

Review of Empirical Studies On Role of Emotional Intelligence to A Student

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Abstract: Emotional intelligence gives a significant impact on overall development of the students. Emotional intelligence is the ability to understand the emotion of oneself & other, recognise its causes and effects, regulate & manage the emotion, effectively perceive and respond to the emotion of others, and build healthy relationship & handle interpersonal relationships judiciously and empathetically which are essential for overall behavioural development of the students. Many studies have shown that the student with high emotional intelligence tend to exhibit better academic performance or achievement, enhance communication skills, manage stress and anxiety, handling interpersonal relationship promoting psychologically wellbeing etc. Hence, emotional intelligence is a significant predictor of one's success in the future. Emotional intelligence also gives significant impact to the students for bringing better academic performance or achievement, establishing better rapport or relationship, managing the academic stress and anxiety and developing good mental and emotional health as well as psychologically wellbeing of the students.

Keywords: Emotional intelligence, development, communication, achievement, empathetically.

INTRODUCTION:

In our present modern society, education is considered as one of the basic needs of mankind as like food, clothing and shelter. The chief aim of education is shaping and moulding the behaviour of the individual of our society in order to produce effective, efficient & well balanced personalities and perfect being. But for imparting effective and meaningful educative process, the study of psychological traits of the individual such as intelligence, personality, motivation, mental health, developmental stages, instinct and emotion etc. are so needed and essential. It is well known that the knowledge of psychology is so essential in shaping and moulding the behaviour of the individual as well as in bringing the effective and meaningful teaching learning process. Among these psychological traits, emotional intelligence is also one of the important traits which is essential for imparting the education of the individual. **According to Salovey & Mayer (1993)** "*The emotionally intelligent person is skilled in four areas: identifying, using, understanding and regulating emotions*". In the words of **Daniel Goleman (1995)** "*Emotional intelligence consists of the five components: knowing our emotion (self-awareness), managing them, motivating ourselves, recognizing emotions in others (empathy) and handling relationships*". But, emotional intelligence gives a significant impact on the development of perfect being and wellbeing of an individual. It is so needed for enhancing the better performance in any field of the individual as well as a significant predictor of future progress of the individual. **According to Daniel Goleman,** "*Emotional intelligence accounts for 80% of a person's success in life and intelligence accounts only for 20% of a person's success*". Emotional intelligence also gives significant impact to the students for bringing better academic performance or achievement, establishing better rapport or relationship, managing the academic stress and anxiety, developing good mental and emotional health as well as psychologically wellbeing of the students. By considering the above views, there is need for conducting various studies on emotional intelligence of the students & its roles and factors that differentiate the emotional intelligence of the students.

ROLE OF EMOTIONAL INTELLIGENCE TO A STUDENT:

Emotional intelligence is closely associated and related with overall development of the students. It plays significant roles in enhancing the academic achievement, managing stress and anxiety, developing interpersonal

relationship, maintaining & regulating emotional and mental health, building psychological wellbeing, reducing stress and anxiety, creating motivation of the students. The various roles of emotional intelligence to a student are discussed on the following ways.

A) Emotional Intelligence Plays a Vital Role in Bringing Better Academic Performance or Achievement of the Students:

Emotional intelligence of the students is closely and positively associated with better academic performance or achievement of the student. It plays a significant contribution for enhancing or fostering better academic performance and achievement of the students by influencing their overall behaviour. Emotional intelligence is helpful to the students for making self-awareness, managing stress & anxiety, maintaining better emotional balance & mental health, creating the motivation, enhancing interpersonal skills, developing positive attitude towards learning, fostering problem solving & decision making, increasing more attentive, engaging & initiative in the classroom, which are essential for bringing the academic performance and achievement of the students. Many studies have shown that there is positive and significant relationship between emotional intelligence of the students and their academic performance or achievement. **Joshi, G. (2020)** revealed that *“a positive or significant association is found between the academic achievement and various components of emotional intelligence”*. **Karini, J.W., Kurna, J.A. & Anika, A. (2020)** found that *“there is a strong positive relationship between emotional intelligence and academic performance. The study also indicated that the level of emotional intelligence increases with academic progression of the students”*. **Suleman, Q., Hussain, I., & Mahmood, Z. (2019)** showed that *“there is a significant relationship between emotional intelligence and academic success among the undergraduate students. The study also revealed that higher the emotional intelligence of the undergraduate students than higher will be their academic success and so on”*. **K. Ramana & Anitha Devi, S. (2018)** observed that *“a positive correlation is found between emotional intelligence and academic achievement of intermediate students”*. **Raj, P. & Chandramahan, V. (2015)** indicated that *“emotional intelligence predicts success in academic performance of the girl’ students. Various domains of emotional intelligence such as self-recognition, self-regulation, self-motivation, empathy and handling relations have a strong and positive correlation on the academic achievement”*. **N.R. Geetha (2015)** found that *“there is significant relationship between emotional intelligence and academic achievement of higher secondary students. The study also revealed that there is significant influence of emotional intelligence on academic achievement of higher secondary students”*. **Bhadouria, P. (2014)** found that *“there exists a significant relationship in emotional intelligence and academic Achievement of high school students. Susheela (2017) found a significant and positive relationship between academic achievement and emotional intelligence of secondary school students”*. **Ghosh, S.K. & Paul, D. (2022)** observed that *“the students, who exhibit high emotional intelligence, also have high academic achievement, Students showing medium emotional intelligence also exhibit medium academic achievement, with minor exceptions, Students having low emotional intelligence show low academic achievement and A correlation of 0.76 was found between academic achievement and emotional intelligence”*. From the above studies, it is concluded that emotional intelligence is significantly associated with better academic performance of the students. The student with high emotional intelligence tends to exhibit better academic performance or achievement and learning abilities by enhancing self-awareness, self-regulation, empathy, motivation and social skills which are necessary to contribute effective learning and overall wellbeing.

B) Emotional Intelligence has a Significant Impact on Managing Stress and Anxiety of the Students:

Emotional intelligence plays a significant role in managing the academic stress of the students. A student with high emotional intelligence can easily identify his own weakness and strength, manage his own emotion, feeling & behaviour, control the emotional impulses, understand the emotional experiences of others, develop healthy and positive relationship with others and maintain better emotional and mental health. Many studies have shown that there is a significant inverse relationship between emotional

intelligence and academic stress of the students. **Hoovanna, S. (2024)** revealed that *“A significant inverse correlation was found between emotional intelligence and academic stress ($r = -0.45, p < 0.01$). This indicates that students with higher levels of emotional intelligence tend to experience lower levels of academic stress”*. **Ashhar, V. (2024)** mentioned that *“students with high scores on emotional intelligence perceive less stress in life as compared to students with less score on emotional intelligence. The study also revealed that students possessing high emotional intelligence encounter lower levels of stress due to their proficiency in empathy, emotional stability, relationship management, values, motivation, commitment, and altruistic behaviour”*. **Jahan, K. (2020)** found that *“there is a significant inverse relationship between Emotional Intelligence and Stress in both female students and male students. When Emotional Intelligence is high, Stress is low and when Emotional Intelligence is low, Stress is high. So it can be said that there is a negative correlation between Emotional Intelligence and Stress”*. **J. Senthil Kumaran & Javid, A. (2016)** revealed that *“there is a significant inverse relationship of emotional intelligence with dimensions of test anxiety, test anxiety total and academic stress”*. **G.R. Jisha (2021)** revealed that *“there is a significant negative correlation between the level of emotional intelligence and academic stress in higher secondary students. It is clear from the findings that students with high emotional intelligence have low academic stress”*. **Sharief, S. (2022)** determined that *“there was a strong negative correlation between stress and Emotional Intelligence. It indicates that students with higher Emotional Intelligence in Universities have less stress levels whereas, those with lower Emotional Intelligence, experience more stress”*. **Kauts, D.S. (2016)** concluded that *“students having high emotional intelligence has less academic stress than that of students with low emotional intelligence”*. From the above studies it is understood that emotional intelligence and academic stress of the students are significantly inverse relationship and emotional intelligence is so essential and needed to the students in managing and coping academic stress and anxiety by enhancing self-awareness, self-regulated, empathy and other social skills.

