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Assess the emotional quotient among B.Sc. nursing second-year students in selected nursing college in Indore (M.P)

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ABSTRACT

New concepts such as emotional intelligence have become more widely understood; more educators are realizing that cognitive ability is not the sole or critical determinant of young people's aptitude to flourish in today's society. Proficiency in emotional management, conflict resolution, communication and interpersonal skills is essential for children to develop inner self-security and become able to effectively deal with the pressure and obstacles that will inevitably arise in their lives. (1) Aims: To assess the Emotional Quotient among B.sc nursing second-year students in selected nursing college in Indore (M.P).

Keywords: Emotional quotient, B.Sc. nursing student, Emotional intelligence.

1. INTRODUCTION

Emotional Quotient or Emotional Intelligence (EQ or EI) is a term created by two researcher– Peter Salovey and John Mayer – and popularized by Dan Goleman in his book 1996 of the same name “Emotional intelligence is the ability to perceive emotions; to access and generate emotions so as to assist thought; to understand emotions and emotional knowledge; and to reflectively regulate emotions so as to promote emotional and intellectual growth.” (2) In the case of nursing students, emotional intelligence has been proven to be associated with their academic and clinical performance as well as the amount of stress affecting their lives. Students with low emotional intelligence have a higher risk of indulging in health-damaging behavior in response to stress, along with it affecting their sleep habits. On the other hand, their emotionally intelligent counterparts were more likely to manage their stress using social support and were able to judge that such behavior would not help. (3)

2. NEED OF THE STUDY

Research carried out by the Carinegie Institute of Technology shows that IQ can help you successful to the extent of just 20 % in life. The rest 80 % success depends on your EQ. (4)

The New York Times Students with the highest grades also have the highest EQ – and likewise for the middle and lowest groups. In other words, this study shows a strong relationship between EQ and academic achievement. 11 Six Seconds, The Emotional Intelligence Network 10 % highest achievement (80th percentile and above); lowest achievement (20th % and below); middle (between the 80th and 20th-grade point %). The following results were observed: o Students in the highest achievement group also demonstrated greater interpersonal competency, adaptability, and stress management than students in the other groups. Students in the middle percentile group scored significantly higher than the 20th % group for interpersonal competency, adaptability, and stress management. (5)

3. REVIEW OF LITERATURE

Literature related to emotional quotient.

MJ Akomolafe 2012 A descriptive study was done in Ibadan, Nigeria among 500 senior secondary students between the ages 14-18 years to investigate the relationship among emotional intelligence, parental involvement, and academic achievement. Students'

emotional intelligence and parents' involvement rating scale was used. The result showed that there was a positive and significant relationship of 0.318 between emotional intelligence and academic achievement. A positive and significant relationship of 0.326 also existed between parental involvement and academic achievement. (6)

4. PROBLEM STATEMENT

“A Descriptive study to assess the emotional quotient among B.Sc nursing second-year students in selected nursing college in Indore (M.P)”.

5. OBJECTIVE

To assess the emotional quotient of B.Sc nursing second-year students in selected nursing college in Indore.

6. ASSUMPTION

a) Low emotional quotient may affect the adjustment in college.

7. DELIMITATION OF THE STUDY

1) This study is delimited to B.Sc nursing second-year students from the selected nursing college of Indore.

2) That student who are present during data collection period.

3) A student who are willing to participate.

8. MATERIALS AND METHODS

Research Approach

A quantitative approach was used for this study.

Research Design

The research design adopted for the study was Non-experimental descriptive design.

The setting of the study

This study was conducted in selected College of Nursing at Indore. The researcher selected the setting for the following reasons:

- Availability of the sample
- Economic feasibility of conducting the study.

Population

The target population in this study was 30 B. Sc. Nursing Second year students of selected College of Nursing at Indore.

Sample and Sampling Technique

In this study, sample was taken from the selected college of nursing Indore, 30 B. Sc. Nursing second-year student who fulfilled the inclusion criteria were selected as the sample. Purposive sampling technique was used to select the samples for this study.

Sampling Criteria

1) Inclusion criteria

- B.Sc. Nursing students
- Selected College of Nursing at Indore.
- Willing to participate in the study.
- Available at the time of the study.

2) Exclusion criteria

- B. Sc. Nursing second-year students who are;
- Studying college of Nursing.
- Studying outside of selected College of Nursing.

Data Collection Process

30 B. Sc. Nursing second-year students were selected randomly, using purposive sampling technique. Participants were assessed using structured questionnaire.

9. RESULT AND FINDINGS

This section deals with the description of assess the Emotional quotient among students B.Sc Nursing second-year students.

Section I: Descriptive of assessing the emotional Quotient

S.No	GRADING	FREQUENCY	%	MEAN
1	Very Good 24 & above	2	6%	20.5
2	Good 20-23	12	40%	
3	Average 14-19	14	46%	
4	Poor 10-13	2	6%	
5	Very Poor 9 & Below	1	3%	

This data shows that B.Sc nursing second year 46% students were having an average grade. and 40% of B.Sc. Nursing, students have a good grade. 6% Nursing Student having Very Good and Poor Grade .and 1% student Very Poor grade. The Mean score emotional quotient of B. Sc. Nursing students was 20.5. This value indicates that the B.Sc. Nursing, students had an average Emotional quotient

10. NURSING IMPLICATIONS

- Emotional Awareness: Recognizing one's emotion and their effects.
- Accurate self-assessment: knowing one's strengths and limits.
- Self- confidence: Sureness about one's self-worth and capabilities.

11. RECOMMENDATIONS

- A similar study can be done on the large sample so that the findings can be generalized.
- A similar study can be done on nursing staff.
- A study can be conducted to assess the emotional quotient

12. CONCLUSION

This study revealed that the Emotional quotient is average of B.Sc Nursing second-year student of selected college of nursing, in Indore(M.P.).The overall experience of conducting the study was enjoyable. The response of the participants was an encouraging hand for the investigators. The constant help and support of the guide and co-guide provided a positive reinforcement for successful completion of the study. The study was a new learning experience for the investigator.

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