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## An assessment of emotional intelligence between underweight and normal weight college womens

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### Abstract

Emotional intelligence is defined as the composite set of capabilities that enable a person to manage himself/herself and others (Goleman, 1995 & 1998) [8]. The aim of the present study is to compare the underweight and normal weight college women's with regard to their emotional intelligence and sub-disciplines of emotional intelligence. To accomplish the study, purposive sampling technique has been used. The sample of study has been selected from women colleges in Haryana. For this purpose 140 women's were selected as subjects. The selected subjects were between the age group of 18 to 25 years. Emotional intelligence scale constructed and standardized by Anukul Haide, Sanjot Pathi and Upandra Dhar (2005) was used. To find out difference in the level of emotional intelligence independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The tabulated value at 138 degree of freedom was 1.98. The result of present study revealed no significant difference was observed between underweight and normal weight college women's with regard to their emotional intelligence and sub-disciplines of emotional intelligence.

**Keywords:** Emotional intelligence, underweight, normal weight, college level

### Introduction

Emotional intelligence is the concept which is currently in focus among the general public, practitioners and researchers. It's being widely believed by the public that emotional and social competence is as important, or even more important, than traditional dimension of intellectual ability and personality (Goleman, 1995 & 1998) [8]. Emotional intelligence is defined as "the composite set of capabilities that enable a person to manage himself/ herself and others" (Goleman, 1995 & 1998) [8]. Importance of Emotional Intelligence is increasingly being recognized and assessed across various professions. Managing emotions in social contexts are clearly important for success in a variety of interpersonal; as well as career-related domains. According to much recent academic work, a good deal of our successes and failures in life are not attributed to our cognitive abilities as measured by tests of IQ, but rather are attributable to our abilities to form and maintain social relationships, portray ourselves positively, and maintain how others perceive us (Richburg, 2002).

Emotional intelligence is one of the most widely discussed topics in educational work and organizational psychology. Mayer *et al.* (2001) and Afolabi (2009) contend that emotional intelligence is not a single trait or ability rather, a composite of distinct emotion reasoning abilities. Perceiving emotions consist of recognizing and interpreting the meaning of various emotional states, as well as their relations to other sensory experiences. Understanding emotions involve comprehension of how basic emotions are blended to form complex emotions. Regulating emotions encompasses the control of emotions in oneself and in others. An individual's emotional intelligence is an indicator of how he or she perceives, understands and regulates emotions. Sternberg (1997) has proposed a different conception of intelligence, which he calls successful intelligence. Successful intelligence involves three distinct types of mental abilities: analytic, creative and practical. Emotional intelligence was defined as: The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and to regulate emotions to promote personal growth (Mayer & Salovey, 1997) [11].

### Objectives of the Study

1. To analyze the difference between underweight and normal weight college level women's

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with regard to their Self-awareness.

2. To analyze the difference between underweight and normal weight college level women's with regard to their Empathy.
3. To analyze the difference between underweight and normal weight college level women's with regard to their Self-motivation.
4. To analyze the difference between underweight and normal weight college level women's with regard to their Emotional stability.
5. To analyze the difference between underweight and normal weight college level women's with regard to their Managing relations.
6. To analyze the difference between underweight and normal weight college level women's with regard to their Integrity.
7. To analyze the difference between underweight and normal weight college level women's with regard to their Self-development.
8. To analyze the difference between underweight and normal weight college level women's with regard to their Value orientation.
9. To analyze the difference between underweight and normal weight college level women's with regard to their Commitment.
10. To analyze the difference between underweight and normal weight college level women's with regard to their Altruistic behaviour.
11. To analyze the difference between underweight and normal weight college level women's with regard to their emotional intelligence.

#### Method & Procedure

The study was based on primary data. It was investigated through random sampling technique. The information for the study was gathered from women's studying in degree colleges of Jind district in Haryana state. For the purpose, sample of 140 women's was collected from different colleges. Women's were categorized into underweight and normal weight category with the help of body mass index (BMI). The selected subjects were between the age group of 18 to 25 years. Emotional intelligence scale constructed and standardized by Anukul Haide, Sanjot Pathi and Upandra Dhar (2005) was used to collect the data. To find out difference in the level of emotional intelligence, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The t value considered was 1.98 at 138 degree of freedom to analyze the final results. The result of present study revealed no significant difference between underweight and normal weight college level women's with regard to their emotional intelligence and sub-disciplines of emotional intelligence. The data collected from the sample was analyzed by using descriptive statistics i.e. mean and standard deviation whereas to compare the mean difference.

