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TO STUDY OF RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND DEPRESSION AMONG COLLEGE STUDENTS OF KARAD

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ABSTRACT :

The study is to investigate the relationship between Emotional intelligence and Depression among college students in Karad. Sample selected by random sampling method. The sample size was 80 students. (40 male & 40 female) of the age of 16 to 22 years old. The measuring scale used were the Emotional Intelligence scale [100 items] by S.K. Mangal and Depression scale [96 items] by shamim karim. The results of this study there is a negative association between emotional intelligence and depression among college students. The results further indicate negative significant correlation between various dimensions of emotional intelligence and depression.

KEY WORDS: - Emotional Intelligence , College students , Depression scale .

INTRODUCTION:
I

There is a long History of worrying about how adolescents will turn out In 1904 G. Stanley Hall proposed the "storm and stress" view that adolescence is a turbulent time charged with conflict and mood swings. However when Daniel offer and his colleges ques (1988) studied the self-images of adolescents in the united states. Australia, Bangladesh, Hungary, Israel, Italy, Japan, Taiwan, Turkey and West Germany at least 73 percent of the adolescents displayed a healthy self image.

How extensive is depression in adolescence? Rates of experiencing Major depressive disorder range from 15 to 20 percent for adolescents (Graber & sontag 2009) by about age 15 adolevent females have a rate of depression that is twice that of adolescent males. Among the reasons for this gender differences are that females tend to ruminate in their depressed mood and amplify it, females self images, especially their body images are more negative than males. Females face more discrimination than males do; and puberty accurs earlier for girls than for boy's (Nolen-Hoeksema 2010) As a result girls experience a piling up of changes and life experiences in the middle school. Years that can increase depression (Hammeb 2009)

Certain family faction place adolescents at risk for developing derpression (Graber & Santag 2009) liem, cavell & Lusting 2010 waller & Rose 2010) These include having adepressed. Parent, emotionally unavailable parents , parents who have high marital conflicts and parents with financial problem.

Poor peer relationships also are associated with adolescent depression (Kistner& other's 2006) Not. Having a close relationship with a best friend having less contant with friends and experiencing peer rejection all increase depressive tendencies in adolescents. Problems in adolescent romantic relationships can also trigger depressive symptoms; especially for girls (Starr & Davila 2009)

Friends were less likely to be depressed than young adolescents without friends where as young adolescents with depressed friends were more likely to be depressed (Brendgen & other's 2010) and a recent study of third- through ninth- graders revealed that one aspect of social- support in friendship may have cost as well as benefits (Rose, carlson & Wallper 2007)

Mayer and salovey (1993) define emotional intelligence as a kind of social intelligence Emotional intelligence is a set of abilities that includes concepts emotional appraisal and expression, emotion of management and regulation as well as emotional utilization for effective involvement (Golman, According to Bar on (1997) emotional intelligence is the ability to understand feelings as an informational guide for thinking and action the concept of emotional intelligence gives new depth of person's intelligence. The theoretical basis for EI is based on a proposed mental set of skills and abilities that underlies the accurate assessment, evaluation, expression and self-regulation of emotions (Davies, Stankar & Roberts 1998 Golman 1995)

Abbas Abdollahi, Seyedeh Maryam Edadi Nezhad Hossein et al (2013) revealed that a negative association between high ability of emotional intelligence was valuable predictor of depression in adolescents. Similarly vein, saklofsilce, Austin and Miski (2003). Reported a negative relationship between EI and depression – proneness and a positive relationship between EI and subjective happiness and life satisfaction among adolescents. Similarly Adel Tannous Jehan matar (2010) showed results that depressed females showed lower level of emotional intelligence that males.

Mohomad Khledian(2013 revealed that significant negative relationship between students secure attachment style and depression and there is significant positive relationship between students attachment style and emotional intelligence. Sandra & loyed (2001) indicated that increased emotional intelligence has a beneficial effect in terms of current depression status.

Objectives :
1)To study the correlation between emotional intelligence and depression of college students.
2)To find out the effect of various factors of emotional intelligence on various factors of depression.

Hypothesis:
1)The negative correlation between emotional intelligence and depression of college students.
2)Significant relarionship between various factors of emotional intelligence and that of depression of college students.

