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A study of emotional intelligence and mental health of English medium higher secondary school students

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Abstract

When it comes to discuss about any student's and his/her behaviour, attitude, aptitude, manners, communicative skills and many more other words what not, One must consider or taken it granted for his/ her emotional intelligence and mental health. Because any sort of response from the student must come through both emotional intelligence and mental health. One of the important and essential matter is that hardy one can aware about these phenomena while talking with a student but absent of any one of these must be noticed and observed publicly. 'Education', past, present and future, it has been in the process of transformation from ages. It is differently coloured more by vivid tools and experiments according to need, importance and demand of the time. Presence study has been executed to examine Emotional Intelligence and Mental Health of Higher Secondary English Medium students in association with certain variables. This study is exerted to know and assess the effect of Gender, Area, Education of parents and stream of the students on Emotional Intelligence, which are as independent variables. A researcher has acquired self-prepared Emotional Intelligence scale and Mental Health scale for the present study. Null Hypothesis was examined by statistical evaluation by calculating Mean, Standard deviation and the critical ratio of collected data information. Gender, Area, Education of parents and Stream hardly effect on Emotional Intelligence and Mental Health of Higher Secondary English medium students.

Keywords: Emotional intelligence scale, mental health scale, higher secondary english medium school, variables

Introduction

Education is as old as the human race and human being has been in the process of learning and understanding since the days of primitive man and cave age. Since the very dawn of civilization, it has been regarded as an essential concomitant of all human society. So it should be updated and graded according to the need of the time, traditions, culture, society as well as the individual. Perhaps today's education system hardly gives any guarantee for a successful life and successful career. Education in our higher secondary schools mere acquisition of bookish knowledge and designing marks card, rather than shaping successful future, the interaction between the teacher and the pupil, understanding, and handling the emotions in the right manner, at the right time in the right way. Our past experiences and experiments clearly display that even a person with high intellect cannot be always successful in his life. However, why? It must be indeed a very serious matter.

So, this vacuum is realized over the year. An answer was brought by introducing the concept of emotional intelligence and mental health in our education system.

We are living in the era of globalization. Because of science and technology, students of present schools have multiple responsibilities in the society. They show lack of integrated development with physical, social, emotional, cognitive and mental disturbance due to total stress, tension frustration, fatigue and what not. The urgent prior condition of our present higher secondary school education is that it should include the emotional intelligence components in education. These components must become part and parcel of our higher secondary school education to shape a future generation because study habits vary from student to student as they come from different home environments.

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Statement of the Problem
Importance of the study

A research work is a continuous and life long process which is studying and evaluating in a certain direction and therefore it is obvious for a researcher to keep in mind its advantages as well disadvantages. This study will provide a standardized tool to study emotional intelligence and mental health of students of higher secondary English medium schools. The Inferences and findings of this study will be useful to academicians and course composer to know the remedies from their emotional intelligence and mental health and it will be easy to guide and provide proper direction to the students. This study will enable to know the emotional intelligence and mental health of students of various standards of study. This study will be helpful in knowing about which cause among the various causes responsible for creating the effect on the students and which one is more effective.

After knowing the levels of emotional intelligence and mental health of the students, they can be classified for various programs based of curricular activities or for co-curricular activities like debate, group discussion, indoor- games, speech competition, seminar, cultural program etc. Teachers and parents will get appropriate guidance to learn and know the emotional intelligence and mental health of the students. Teachers and parents will get appropriate guidance to bring the necessary changes required for the students knowing the levels of emotional intelligence and mental health in the study. The Findings of this study will be useful to those who are interested in this type of research.

Objectives of the Study

1. To assess the effect of gender on the emotional intelligence and mental health of English medium higher secondary school students.
2. To assess the effect of school area on the emotional intelligence and mental health of English medium higher secondary school students.
3. To assess the effect education of parents on the emotional intelligence and mental health of English medium higher secondary school students.
4. To assess the effect of the stream on the emotional

intelligence and mental health of English medium higher secondary school students.

