) The ability to quickly reduce stress.
  - (b) The ability to recognize and manage your emotions.
  - (c) The ability to use humor and play to deal with challenges.
  - (d) The ability to resolve conflicts positively and with confidence.

7. One of the major finding of the study was that there is a positive relationship among self-confidence, mental health and emotional intelligence. This finding shows the necessity to give equal importance to these three aspects while imparting education. As they are inter dependent lack of even one of the aspects among the students will definitely effect their performance in academics and as well as in life.

### Suggestions For Further Research

This investigation yielded some interesting results which need further consideration, though they have no direct relation to the original hypotheses. They are enlisted as

- Similar study can be conducted on the students of P.G. classes of education.
- Similar study can be conducted on the lecturers of professional and non-professional courses.
- Similar study may be replicated with other samples of different states.
- A comparative study may be undertaken to study self-confidence, mental health and emotional intelligence of in-service and pre-service teachers.
- Emotional intelligence, mental health and self-confidence of prospective secondary school teachers may be studied.
- Emotional intelligence, mental health and self-confidence of D.El.Ed. students can be studied.
- Similar study can be conducted with software professionals.
- Emotional intelligence, self-confidence and mental health of student can studied with reference to variables like economic status, parental education, social status, parental occupation.

### Conclusion

Knowledge of self-confidence and mental health in relation to emotional intelligence of College students is a necessity for a developing country. Consequently, additional research is needed to gain not only theoretical consensus but also clarity regarding the most appropriate measurement strategy. This piece of research is a humble effort in testing the application of concept of self-confidence, mental health and emotional intelligence in the field of education.

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