



A STUDY ON THE EMOTIONAL INTELLIGENCE LEVEL AMONG RURAL STUDENTS IN ENGINEERING INSTITUTIONS

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Abstract

Education is an inevitable part of life. We find the rural students shifting to urban areas and metros in search of better education. Due to the limited number of education institutions students from rural migrate to urban cities. Initially Students struggle to withstand the pressure of cultural shock, language, dress etiquettes, food and moral support. Emotional stability is important in order to cope up the stress. Emotional intelligence is a concept which can be applied to know the level of emotional intelligence and the remedies in order to be emotionally intelligent.

In the present study the author has tried to understand the emotional intelligence among the rural students. It is useful in understanding and enhancing the current level of emotional wellbeing, self-control and sociability. At the same time the relationship between emotional intelligence and the studies can also be understood. Hence it is helpful for the faculties and mentors to develop the required level of EI to develop the study skills.

Introduction

There are many instances where the students fail to adjust themselves to the urban and metro life and end up either in quitting the education or contentious failures will force them to lie to their families or to end up in harming their lives. There are different barriers which usually the rural students face as soon they start their education in urban cities. And especially in metros due to the increasing cultural diversity among the students in institutions the Student from rural background has to face the trauma which will affect them emotionally.

But inevitably they have to bear with this stress. And in India there is an assumption that if the children finish their education in metros they can easily gets the job. Thus people prefer the institutions in metros.

Emotional intelligence is a word frequently used in human resource field. Emotional intelligence is a term created by two great researchers peter salavoy and john mayer, and the same was developed further and popularized by Daniel golman in his book titled emotional intelligence in 1996.

EI can be understood in two parts, in the first section it is an ability to recognize, understand and manage own emotion, further developed with an understanding of recognize, understand and influence the emotions of others.

This study is about the emotional intelligence among urban and rural students of an engineering college at Bangalore. where in the results are going to help the management and mentors in order to support the students to develop their emotional wellbeing, sociability, understanding others and acting accordingly, to be empathetic, and self-control which plays an important role in the successful academic life.

It's an analysis wherein the answers were sought by the students from rural background. The research will help to assess the emotional stability of the student and the faculties and mentors can understand students in a better way in order to support them throughout their academic life in the campus. Understanding and



developing the EI among the students, which will enhance the confidence level as well as their academic performance.

With the up gradation of the technology and the speed in which the developments are happening there is a huge pressure on the human resource in every industry. Hence the micro management of human behavior has been the hot topic and with many researches it is been concluded that the job satisfaction and emotional wellbeing are interconnected, employees who are emotionally stable and possessing a good EI will always deal with the critical situations tactfully. It's been studied as well that many leaders who score high in EI are successful in their field. In today's scenario the success demands, respect for each other, team work, participation, empowerment and self-management on priority.

Many of the EQ researchers found that the person as a student who can't develop the EQ, it will be difficult for him/her to develop the same in their career. The students who can be trained in learning style, personality development and managing their emotions, hence they can be better employees and managers in future.

Emotional Intelligence

In 1920's the basic concept of EQ was developed by Eduard Thorndike. Who was working on social intelligence? The definition given by him was the ability to understand men and women, boys and girls- to act wisely in human relations. He also mentions that the intelligence can be demonstrated in different ways. The concept of multiple intelligence was developed further by Gardner in 1980's. In context of education he identified the seven components of intelligence.

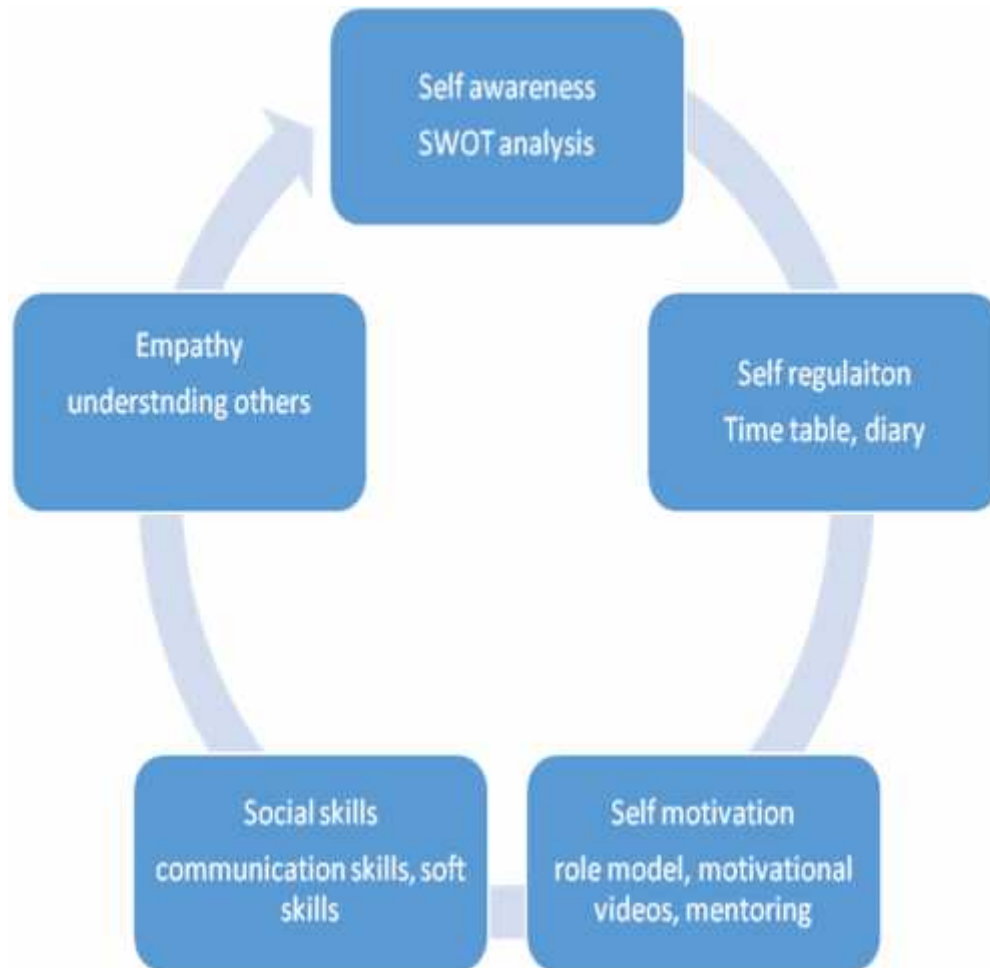
There are various models which are defending the importance of emotional intelligence at every part of life. Clarity about our emotions is as important as any goals which we set in life. There are people who may not know what exactly is happening to them or they don't understand what is going on around them. Thus the knowledge of emotional intelligence is pivotal.