#### Scoring and Interpretation

Emotional Intelligence of the selected subjects was judged using by using Emotional intelligence scale (Anukool Hyde, Sanjot Pethe and Upinder Dhar 2002) <sup>[9]</sup>; consisting components of self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour.

**Self-awareness:** Self-awareness is being aware of one self and was measured by items 6, 12, 18, 29. These items were "I can continue to do what I believe in even under severe criticism", "I have my priorities clear," "I believe in myself," and "I have built rapport and made and maintained personal friendships with work associates."

**Empathy:** Empathy is feeling and understanding the other person and was measured by items 9, 10, 15, 20, and 25. These were "I pay attention to the worries and concerns of others", "I can listen to someone without the urge to say something", "I try to see the other person's point of view", "I can stay focused under pressure" and "I am able to handle multiple demands".

**Self-motivation:** Self-motivation is being motivated internally. Self-motivation was measured by items 2, 4, 7, 8, 31, 34. These were "people tell me that I am an inspiration for them", "I am able to make intelligent decision using a healthy balance of the emotions and reason", "I am able to assess the situation and then behave", "I can concentrate on the task at hand in spite of disturbances", "I think feelings should be managed" and "I believe that happiness is an attitude".

**Emotional stability:** Emotional stability was measured by items 14, 19, 26 and 28. These were "I do not mix unnecessary emotions with issues at hand", "I am able to stay composed in both good and bad situations", "I am comfortable and open to novel ideas and new information", "I am persistent in pursuing goals despite obstacles and setbacks."

**Managing relations:** Managing relations was measured by items 1, 5, 11 and 17. The statements that measure these factors were "I can encourage other to work even when things are not favorable", "I do not depend on others' encouragement to do my work well", "I am perceived as friendly and outgoing" and "I can see the brighter side of any situation".

**Integrity:** Integrity was measured by items 16, 27, and 32. "I can stand up for my beliefs", "I pursue goals beyond what is required of me", and "I am aware of my weaknesses", were the statements that measure this factor.

**Self-development:** Self-development was measured by items 30 and 33 which were "I am able to identify and separate my emotions" and "feel that I must develop myself even when my job does not demand it."

**Value orientation:** Value orientation was measured by items 21, 22. The statements were "I am able to maintain the standards of honesty and integrity" and "I am able to confront unethical actions in others"

**Commitment:** Commitment was measured by the items 23 and 24. "I am able to meet commitments and keep promises" and "I am organized and careful in my work" measure this factor.

**Altruistic behaviour:** Altruistic behaviour was measured by the items 3 and 13. The items were "I am able to encourage people to take initiative", and "I can handle conflicts around me".

**Overall score:** The score of 85 and above indicates high in emotional intelligence. Score of 52-84 indicates normal emotional intelligence and score of 51 and below indicates low in emotional intelligence.

**Weight:** Body weight was taken with a portable weighing machine. The reliability of the machine was checked and final readings were taken in kilogram (kg).

**Height:** Height of the subjects was measured with the help of a stadiometer and the readings were recorded in meters (MTS).

**Body Mass Index (BMI):** BMI has been a screening tool to estimate a healthy body weight and used to identify possible weight problems including underweight, overweight and obesity, based on body weight and height. To calculate BMI height in meters and weight in kilograms of the subjects were

used and thereby, Body Mass Index was calculated by dividing body weight in kilograms by the square of body height in meters.

**Table:** Standard weight status categories and BMI ranges

Weight Status	BMI (kg/m <sup>2</sup> )
Underweight	Below 18.5
Normal	18.5 – 22.9
Overweight	23.0 – 24.9
Obese	25.0 and Above

### Findings of the Study

The table no. 1 represents significance of mean difference between underweight and normal weight college level women's with regard to their emotional intelligence and their sub-disciplines. The table deals with the variable, group, mean score, standard deviation score, mean difference, sig. (p) value and t-value where \*indicates significant difference.

