



VOLUME
4

RECENT TRENDS IN MULTIDISCIPLINARY SUBJECTS

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DR. PRASENJIT BARMAN

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red'shine
Publication
INDIA

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RED'SHINE PUBLICATION PVT. LTD.

Headquarters (India): 88-90 REDMAC, Navamuvada,

Lunawada, India-389 230

Contact: +91 76988 26988

Registration no. GJ31D0000034

In Association with,

RED'MAC INTERNATIONAL PRESS & MEDIA. INC

India | Sweden | UK



Text © *Editors*, 2022

Cover page ©RED'SHINE Studios, Inc, 2022



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ISBN: 978-93-94727-68-7

ISBN-10: 93-94727-68-X

DIP: 18.10.939472768X

DOI: 10.25215/939472768X

Price: ₹ 1000

June, 2022 (First Edition)



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Website: www.redshine.co.in | **Email:** info@redshine.in

Printed in India | Title ID: 939472768X



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CHAPTER 25

A STUDY ON EMOTIONAL INTELLIGENCE ON THE COLLEGE STUDENTS

*Dr. Prasenjit Barman*¹

Abstract:

The emotional intelligence (EI) is treated as one of the important personality part of the students. Emotional Intelligence (EI) is now being recognized as an important field of research, development, and applications. The purpose of this study was to observe the difference, if any, on the Emotional Intelligence of second semester and fourth semester B.P.Ed. (Bachelor of Physical Education) students. Subjects of this study were one hundred from second semester and one hundred from fourth semester students. Four dimensions of emotional intelligence, namely- intra-personal awareness (knowing about one's own emotions), inter-personal awareness (knowing about others emotions), intra-personal management (managing one's own emotions) and inter-personal management (managing others emotions) were the criterion measures. Mean, standard deviation (SD) and independent t-test were the statistics used for data interpretation. Significance difference ($p < 0.05$) was observed between male 2nd semester (sem.) and 4th sem. College students in intra-personal awareness and inter-personal awareness and intra-personal management dimensions. No significance difference was observed in male 2nd sem. vs. male 4th sem. female 2nd sem. vs. female 4th sem. in the dimension of intra-personal awareness, inter-personal awareness, intra personal management, inter-personal management. There was no statistically significance difference was found in the dimension of inter-personal management of male 2nd sem. vs. female 4th sem. college students.

Key Words: *Emotional intelligence, Student, B.P.Ed., college.*

Introduction:

With the dawn of the new century, intelligence and success are viewed under new light. New theories of intelligence have been introduced which are gradually replacing the traditional theories. The student is at the centre of concern, not only his reasoning capacities, but also his creativity, emotional and interpersonal skills (Sharma, 2011). Emotions have psychological aspect. Emotions are basic primeval forces of great powers and influences designed by nature. They enable individual to cope with circumstances which demand the utmost efforts for survival or success or to add colour and spice to our living (Vijay Kumar Chechi, 2012). Emotions are prime movers to thought and conduct, which gives best to life and important qualities to personality.

Bar - on et.al, (2006) defined EI as the sum of social and emotional competencies of individuals communicating with him and others in order to cope with environmental pressure and demands. He also maintained that emotional intelligence is a series of collection of unknown capabilities, competencies, and skills which can have a strong effect on individual's capabilities in order to succeed in coping with environmental demands and pressures.

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