In 1983 Howard Gardner came up with the concept of multiple intelligence and in 1988 Bar On defended the concept of emotional intelligence. This article will throw some light on how emotional intelligence contributes to the overall development of a student. And its not only the academic performance which counts for the success but also the skills to understand self and others also a major contributor for the personality development of a student.

Emotional Intelligence

There are five intelligence competencies which are important to be successful at any point of time.

1. Self-awareness
2. Self-regulation
3. Self-motivation
4. Social skills
5. Empathy



1. Self-Awareness

The student must know what emotions he/she is going through. There are instances where you find yourself in a dilemma, not in a position to understand the situation. Thus it is very important to know when you get angry, sad, upset, calm and happy. Knowing your strengths and weaknesses also contributes to self-awareness. SWOT analysis is an exercise which will keep a track on your strengths and weaknesses. It is also significant to know what are the affects/ effects of your emotions on others, weather it is positive or negative. Knowing the self-worthiness is one more important point in self-awareness.

The respondents opine that in the beginning it is difficult to understand where exactly they stand in the social life. As starting from the language, clothing, dressing, food habit, spending habit, perception differs with the urban students. It takes some time for a student to get adjusted to the new environment.

2. Self-Regulation

This is related with how an individual controls and manages one's own emotions. There are different disruptive emotions which will affect the thoughts, in order to have clarity with the emotions one must know to differentiate between positive and negative emotions. It is also important to maintain honesty and integrity in your work. Thus self-regulation also deals with being genuine. The student must work on self-regulation as the age group of 14-21 is more prone to get deviated easily.



The distractions in this phase may affect the academics. In this regard the institution is following the mentoring system where the each student is assigned a mentor who will take care of the student. The student mentor will have a scheduled time to meet and discuss any issues which is affecting the student. Student has to follow the time table and stick to the routine, which will help them to

3. Self-Motivation

Drive to achieve something important is considered as motivation. Under the topic emotional intelligence self-motivation is considered as one of the important concept. As it helps the person to successfully clear all the barriers and achieve the objective. In this study the majority of the respondents.

The majority of the respondents opine that though it is difficult for them to accept the failure which may be due to unawareness of the system, failure in subjects, differences of opinion, language barrier or the inferiority complex they come across, they will come over the difficulties. Hence self-motivation among the rural student is high and the support from the mentors and faculties helps them in this regard.

4. Social Skill

Human is a social animal, hence it is important to communicate, understand and to be understood well in the society. The students have to enhance their EI it is also important to develop your social skills. Social skill is being able to communicate both verbally and non-verbally in a group. Getting identified well among the friends will help a student to communicate effectively. The respondents answered for the questions relating to this component said that it takes time for them to adjust to new social norms like the language, body language, understanding others in a group, modulation the current behavior takes time. Hence with the time rural students develop their social skills.

5. Empathy

The ability to understand others emotions and their feelings is considered as empathy. As per the study the rural students are good at identifying and understanding the emotions of others. High in Empathy doesn't mean that you need to help others. It is very much required to communicate appropriately in the given situation. The respondents are of opinion that they can understand weather the person is sad, happy or angry.

Conclusion

The effects of negative emotions can be understood by studying the relationship between the felt emotions and learning process. This will result in poor academic performance and stress among students. The data collected from students reveal that they may face difficulty in the beginning of their academics but later they will overcome the same through their hard work and determination. They will go through anger, stress, sadness, homesickness, and frustration. Gradually the ability to manage these emotions is developed and thus their learning ability improves by the time.

It is important to include the concept of emotional intelligence in the curriculum. The students from rural background are more susceptible to emotional disturbances which will lead to negative emotions like anger, anxiety, sadness, frustration etc. mentors may or may not have the knowledge of emotional intelligence, hence it is important to include in the curriculum, through which the students will get to know the art of managing their emotions.



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