Hypotheses

Following null hypotheses was formulated for the objective of the present study.

Ho1: There will be no significant difference between the mean scores obtained by boys and girls of English medium higher secondary schools on the emotional intelligence scale and mental health scale.

Ho2: There will be no significant difference between the mean scores gained by East Area students and West Area students of English medium higher secondary school on the emotional intelligence scale and mental health scale.

Ho3: There will be no significant difference between the mean scores achieved by students of less educated parents and students of higher educated parents of English medium higher schools on the emotional intelligence scale and mental health scale.

Ho4: There will be no significant difference between the mean scores secured by Science stream students and General stream students of English medium higher secondary schools on the emotional intelligence scale and mental health scale.

Delimitation of the Study

The present study is delimited to 11th standard students of English medium higher secondary schools of Ahmedabad city (East Ahmedabad and West Ahmedabad)

Limitations of the study

In the present study, a self-made emotional intelligence scale and mental health scale are used to collect data. So, the limitations of the tools are the limitations of the study.

Variables of the Study

The following variables are included in the present study.

Table 1: Type and Level of Variables of the Study

S. No	Independent Variable	Levels	
1	Gender	Boys	Girls
2	Area	East	West
3	Education of parents	Less educated parents	More educated parents
4	Stream	General	Science

Dependent Variable emotional intelligence scale & mental health scale

Population and Sample

The area of the present study is students of higher secondary

English medium schools of east area and west area of Ahmedabad. The students of Std-XI the academic year 2017-2018 of Ahmedabad City of Gujarat state will be taken for this study

Table 2: No. of schools taken for the study of the emotional intelligence and the mental health

Ahmedabad City English Medium Higher Secondary Schools			
East Area		West Area	
Science Stream	General Stream	Science Stream	General Stream
XI	XI	XI	XI
15	35	20	35

This list of schools is divided into two categories viz. east area schools and west area schools. Further, this list is divided into two more categories viz. science stream schools and general stream schools. 105 schools are selected for the study.

The schools have been selected through stratified random selection technique. 30% schools of each area respectively will be taken as a sample. If there are more divisions of the same standard, lottery selection method are used for the

selection of the division. In case if there would be only one division of the standard, the same division will be taken as a

sample. All the students of the selected division are included in the study. Students are selected through cluster method.

Table 3: No. of the Students selected in the sample according to variables

No.	Variable	Levels	No. of Students	Total
1	Gender	Boys	245	350
		Girls	105	
2	Area	East Ahmedabad	155	350
		West Ahmedabad	195	
3	Education of parents	Less educated parents	55	350
		More educated parents	295	
4	Stream	Students of General Stream	265	350
		Students of Science Stream	85	

Research Method

In the present study, Descriptive survey method was used for data collection.

Tool for Data Collection

In the present study, emotional intelligence scale, in which 52 statements were included While 49 statements were kept in the mental health scale after recommendations of an experts and directions of the guide. Five points rating scale is used in this inventory wherein five points such as Completely agree, agree neutral, disagree, completely disagree were included. Positive statements the marks-5, 4, 3, 2, 1 are given from completely agree to completely disagree respectively and for negative statements the marks-1, 2, 3, 4, 5 are given from completely disagree to completely agree.

Data Collection

The permission was sought from the principal of the selected English medium higher secondary schools of Ahmedabad city for data collection. The researcher was visited different higher secondary schools and administered the tool to the students by giving proper instructions. Thus, necessary data was collected from students.

Analysis and Interpretation of Data

In the present study, the data of the obtained scores of students on the academic achievement scale and the study habits inventory was entered into the Excel programme of M.S. Office at the first. Then all the numerical calculations were done with the Excel Programme. Then the collected data was classified according to the selected variables. Mean, Standard Deviation, Standard Error and C.R for examining null hypotheses were calculated on the basis of score of classified data.

