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### Research Paper

## A Correlational Study of Emotional Intelligence and Self- Concept amongst Adolescent Students

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*Key Words - Self-Concept, Emotional Intelligence Adolescents etc.*

### Abstract

*The present research paper deals with the correlational study of Emotional Intelligence and Self-Concept of adolescent students, where Self-Concept is the individual's way of looking at himself and Emotional Intelligence is the concept based on the proposed model of Daniel Goleman. Researcher had been designed and tested the null hypothesis. Survey method was adopted to conduct the study. 400 adolescent students (16 to 18 age group) were selected by using random sampling technique. Standardized S.C.Q. (Self-Concept Questionnaire) and self-made Emotional Intelligence scale were used to gather the data. Person product moment correlation statistical technique was used for data analysis. Statistically no significant correlation was found between the variables of the study.*

### Introduction

Every individual exists in a constantly changing world of experience of which he is the centre. It is his basic tendency and striving to know and understand himself as well as his environment. Due to constant interactions with his environment he reacts to his environment as he experiences and perceives it. Gradually the form of his 'self' is differentiated and developed. Self-Concept is a determinant of human behavior. In fact, awareness is the cause of behavior, how a person feels and thinks determines his cause of action. Self-concept is the totality of an individual's thoughts and feelings having reference to himself/herself as an object (Hawkins, et.al 1998). Gage and Berlinger (2006) states that self-concept is the affective or emotional aspect of self and generally refers to how we feel about or how we value ourselves (one's self-worth). From the above definitions of self-concept, we can easily find that the person's emotions and feelings about herself/himself play an

importance role in the building self-concept. Development of self is more or less a part of emotional development. Self-Concept is predominantly a function of Emotional Quotient. So the question was raised in investigator mind that is there any correlation between Self- Concept and Emotional Intelligence of Adolescents.

### **Statement of the problem**

A Correlational Study of Self- Concept and Emotional Intelligence among Adolescents.

### **Objective of the study**

To find out the correlation between Self-Concept and Emotional Intelligence of Adolescents.

### **Operational definition of terms**

#### **Emotional Intelligence**

Daniel Goleman (1995) Emotional Intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships.

#### **Self concept**

Saraswat and Gaur (1981) described Self-Concept as “the self-concept is the individual’s way of looking at himself. It also signifies his way of thinking, feeling and behaving.”

#### **Hypothesis**

In this study the following null hypothesis had been tested -

There is no significant correlation between Self-Concept and Emotional Intelligence of Adolescents.

#### **Methodology**

A study is correlational in nature, as the purpose of study was to find out the statistical correlation between the two dependent variables i.e. Self-Concept and Emotional Intelligence of Adolescents, so the researcher had adopted survey research method.

#### **Population**

The population for the present study comprised adolescents within the 16 to 18 age group located in Udaipur district.

#### **Sample**

The sample for the present study considered of 400 adolescent students (200 boys and 200 girls) from the government and private senior secondary schools.

#### **Tools Used**

The tools had been used in the study is given below:

- To measure the Emotional Intelligence of the adolescents’ researcher had been developed the 5 point rating scale based on the model proposed by Daniel Goleman.
- SCQ (Self- Concept Questionnaire) developed by Dr. Raj kumar Saraswat was used to collect the data.

**Statistical Technique employed**

Correlation calculated between the variables by method of Pearson product moment correlation.

**Data Analysis and Interpretation**

The table given below is used to show the dimensions of Emotional Intelligence and Self -Concept which were found significantly correlated among adolescent students.

Areas of Self-Concept \ Areas of Emotional Intelligence	Social	Temperamental
Intra awareness		.102*
Motivation		.102*
Social skills	.123*	
Total Emotional Intelligence		.099*

(\*significant at .05 level of significance)

The data are evident that the area of Self- Concept i.e. “social” has significant positive correlation with the social skills i.e. area of Emotional Intelligence.

It reveals that students who have sense of worth in social interactions are socially skillful. They are skilled at persuasion, effective in give and take, good in registering emotional cues in attaining their message, draw all members into actual and enthusiastic participation and promote a friendly and cooperative climate.

The other area of Self- Concept i.e. temperamental has positive correlation with the two areas of Emotional Intelligence i.e. intra-awareness and motivation, at the same time is has been found positively correlated with the total Emotional Intelligence.

It is revealed that students who have temperamental Self- Concept like their views are very clear about their emotional state are intra aware and self motivated too.

They are well recognized about their emotions and their effect. They have sureness about their self worth, capabilities, strengths and limits. These students have striving to improve or meet a standard of

excellence, aligning with the goals of the group or organization. These students have readiness to act on opportunities and persistence in pursuing goals despite obstacles and setbacks.

### Conclusion

From the above findings, it can be concluded that the study does not reveal statistically significant correlation between the total Self-Concept and total Emotional Intelligence of Adolescent. Slight positive correlation has been found between the areas of Self -Concept which is social with the social skills area of Emotional Intelligence. The temperamental area of Self-Concept has been found significant positive correlation with the area of Emotional Intelligence i.e. intra awareness, motivation and total emotional intelligence.

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