

*Monthly Multidisciplinary  
Research Journal*

*Review Of  
Research Journal*

---

Chief Editors

**Ashok Yakkaldevi**  
A R Burla College, India

**Flávio de São Pedro Filho**  
Federal University of Rondonia, Brazil

**Ecaterina Patrascu**  
Spiru Haret University, Bucharest

**Kamani Perera**  
Regional Centre For Strategic Studies,  
Sri Lanka

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### Regional Editor

Manichander Thammishetty  
Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad.

### Advisory Board

Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Delia Serbescu Spiru Haret University, Bucharest, Romania	Mabel Miao Center for China and Globalization, China
Ecaterina Patrascu Spiru Haret University, Bucharest	Xiaohua Yang University of San Francisco, San Francisco	Ruth Wolf University Walla, Israel
Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Karina Xavier Massachusetts Institute of Technology (MIT), USA	Jie Hao University of Sydney, Australia
Anna Maria Constantinovici AL. I. Cuza University, Romania	May Hongmei Gao Kennesaw State University, USA	Pei-Shan Kao Andrea University of Essex, United Kingdom
Romona Mihaila Spiru Haret University, Romania	Marc Fetscherin Rollins College, USA	Loredana Bosca Spiru Haret University, Romania
	Liu Chen Beijing Foreign Studies University, China	Ilie Pintea Spiru Haret University, Romania
Mahdi Moharrampour Islamic Azad University buinzahra Branch, Qazvin, Iran	Nimita Khanna Director, Isara Institute of Management, New Delhi	Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai
Titus Pop PhD, Partium Christian University, Oradea, Romania	Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain
J. K. VIJAYAKUMAR King Abdullah University of Science & Technology, Saudi Arabia.	P. Malyadri Government Degree College, Tandur, A.P.	Jayashree Patil-Dake MBA Department of Badruka College Commerce and Arts Post Graduate Centre (BCCAPGC), Kachiguda, Hyderabad
George - Calin SERITAN Postdoctoral Researcher Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi	S. D. Sindkhedkar PSGVP Mandal's Arts, Science and Commerce College, Shahada [ M.S. ]	Maj. Dr. S. Bakhtiar Choudhary Director, Hyderabad AP India.
REZA KAFIPOUR Shiraz University of Medical Sciences Shiraz, Iran	Anurag Misra DBS College, Kanpur	AR. SARAVANAKUMARALAGAPPA UNIVERSITY, KARAIKUDI, TN
Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur	C. D. Balaji Panimalar Engineering College, Chennai	V.MAHALAKSHMI Dean, Panimalar Engineering College
	Bhavana vivek patole PhD, Elphinstone college mumbai-32	S.KANNAN Ph.D , Annamalai University
	Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust), Meerut (U.P.)	Kanwar Dinesh Singh Dept.English, Government Postgraduate College , solan

More.....

# Review of Research

International Online Multidisciplinary Journal

ISSN: 2249-894X

Impact Factor : 3.1402(UJF)

Volume - 5 | Issue - 6 | March - 2016



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



Prakash B. Darure

Department of psychology, Mahila Mahavidyalaya, Karad .

### 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:

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 colleagues (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 & Santag 2009) by about age 15 adolescent 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 occurs earlier for girls than for boys (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 (Hammen 2009)

Certain family factors place adolescents at risk for developing depression (Graber & Santag 2009) Liem, Cavell & Lusting 2010 Waller & Rose 2010) These include having a depressed parent, emotionally unavailable parents, parents who have high marital conflicts and parents with financial problems.

Poor peer relationships also are associated with adolescent depression (Kistner & others 2006) Not having a close relationship with a best friend, having less contact 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 whereas young adolescents with depressed friends were more likely to be depressed (Brendgen & others 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 of emotional appraisal and expression, emotion 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 a 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 than males.

Mohamad Khledian (2013) revealed that a significant negative relationship between students' secure attachment style and depression and there is a 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 relationship 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) consturcted 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 :**

**Table No-1  
Emotional Intelligence**

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 depicted 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.

#### References. :

- 1)Johan W. Santrock – life – Span Development Thirteenth. Edition- MC Gruid Hill Education (India)
- 2)Abdollahi A. (2013). The association between emotional intelligence with depression- Asian Journal of social sciences and humanities.
- 3)MCEVOY, A& Welker R.D. Antisocial behaviours. Academic failure and school climate. A critical review Journal of Emotional and Behavioural Disorders.
- 4)Journal of Behavioral scientist Vol-12 No.1 January, 2011. Pubby council of Behaviour scientist Agra.
- 5)Balluerka Nekane (2013) Emotional intelligence and depressed mood in adolescence. A Multi level approach International Journal of clinical and health psychology.

# Publish Research Article

## International Level Multidisciplinary Research Journal

### For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Books Review for publication, you will be pleased to know that our journals are

### Associated and Indexed, India

- ★ Directory Of Research Journal Indexing
- ★ International Scientific Journal Consortium Scientific
- ★ OPEN J-GATE

### Associated and Indexed, USA

- DOAJ
- EBSCO
- Crossref DOI
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Review Of Research Journal  
258/34 Raviwar Peth Solapur-413005, Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.ror.isrj.org