**Table 1:** Significance of mean difference between underweight and normal weight college women's with regard to their emotional intelligence

Variable	Group	N	Mean	Std. Deviation	Mean Diff.	Sig.(2- Tailed)	T
Self-Awareness	Underweight	70	17.67	1.742	0.286	0.403	0.839
	Normal	70	17.39	2.254			
Empathy	Underweight	70	18.77	2.746	-0.8	0.116	-1.58
	Normal	70	19.57	3.224			
Self-Motivation	Underweight	70	23.89	2.841	0.743	0.167	1.39
	Normal	70	23.14	3.453			
Emotional Stability	Underweight	70	15.26	2.471	-0.357	0.407	-0.831
	Normal	70	15.61	2.612			
Managing Relations	Underweight	70	15.61	2.202	-0.371	0.34	-0.958
	Normal	70	15.99	2.38			
Integrity	Underweight	70	11.97	1.65	-0.386	0.175	-1.364
	Normal	70	12.36	1.694			
Self-Development	Underweight	70	7.94	1.541	0.086	0.756	0.311
	Normal	70	7.86	1.713			
Value Orientation	Underweight	70	7.4	1.944	-0.4	0.203	-1.28
	Normal	70	7.8	1.75			
Commitment	Underweight	70	8.56	1.163	-0.371	0.059	-1.903
	Normal	70	8.93	1.146			
Altruistic Behaviour	Underweight	70	7.61	1.397	0.2	0.404	0.837
	Normal	70	7.41	1.429			
Overall	Underweight	70	134.4857	9.76053	-1.57143	0.427	-0.797
	Normal	70	136.0571	13.29584			

- Level of significance was set at 0.05.
- t value at 138 degree of freedom was 1.98.

On the sub-variable Self-awareness, the mean and standard deviation score for underweight category registered was 17.67 and 1.742 respectively while for normal weight category the registered mean and standard deviation score was 17.39 and 2.254. The calculated t-value 0.839 was found lower than 1.98 of tabulated value. The p-value (.403) was found higher than .05 level hence no significant difference was found between the groups.

On the sub-variable empathy, the mean and standard deviation for underweight category registered was 18.77 and 2.746 while mean and standard deviation score for normal weight category registered was 19.57 and 3.224 respectively. The calculated t-value -1.58 was found lower than 1.98 of tabulated value. The p-value (.116) was found higher than .05 level hence no significant difference was found.

On the sub-variable self-motivation, the mean and standard deviation for underweight category registered was 23.89 and 2.841 respectively whereas mean and standard deviation for normal weight category registered was 23.14 and 3.453. The calculated t-value 1.39 was found lower than 1.98 of tabulated

value. The p-value (.167) was found higher than .05 level hence no significant difference was found.

On the sub-variable Emotional stability, the mean and standard deviation for underweight category registered was 15.26 and 2.471 while the mean and standard deviation for normal weight category was 15.61 and 2.612 respectively. The calculated t-value -0.831 was observed lower than 1.98 of tabulated value. The p-value (.407) was found higher than .05 level hence no significant difference was observed.

On the sub-variable Managing relations, the mean and standard deviation for underweight category registered was 15.61 and 2.202 while the mean and standard deviation for normal weight category was 15.99 and 2.38 respectively. The calculated t-value -0.958 was found lower than 1.98 of tabulated value. The p-value (.34) was found higher than .05 level hence no significant difference was found.

On the sub-variable integrity, the mean and standard deviation for underweight category was 11.97 and 1.65 respectively while the mean and standard deviation for normal weight category was 12.36 and 1.694. The calculated t-value -1.364

was found lower than 1.98 of tabulated value. The p-value (.175) was found higher than .05 level hence no significant difference was found.

On the sub-variable self-development, the mean and standard deviation for underweight category registered was 7.94 and 1.541 whereas the mean and standard deviation for normal weight category is 7.86 and 1.713 respectively. The calculated t-value -0.311 was found lower than 1.98 of tabulated value. The p-value (.756) was found higher than .05 level hence no significant difference was found.

