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A STUDY TO ASSESS EMOTIONAL INTELLIGENCE AMONG NURSING STUDENTS

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ABSTRACT

The sample included is the nursing students studying in selected nursing college (N=180). The purposive sampling is used to select the respondents. The sample for the study comprised of 90 male and 90 female nursing students. To find out the association between EI score of male and female students was tested by one way ANOVA and t test. The findings of the study suggest that respondents are with moderate Emotional Intelligence. There is no significance difference between emotional intelligence score of male and female nursing students.

KEYWORDS

Emotional Intelligence, Nursing students, Self-awareness, Self-regulation, Motivation, Empathy, Social skills, Graduates, Wellbeing, Stress and Health.

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INTRODUCTION

Emotional intelligence (EI) is the ability to perceive, interpret, demonstrate, control, evaluate, and use emotions to communicate with and relate to others effectively and constructively. Some experts suggest that emotional intelligence is more important than IQ for success in life. Emotional Intelligence is perceiving ours and others emotions, understanding them and use in our thought and action. Following are some of the definitions of emotional intelligence given by renowned psychologists.

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness and the care of ill, disabled and dying people.

The focus of nursing is on patient needs, patient healing, patient safety, and patient empowerment.

STATEMENT OF THE PROBLEM

“A study to assess the Emotional Intelligence among nursing students in selected college of nursing at Nelamangala”.

OBJECTIVES OF THE STUDY

To assess the emotional intelligence of nursing students

To compare the emotional intelligence score among male and female nursing students.

HYPOTHESIS

H₁: There will be high EI score among nursing students.

H₂: There will be no association between EI scores of male and female nursing students.

VARIABLES

Research variable: Emotional Intelligence, Nursing students

Demographic variables: Age, Sex, Education (class of study), Domicile, income

RESEARCH DESIGN

The research design is the plan, structure and strategy of investigation for answering the research questions. It is the overall plan or blue print the researcher selects to carry out the study. The research design selected for the present study is Descriptive design.

POPULATION

Population is the entire set of individuals or objects having some common characteristics. In this study population comprise of nursing students at selected nursing college.

SAMPLE

Sample is the subset of a population selected to participate in the study. 180 nursing students who met the inclusion criteria formed the sample for the study. The sample for the study comprised of 90

girls and 90 boys total 180 nursing students of Harsha nursing College at Nelamangala.

SAMPLING TECHNIQUE

Sampling refers to the process of selecting a portion of population to represent the entire population. In this present study Purposive sampling technique was used to draw the samples, which is a type of non-probability sampling technique.

SAMPLING CRITERIA

Inclusion criteria

Who are willing to participate in this study.

Who are present during the period of data collection.

Exclusion criteria

Those who are on long leave

Who are not willing to participate in the study

Who are not available during data collection

Other than nursing students.

METHOD OF DATA COLLECTION

Tool for data collection

Emotional Intelligence Inventory which contains 40 items.

Method of data Collection

Method used is self-administered emotional intelligence scale situational Inventory

Procedure for data collection

The data will be collected with the prescribed period from selected nursing college in Bangalore.

Permission will be obtained from higher authorities.

Written consent will be taken from the respondents.

Purpose of the study will be explained to the respondents.

Instructions are given to nursing students regarding answering for the questionnaire.

PRESENTATION OF THE DATA

To begin with, the data entered in a master sheet for tabulation and statistical processing. The data was analyzed and interpreted by using descriptive and inferential statistics. The results of data analysis are presented under the following headings:

SECTION I

Analysis of demographic variable of respondents under the study.

SECTION II

Analysis of Emotional Intelligence score of nursing students.

SECTION III

Analysis of association between Emotional Intelligence score of male and female students.

Mean score of male and female nursing students

Shows that average scores of boys was 20.5556, highest is 30 and lowest score is 07 and range is 23. Average scores of girls was 19.54444, highest is 28 and lowest score is 12 and range is 16.

Mean score of respondents is 19.85 that indicates the moderate Emotional Intelligence the median value is 20 and standard deviation is 4.15.

Therefore, no significant association was found between these two groups i.e., male and female nursing students. Hence null hypothesis H01 is accepted and research hypothesis H1 is rejected for these variables.

DISCUSSION AND CONCLUSION

Major findings of the study

Section I

Demographic variables

Section II

Assessment of emotional intelligence scores among nursing students.

Section III

Association between emotional intelligence scores of male and female students.

