

Comparative Study of Emotional Intelligence of the Secondary School Students of Experimental group before and after Emotional Intelligence Counseling

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ABSTRACT:

Present study is trying to enlighten the comparison of Emotional Intelligence of the 10th std. Students. For the present study 40 Students of 10th std. of Warangal District was taken, for the Assessment of Emotional Intelligence the “Emotional Intelligence Scale” of Chadha and Singh (2001) were used and ‘CR’ test used for the data analysis.

Results indicate that the comparison of Emotional Intelligence by the counseling has significant difference. Means there is significance difference shown between pre and post test group of counseling and Counseling can help 10th std. Students to improve their stress problem also.

Keywords: Emotional Intelligence, Student, Counseling

INTRODUCTION

Stress management is topic of current interest to administrators, stress is often described as silent killer because the effects of stress are not readily apparent, they may go either undiagnosed or take a long time, before they are manifested leading to permanent damage. The impact of stress and burnout on physical and psychosocial well being is well documented.

In people service industry like education, health care and police etc. job related stress has been a serious concern. In the context of above profession training course, one cannot achieve the objectives of the said course if it ignores this psychological aspect of the trainees.

When responding to survey on secondary school students experiencing stress, anxiety and burn out has been attributed to affecting the performance. A shift to training for theoretical knowledge and skills with constant psychological support is required.

Since stress is an emotional response to situation or event, present study has attempted to improve emotional intelligence by RSBT counseling with an aim to reduce stress and burn out and achieve teaching performance in the student of Warangal District.

Every new research evolves from the existing knowledge of that particular concept. The result, theories and accepted outcomes of the already conducted studies related to any specific topic ought to be understood in depth to reach new conclusions. The researcher has critically analyzed the previous studies related to the topic of education concerning

Emotional Intelligence. An intensive and exhaustive survey of related literature has done before selecting the present study this offered a fascinating experience. Pereira (2005) has observed that the students have shown behavioral, cognitive, psychological and emotional symptoms of stress attributed to the course. Supe (1997) has also found the medical course related stress in the students of G S Seth Medical College, Mumbai. The writer has viewed on types of motives need of teacher trainees counseling to improve emotional intelligence and overcome by stress.

METHODOLOGY

(a) Sample Techniques-Sample for the present study consists of 40 Student of 10th std. of Warangal District.

(b) Tool used- “Emotional Intelligence Scale” of Chadha and Singh (2001)

(c) Data Analysis- The data analyzed with the help of ‘CR’ test

(d) Objective of the study

To Study the analysis of differences in emotional intelligence of the experimental group before and after emotional intelligence counseling students'

(e) Hypothesis of the study

There is no significant difference in the Emotional Intelligence of the Students of Experimental group before and after Emotional Intelligence Counseling

INTERPTATION

Hypothesis - There is no significant difference in the Emotional Intelligence of the Students of Experimental group before and after Emotional Intelligence Counseling

Table

Comparative results of the Emotional Intelligence of the 10th std. Students of Experimental group before and after Emotional Intelligence Counseling

Group	Strength	Mean	SD	CR value	'P' Value
10 th std. Students Teachers before Emotional Intelligence Counseling	40	201.85	101.79	3.71	< 0.01
10 th std. students after Emotional Intelligence Counseling	40	281.23	89.06		

df = 78

Table value at .01 level of significant = 2.64

Table No.1 shows that the Emotional Intelligence mean score of 10th std. Student before Emotional Intelligence Counseling is 201.85 and after Emotional Intelligence Counseling 281.23, table shows that the computed mean difference is 79.38 and it is significant because its 'CR' value is 3.71, which is more than the table value 2.64 at 0.01 levels on 78 df. This shows that the 10th std. Student improved Emotional Intelligence after Emotional Intelligence Counseling.

Inference-

The result indicates that there is significant difference found between 10th std. Students before and after Emotional Intelligence Counseling. This implies that the Emotional Intelligence Counseling improved Emotional Intelligence of the 10th std. Students.

Thus null hypothesis is rejected

CONCLUSION: -

Results indicate that the comparison of Emotional Intelligence by the

counseling has significant difference. Means there is significance difference shown between pre and post test group of counseling.

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