- C) Emotional Intelligence Enables the Students to Establish a Better Rapport and Healthy Relationship in the Institution:** Emotional intelligence gives a significant impact on the establishment of better, positive and meaningful rapport or adjustment in the institution. Emotional intelligence enables the student in enhancing the self-awareness & empathy, promoting self-regulation, developing effective communication skills and social skills, encouraging positive attitude and motivation and increasing social awareness, which are the essential or keys factors for establishing better rapport with the teacher and peers particularly as well as overall institutional environment in general. A high emotional intelligence tends to exhibit better relationship or adjustment with the institution by enhancing classroom harmony, maintaining proper manner and discipline, creating meaningful and supportive learning environment, encouraging cooperative and collaborative activities and establishing better adjustment or relation with the teachers and peers. Emotional intelligence helps the student to build strong & trusting relationship with the teachers and peers. It enables the students to develop better communication skills with the teacher and peers. It means that emotional intelligence helps the students to build a positive, strong and trusting relationship with the teachers and peers by enhancing self-awareness, self-regulation, empathy, and social awareness and skills.
- D) Emotional Intelligence is Essential for Maintaining Sound Mental Health of the students:** Emotional intelligence and mental health are closely and intimately related to each other. There is a significant impact of emotional intelligence in order to develop a good and sound mental health. A high emotional intelligence tends to exhibit better and sound mental health to the students, on the other hand, a low emotional intelligence tends to exhibit mental disorder among the students. Many studies have shown that there is a significant impact of emotional intelligence on mental health of the students. **Yco et al. (2023)** found that *“a significant relationship exists between emotional intelligence and mental health among senior high school. The study also suggested that having good mental health among students relates to good emotional intelligence”*. **Srivastava, N. & Mudgul, S. (2021)** revealed that *“Emotional Intelligence and Mental Health have a positive association, the theory that a high level of Emotional Intelligence is*

directly connected to a greater level of Mental Health in a person has been proven". **Rai, V.K. & Dwivedi, D.K. (2022)** showed that "there is a positive and significant relationship between mental health and emotional intelligence of secondary school students for male, female, rural and urban students". **Kaur, S. & Niwas, R. (2016)** indicated that mental health and emotional intelligence are correlated highly and positively. **Parmar, T. (2019)** revealed that "A positive and significant relationship between mental health and emotional intelligence of Senior Secondary School Students". **Ritse, M. (2022)** showed that "there is positive and significant correlation between mental health and emotional intelligence of college students. **Sutar, S.S. & Patil, J.R. (2018)** concluded that "there is fair Degree of Relationship found between emotional intelligence and mental health among MPSC students. It means that emotional intelligence is positively affected on over all mental health". In the light of the above studies, it is concluded that emotional intelligence give a positive and significant impact on the mental health of the students by empowering the ability and skills to regulate emotion, manage stress & anxiety, increase self-esteem and self-confidence, building strong trust and relationship, enhance coping skills and resilience.