Section IV

Testing of hypothesis.

Section I: Demographic variables

In relation to age majority i.e. 53% of respondents age was 18-20 years, 38% Of respondents age was 21-23 years, 5% Of respondents age was 24-26 years and 4% respondents age was 27-29 years. In relation to gender, 50% of respondents were male and 50% were female.

In relation to class studying, majority i.e. 45% of respondents were studying 1st year, 31% of respondents studying 3rd year, 13% of respondents

were studying 4th year and 11% of respondents studying 2nd year. (Figure No.4)

In relation to mother tongue, majority i.e. 57% of respondents are belongs to mother tongue Bengali, 28% of respondents belongs to Malayalam, 13% of respondents are belongs to Kannada and 2% belongs to other language like Tamil and Marathi. (Figure No.5)

In relation to domicile, all respondents are living in urban area. (Figure No.6)

In relation to family income, majority i.e 30% Of respondents are having the income of 6000-10000, 29% of respondents are having the income of 11000-15000, 25% of respondents are having the family income of 16000-20000 and 16% of respondents having the family income of 21000 and above. (Figure No.7)

Section II: Assessment of Emotional Intelligence scores among nursing students

In the present study average scores of boys was 20.55, highest is 30 and lowest score is 07 and range is 23. Average scores of girls was 19.54, highest is 28 and lowest score is 12 and range is 16. (Table No.7).

The mean score of respondents is 19.85 that indicates the moderate Emotional Intelligence, the median value is 20 and standard deviation is 4.15. (Table No.8)

Section III: Association between Emotional Intelligence scores of male and female students

In the present study between the groups calculated t_{df} ($p > 0.05$), the value is greater than 0.05 level of significance. Therefore, no significance association between the two group i.e. male and female students.

Section IV: Testing of hypothesis.

H1: There will be significance association between the means of two group (male and female nursing students)

The calculated F value of between the groups is 0.975619 and F between the groups is 3.89 and the p value is 0.325 i.e., p value is greater than the table value at 0.05 level of significance. Therefore, no significant association was found between these two groups i.e., male and female nursing students. Hence null hypothesis H01 is accepted and research hypothesis H1 is rejected for these variables.

LIMITATIONS OF THE STUDY

The study was confined to a specific geographical area i.e. selected nursing college at Nelamangala which imposes limits to any larger generalization.

The study was conducted over a small group of target population selected by purposive sampling technique. Hence generalization is limited to the nursing students of Harsha College of Nursing, Nelamangala.

Extraneous variables like exposure to media, learning in working environment, peer contact or any other events occurred in the period between data collection beyond the investigators control as control group was not used; therefore, there was possibilities of threats to internal validity.

No attempts were made to enhance the emotional intelligence.

RECOMMENDATIONS

On the basis of the findings of the study following recommendations have been made:

A similar study may be conducted on a large sample to generalize the findings.

A comparative study can be conducted on urban and rural population.

The study can be replicated on a large sample with a control group.

An experimental study can be conducted to enhance the emotional intelligence among the students.

A similar study can be conducted on nurses, other graduate and post graduate students, teachers and other professionals.

IMPLICATIONS

The results obtained from the study helped the researcher to derive certain implication. The implications of this study are important in the areas of nursing education, nursing practice and research.

NURSING EDUCATION

Nursing education in the public health care is more concerned about the prevention rather than the cure. Nursing curriculum is based on both theory and practice. Emotional intelligence is most important aspect of every one's life. In students life they come across the several obstacle that requires a strong and

effective coping skill to come across the obstacle, in the sense that require emotional intelligence which may help to plan effective learning.

NURSING PRACTICE

The obligation of the nursing profession is the provision of care and service to the human beings. Nurses working in the hospitals, educational institutions, remand homes, orphanages and community set ups should be equipped with positive attitude, self- acceptance, ego maintenance, patience, empathy and she should hold philosophy of life also. That makes her effective and comprehensive patient care.

CONCLUSION

The main findings of the study showed that nursing students have the moderate emotional intelligence. There is no association between EQ scores of male and female students. The hypothesis was checked and no-significance association at 0.05 level (i.e. $p > 0.05$).

On the whole, carrying out the present study was really an enriching experience to the investigator. It also helped a great deal to explore and improve the knowledge of the researcher and the respondents. The constant encouragement and guidance by the guide and experts, personnel co-operation and interest of respondents in the study contributed to the fruitful completion of the study.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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