



A STUDY ON IMPACT OF PANDEMIC ON EMOTIONAL INTELLIGENCE OF UNDER GRADUATE STUDENTS WITH REFERENCE TO CHANDRAPUR CITY.

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Abstract

With the worldwide spread of Covid 19 pandemic and emergence of one COVID variant after other be it Beta, Delta, Omicron BA.1 or BA.2 variant. The Covid 'New Normal' appears to be endless and hope for the 'Old Normal' seems is being tested. The effect of pandemic has had dramatic changes in emotional wellbeing of people across different sectors and age groups. In education sector students are equally affected both at mental as well as Emotional level. The pandemic has given rise in negative emotions like stress, fear, anxiety, insecurity. In India, where physical health and wellbeing is gaining the due attention, somehow mental health and emotional health takes a back seat. Students who lack awareness towards their Emotions find it difficult to focus towards their studies and spend hours on social media and OTT platforms which are more of Escapism than distraction. It is found that students who have a higher Emotional Intelligence better at empathising with people around them and utilize the pandemic period in learning new skills and spending time on self-development.

Keywords: Covid Pandemic, Emotions, Emotional Intelligence, Stress, Uncertainty.

Introduction

The ongoing Covid Pandemic had huge implications and has had its adverse effect in each and every field. Education is one such field wherein faculties as well as students both had their share of stress and struggle adapting to the different models of online education be it for classes, practical or even examination. Critical and stressful situations can emerge are indispensable part of our daily life. Sometimes the stressful situations can be more severe in nature when it is at national and global level, like the ongoing covid pandemic. Pandemic has caused a spur in emotions such as stress, anxiety, fear, uncertainty.

Emotional intelligence is becoming crucial in this pandemic. Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage once own emotions in positive ways to express once feeling, relieve stress, communicate, empathize with others, overcome challenges and resolve conflict. Emotional intelligence helps one to build strong relationships, succeed at college and work, and also in achieving career and personal goals. It can also aid in connecting with once feelings, turn intention into action, and make informed decisions about what matters most.

Awareness towards one feeling and that of others, effective communication, empathy, social skills are the basic components of emotional intelligence. They play a significant role for students to handle difficult situations as the one we are going through. The need for the awareness and development of emotional intelligence, starting from the field of education, is strongly advocated so that the student can cope with stressful situations. Emotional Intelligence is considered as one key factor which makes us aware about our own feeling as well as of feelings of others.



Literature Review

Our ability to maintain inner equilibrium is threatened by the external factors mainly stress, anxiety, fear arising of the pandemic and thus the short or long exposure to those may generate an internal condition known as stress, which in spite of serving as an adaptive function in circumstances of hardship, may culminate in inducing emotions like fear and anxiety when persisting during a prolonged period of time (Drigas& Chara, 2020; Moreno et al., 2020). Additionally, there is an abundant heterogeneity in every person's stress experience that is under the influence of individual characteristics (resources, weaknesses and previous experiences) and contextual ones (social environment, historical moment and geography) that consistently shape both our appraisal and coping behaviours (Alonazi, 2020; Volk et al., 2021; Whitehead, 2021).

Objectives

This study is aimed to investigate the changes in emotions wellbeing of students during the pandemic. To examine the impact of the COVID pandemic on emotional intelligence of students.

Research Methodology

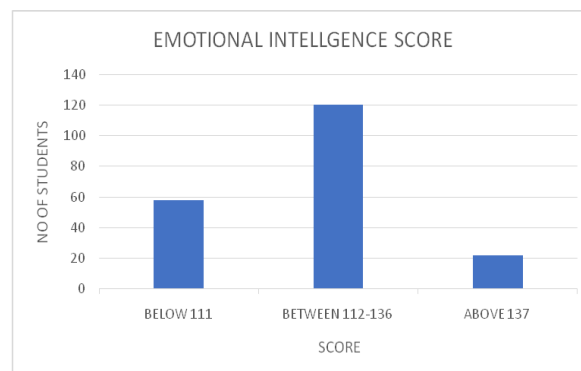
The design of the study is exploratory research and descriptive research.

Sample was collected from graduate students from First year to final year studying in Chandrapur city.

Sample size is of 200 students which was selected randomly and online questionnaire were given.

The check the Emotional Intelligence of students The Schutte Self Report Emotional Intelligence Test [SSEIT]. The Schutte Self-Report Emotional Intelligence Test (SSEIT) is a method of measuring general Emotional Intelligence (EI), using four sub-scales: emotion perception, utilizing emotions, managing self- relevant emotions, and managing others' emotions. It comprised of 33 questions and takes less than 10 mins to answer. The test was given in online form

After getting the data from the questionnaire it is analysed graphically.



The mean score across many large samples is about 124, with a standard deviation of about 13. So, scores below 111 or above 137 are unusually low or high.

Findings

It was observed that students with low Emotional intelligence witnessed the feelings of irritability, frustration and anger in their Emotional state since the onset of Covid Pandemic. The cause for such Emotional state is due to the constant stress, fear and uncertainty. Also, they have developed a tendency of spending hours on social media platforms like Face book, Instagram, tweeter etc, also subscribing to various OTT platforms or watching the content online. There is a significant amount of change in their sleeping patterns.



Contrarily Students who had higher Emotional Intelligence understood the nature and the causes of their feelings are generally less likely to collapse under the pressure of experimental or real-life stressors. Also, they are engaged in some kind of physical and mental activity [like playing sports, exercise, yoga and enrolled for some kind of online certification courses] for the restoration of their emotional balance and the resolution of their problems. This adaptively reduces the intensity and duration of stressful experiences and thus, minimizes the creation of health problems associated with stress-response systems.

Conclusion

The Emotional wellbeing of students has changed during Covid Pandemic. Negative emotions like fear, anxiety, insecurity has resulted in student's frequently feeling frustrated, irritated and angry. Students with lower Emotional Intelligence spend hours on Social media and OTT platforms, whereas students with better Emotional Intelligence adapt better and utilize this time in a productive ways.

Suggestions;

Pandemic has led to countless vagaries worldwide impacting the Emotional wellbeing of all. Focus on the concept of emotional intelligence during education may assist in the establishment of a supportive environment that can reduce uncertainty among students. Creating awareness, understanding once emotions and raising the Emotional Intelligence of students should be a focus of educational institutions and ministries of education worldwide.

“According to Darwin’s Origin of Species, it is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself.” Megginson, 1963.

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