Table 4: Emotional intelligence scale

Hypothesis	Independent Variables	Gender	N	Mean	SD	SD2	C.R. value
Ho ₁	Gender	Boy	245	171.5	48.79	2380.5	0.695 NS
		Girl	105	169	18.38	338	
Ho ₂	School Area	East	155	160	31.11	1200.5	0.393 NS
		West	195	179	32.52	968	
Ho ₃	Education of parents	Less educated parents	55	181.06	12.021	144.5	3.76 **
		More educated parents	295	173.5	34.65	416.5	
Ho ₄	Stream	General	265	170.5	16.26	264.5	5.337 **
		Science	85	172.5	45.96	2112.5	

Mean, S.D., t-value Higher Secondary English medium students

**Significant at 0.01 level, Ns- Not Significant, *Significant at 0.05 level

Table 5: Mental Health Scale

Hypothesis	Independent Variables	Gender	N	Mean	SD	SD2	C.R. value
Ho ₁	Gender	Boy	245	208.5	2.12	4.5	2.23 *
		Girl	105	191.06	12.72	162	
Ho ₂	School Area	East	155	174.5	6.36	40.5	5.71 **
		West	195	187	14.14	200	
Ho ₃	Education of parents	Less educated parents	55	183.5	6.36	40.5	0.153 NS
		More educated parents	295	184	5.66	32	
Ho ₄	Stream	General	265	182.5	4.94	24.5	6.25 **
		Science	85	202	9.89	98	

Mean, S.D., t-value Higher Secondary English medium students

**Significant at 0.01 level, Ns- Not Significant, *Significant at 0.05 level

Results achieved From table-3 and table 4- are as follow,

Results of Table 3- Emotional Intelligence Scale

Ho₁ and Ho₂ are not rejected. Hence the study reveals that there is no significant effect noticed on gender and school areas of higher secondary English medium students on the emotional intelligence scale. Whereas Ho₃ and Ho₄ are not accepted at both the levels 0.01 and 0.05. Hence the study

reveals that there is a significant difference noticed in education of parents and stream of learning of higher secondary English medium students on the emotional intelligence scale.

Results of table 4- mental health scale

Ho3 is not rejected. Hence the study reveals that there is no significant effect noticed on parents' education of higher secondary English medium students on the mental health scale. Whereas Ho1, Ho2 and Ho4 are not accepted at both the levels 0.01 and 0.05. Hence the study reveals that there is a significant difference of gender, areas of schools and stream of learning of higher secondary English medium students on the mental health scale.

Findings

Following are the major findings of the present study.

1. There is no significant difference is established between mean scores of boys and girls on the emotional intelligence scale, but there is significant difference is noticed between the mean scores of boys and girls on the mental health scale.
2. There is not much effect of areas of schools on mean scores of students on the emotional intelligence scale, but there is much difference is observed between the effect mean scores of areas of school on the mental health scale.
3. There is a significant difference observed among wards of less educated parents and wards of more educated parents on the emotional intelligence scale. Emotional intelligence is found more balanced in the wards of less educated parents than more educated parents, but there is no significance difference is noticed between the effect of mean scores of parents' education on the mental health scale.
4. There is significant difference noticed between mean scores of general stream and science stream students on the emotional intelligence scale as well as on the mental health scale. Science students have more emotional intelligence and good mental health than general stream students on the emotional intelligence scale and the mental health scale.

Educational Implications

Following implications based on the findings are presented.

- The present study will be helpful to teachers to arrange inspiring activities to improve the emotional intelligence and mental health of the students.
- Proper guidelines should be provided to teachers to improve emotional intelligence level and mental health level of students of general stream and science stream.
- By adopting modern techniques of teaching and learning, teachers can present, promote and monitor the good emotional intelligence and balanced mental health of students with the help of present study.
- The findings of the present study will be helpful to educationalists to arrange various programmes to bring qualitative improvement in academic achievement of students.

Conclusion

The present study was carried out considering the emotional intelligence and the mental health of the students of English medium Higher Secondary schools with respect to gender, school area, education of parents and stream of learning. The researcher hopes that findings of this study will be helpful to parents, teachers and educationalist to understand students' emotional intelligence and mental health of students of English medium higher secondary schools.

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