Methodology :
Sample : Study sample was consisted of 80 college students in Karad city Random Sampling technique was used and sample of equal number of male & female of their ages were between 16 to 22 years. Emotion intelligence inventory and Depression scale was used to assess the level of emotional intelligence and level of depression among the students.

Tools :
1) Mangal Emotional Intelligent Inventory (M- II) consturted by Dr. S.K. Mangal and Dr. Shuba Mangal the inventory for Hindi Knowing & College and University for the measurement of their emotional intelligence. Inventory consists of 100 items with two alternative the scale addressed four key aspects of Emotional Intelligence
1)Intra- personal awareness
2)Inter-personal awareness
3)Intra- personal management
4)Inter-personal management   - The reliability calculated 0.89 to 0.92

2)Depression scale was constructed by Dr. Shamin Karim & Dr. Rama Tiwari(1986) The Scale has been consisted 96 items related to twelve aspects of depression. The reliability calculated 0.86 and 0.96

Results and Discussion :

<div align="center">Table No-1
Emotional Intelligence</div>

Emotional Intelligence	Intrapersonal awareness	Inter-personal awareness	Intra-personal management	Inter-personal management	Total
Mean	17.80	18.00	18.22	16.55	70.65
S.D.	3.30	3.47	4.30	2.84	9.56

Table No.1 – Shows mean and SD of Emotional Intelligence. The mean and SD for the emotional intelligence is 70-65 & 9.56 respectively.

Table No. 2 : Depression

Sr. No.	Facotres of Depression	Mean	SD
1	Apathi	8.47	3.85
2	Sleep disturbance	7.08	4.75
3	Pessimism	5.92	3.78
4	Fatigability	5.10	3.82
5	Irritability	8.88	4.65
6	SW & SC	7.92	4.02
7	Dejected or Sadness	14.22	11.92
8	Self-dislike	5.15	5.04
9	Self . acquisition	5.93	5.19
10	Self-harm	4.15	4.60
11	Somatic Reoccupation	7.12	4.96
12	Indecisiveness	7.17	5.42
	Total	84.68	35.48

Table No.2 : Shows means and SD of Emotional Intelligence. The mean and SD for the depression is 84.68 and SD is 35.48 respectively.

Table No.3
Correlation coefficient between emotional Intelligence & depression.

Factor's of Depression	Factor's of Emotional Intelligence				Total
	Intra personal awareness	Intra personal awareness	Intra personal management	Intra personal management	
Apathi	-0.13	0.04	-0.04	0.04	-0.07
Sleep Disturbance	-0.34**	-0.18	0.03	0.19	-0.08
Pessimism	-0.29*	-0.28*	-0.15	-0.12	-0.28
Fatigability	-0.38**	-0.37	-0.05	-0.04	-0.26*
Irritability	-0.13	-0.19	-0.04	-0.22	-0.17
SW & SC	-0.39**	-0.22	-0.01	-0.05	-0.24
Dejected or Sadness	0.07	0.15	0.05	0.07	0.07
Self – dislike	-0.24	-0.27*	-0.16	0.01	-0.21
Self – acquisition	-0.36**	-0.15	0.14	0.15	-0.06
Self – harm	-0.29*	-0.25	-0.11	-0.07	-0.25
Somatic Reoccupation	0.53**	-0.18	-0.01	0.09	-0.22
Indecisiveness	-0.24	-0.36	-0.28*	-0.09	-0.33**
Total	-0.43**	-0.34**	-0.11	-0.01	-0.31

Table No.3 shows the correlation of depression with emotional intelligence and its various factors . Intra-personal awareness, inter-personal awareness intra personal management and inter-personal management. The correlation of depression with Intra personal awareness & inter- personal awareness is shown in table -0.43 & -0.345 both values are negatively significant of 0.01 level. The same way correlation of depression with intra-personal management and inter personal management is depicated in the same table and it is found -0.115 and -0.01 respectively and these values are statistically not significant.

Conclusions:
1)There is a significant negative correlation between emotional intelligence and depression among college students.
2)The factors of emotional intelligence are negatively associated with depression.

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