- E) Emotional Intelligence Gives a Significant Impact on Building the Psychologically Wellbeing of the Students:** Emotional intelligence plays a significant role in promoting and maintaining the psychological wellbeing of the students. Psychological wellbeing refers to overall state of individual's mental and emotional health encompassing pleasant or positive aspect of life like happiness, joy elation, satisfaction, achievement, belongingness, personal growth, self-esteem, positive effect, personal control, social support and healthy relationship as well as absence of unpleasant or negative aspect such as neuroticism, psychoticism, somatic symptoms disorder, distress, tension, stress, anxiety, depression and other forms of mental and emotional disorder. Many studies have shown that persons with high emotional intelligence tend to exhibit better psychological wellbeing and absence of mental and emotional disorder. **Shaheen, S. & Shaheen, H. (2016)** concluded that "there is a significant positive relationship between emotional intelligence and psychological well-being. The study also indicated that high levels of emotional intelligence are associated with higher levels of self-esteem, social involvement & sociability, control of self and events, and overall better psychological well-being of students' life". **R. Deepa (2024)** showed that "there was a significant association between the emotional intelligence ability of students and their well-being". **Jugnu & S. Vivekananda (2018)** found that "there is a significant relationship between emotional intelligence and psychological well-being among the undergraduate students". **Kaur, M. (2021)** showed that "there is a positive relation between emotional intelligence and psychological well-being". **Salunke, S.B. (2021)** concluded that "students having higher level of Emotional Intelligence exhibit higher Wellbeing than student having lower level of Emotional Intelligence. Thus, level of Emotional Intelligence increases Wellbeing of students". **Susheela (2017)** observed that "a positive and significant relationship was found between psychological well-being and emotional intelligence and of secondary school students". From the above studies, it is concluded that emotional intelligence enables the student to build up positive mental and emotional health, life satisfaction, self-esteem and self-acceptance, interpersonal relationship, personal growth and achievement, effecting coping with life challenges, and healthy relationship with absence of mental and emotional disorders by enhancing or improving self-awareness, self-regulation, social skills, motivation and empathy.
- F) Emotional Intelligence Plays a Vital role in Developing Leadership Quality of the Student:** Emotional intelligence and leadership quality of the individual are closely and intimately associated each other. A high emotional intelligence individual tends to exhibit the various traits of leadership qualities such as self-awareness, self-regulation, empathy, interpersonal skill, communication skills, problem solving and decision making, inspiration & encouragement and other social skills. Many studies have shown that emotional intelligence and leadership qualities are significantly and positively correlated to each other. **Kalita, P. (2018)** found that "there is moderate correlation between Emotional Intelligence and Leadership qualities among the students of the respective study". **Nanaware, R.B. (2021)** found "a

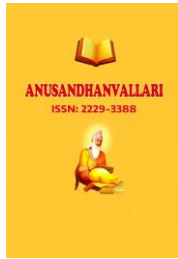
relatively positive ($r = 0.520$) and statistically significant correlation exist between leadership qualities and trait emotional intelligence". **Nazem and Gheytsi (2014)** showed "a significant positive relationship between leadership skills and level of emotional intelligence. Emotional intelligence is increased by enhancing the individuals' leadership skills". **Mandell and Pherwani (2003)** also showed that "leadership skills and styles were significantly correlated with emotional intelligence". **Abdul Rauf, F.H. (2020)** indicated that "leadership skills positively influenced emotional intelligence among accounting students in MPU. Thus, the greater the leadership skills possessed by individuals the higher their level of emotional intelligence". **Kour, K. & Ansari, S.A. (2024)** mentioned that "there exists a positive correlation between emotional intelligence and effective leadership". From the above studies it is concluded that emotional intelligence plays a significant role in promoting leadership qualities of the students. Emotional intelligence enables the individual in enhancing the self-awareness & empathy, promoting self-regulation, developing social skill, increasing social awareness and creating motivation which are the essential qualities for effective leadership and it also enhances the students in developing communicating skill, building healthy relationship with others, managing conflict situation, inspiring or motivating the team for the achievement of the desirable goal.

CONCLUSION:

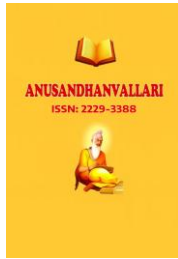
Emotional intelligence is the ability to understand the emotion of oneself & other, recognise its causes and effect, regulate & manage the emotion, effectively perceive and respond to the emotion of others, and build healthy relationship & handle interpersonal relationships judiciously and empathetically. Many studies have shown that there is a positive and significant correlation between emotional intelligence and academic achievement or performance, managing stress and anxiety, mental health, psychological wellbeing and leadership qualities of the student. Hence, emotional intelligence gives a significant impact on the overall development of the student. Emotional intelligence is essential and key factors for bringing better academic performance or achievement, managing the stress and anxiety, building better rapport and healthy relationship, maintaining the mental and emotional health, promoting psychologically wellbeing as well as leadership quality of the students

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