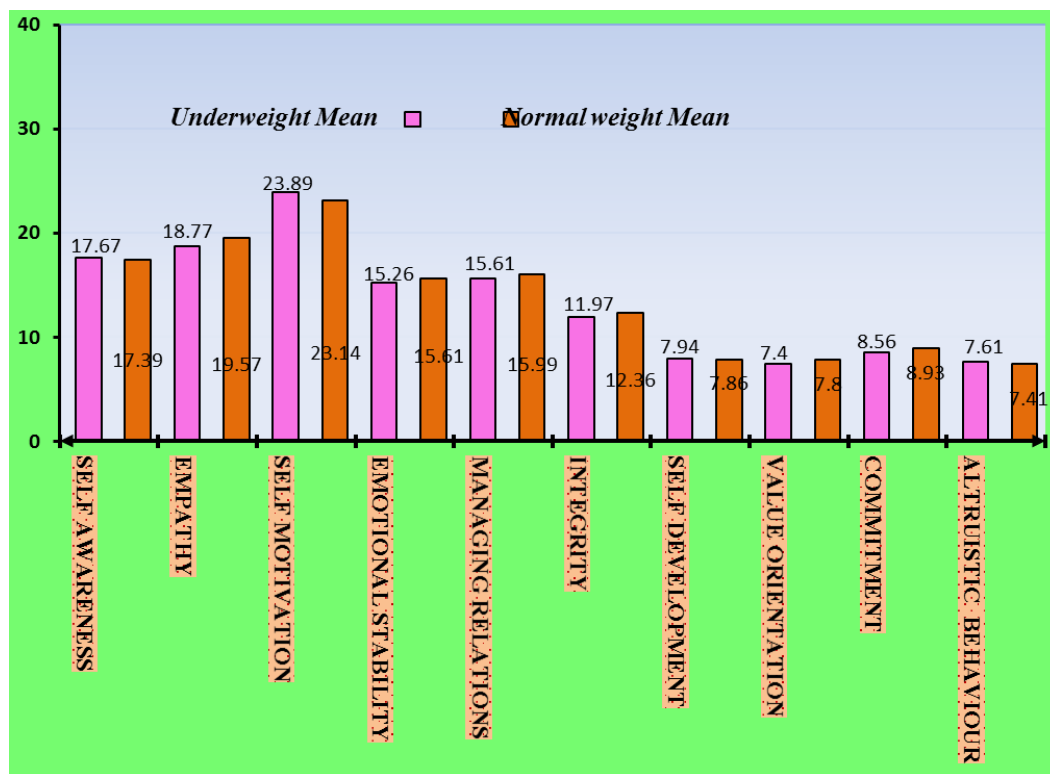
On the sub-variable value orientation, the mean and standard deviation for underweight category registered was 7.4 and 1.944 while the mean and standard deviation for normal weight category was 7.8 and 1.75 respectively. The calculated t-value -1.28 was found lower than 1.98 of tabulated value. The p-value (.203) was found higher than .05 level hence no significant difference was found.

On the sub-variable Commitment, the mean and standard deviation for underweight category registered was 8.56 and 1.163 whereas the mean and standard deviation for normal

weight category was 8.93 and 1.146. The calculated t-value -1.903 was found lower than 1.98 of tabulated value. The p-value (.059) was found higher than .05 level hence no significant difference was found.

On the sub-variable altruistic behaviour, the mean and standard deviation for underweight category registered was 7.61 and 1.397 while the mean and standard deviation for normal weight category was 7.41 and 1.429 respectively. The calculated t-value -0.837 was found lower than 1.98 of tabulated value. The p-value (.404) was found higher than .05 level hence no significant difference was found.

On the variable emotional intelligence, the mean and standard deviation for underweight category registered was 134.4857 and 9.76053 whereas the mean and standard deviation for normal weight category was 136.0571 and 13.29584 respectively. The calculated t-value -0.797 was found lower than 1.98 of tabulated value at 138 degree of freedom. The p-value (.427) was found higher than .05 level hence the results concluded no significant difference was observed between the underweight and normal weight category.



**Fig 1:** The graphical representation of mean and standard deviation score of underweight and normal weight category with regard to emotional intelligence sub-disciplines was represented in figure 1.

### Discussion of the Findings

The present study was conducted to compare the underweight and normal weight college women's with regard to their emotional intelligence. The findings of the study highlighted that no significant difference was found among all sub-disciplines of emotional intelligence between underweight and normal weight college women's. There was no significant difference was found between emotional intelligence of underweight and normal weight college women's.

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