



"A study of Emotional Intelligence and Working women's Mental Health"

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Abstract

The "state of mind in which one is free to make use of his natural capacities in an effective and satisfying manner" is known as mental health. Seeking mental health care is still frowned upon in poor nations like India, where there is significant stigma. However, there are links between emotional intelligence and mental health, and recognising these links could help develop more effective interventions. The primary goal of the current study is to investigate the impact of low emotional intelligence and high emotional intelligence on the mental health of working women. In light of this, the information was gathered at random from 401 women in the Andhra Pradesh district of East Godavari. For this investigation, two separate scales—the Mental Health Inventory (Jagdish & Srivastava, 1983) and the Emotional Intelligence (Nutan and Usha, 1999)—were used. The findings show that positive self-Evaluation and autonomy components of mental health were strongly influenced by high self-assessment of emotions. High emotion assessment in another group revealed more pronounced differences in favourable self-evaluation and contextual mastery.

Key Words: Mental Health, Emotional Intelligence and Working Women

Introduction

Mental Health

The absence of mental diseases is only one aspect of mental wellness. The World Health Organization's (WHO) concept of health as stated in its constitution emphasises the positive aspect of mental health: Not just the absence of illness or disability, but also whole physical, mental, and social well-being is referred to as "health" Women are psychologically stronger than men, according to research by Holmstrom Reijo (1976). The phrase "mental health" itself has a wide range of meanings because it refers to a nebulous and diffuse field. Blanco field (1967) defined mental health as a composite of attitude towards oneself, ability to realize once potential through action, degree of independence from social influence and the ability to perceive realistically the world around. Ferguson (1965) stated that mental health is the ability to cope with one's environment in such a way that one's institutional drives are gratified.

Review of Literature

Emotional Intelligence (EI) is a behavioural concept that has only recently gained popularity thanks to Daniel Goleman's 1995 book of the same name. When psychologists first started discussing intelligence, they tended to concentrate on cognitive skills like memory and problem-solving. Researchers did, however, understand early on the importance of the non-cognitive components. The majority of studies have shown a high correlation between emotional intelligence and mental health. As a predictor of their mental health, Sanjeev (2015) looked at the emotional competence of 120 scientific pre-service teachers. Results showed that there were substantial differences between the mental health of pre-service science instructors who fell into the general and reserved categories. The low mental health score of pre-service teachers who fall into the reserved category shows that they lack traits like self-assurance, self-acceptance, self-identity, self-realization, acceptance of others, and situational flexibility. EI and mental health were found to be adversely associated in a study by Katarzyna (2016). However, it was discovered that individuals with a low EI had considerably lower mental health than participants with an average or high EI when unemployed people with low, average, and high EI were compared. Emotional intelligence and self-efficacy, according to research by Garima and Sushil Kumar (2010), are positively connected with mental health. Additionally, it was discovered that male students outperformed female students in terms of self-efficacy, emotional intelligence, and mental wellness. According to Jafar et al. (2010), there is a substantial correlation between emotional intelligence and the results of mental health scales and subscales. This study also showed that emotional intelligence affects the scores on mental health scales and subscales.

Need of the Study

It is clear from surveys of the research on mental and emotional intelligence that several areas, including origins, consequences, and predictors of mental health, require further study. There are several scales for evaluating mental health, however they often evaluate mental illness rather than healthy mental functioning. There are surprisingly few studies that look at how emotional intelligence affects women's mental health. There were no research that looked at the impact of emotional IQ on the mental health of working women.

Objectives of the Study

The main objective of the present study is to examine the effect of low and high emotional intelligence on mental health of working women.

Hypotheses

In order to realize the objectives of the study the following hypotheses have been formulated:

H1: There will be no significant difference between low and high Appraisal of Emotions in the Self of emotional intelligence on mental health of working women.

H2: There will be no significant difference between low and high Appraisal of Emotions in the others of emotional intelligence on mental health of working women.

H3: There will be no significant influence between low and high Emotional Expression of emotional intelligence on mental health of working women.

H4: There will be no significant difference between low and high Emotional Regulation of the Self of emotional intelligence on mental health of working women.

H5: There will be no significant difference between low and high Emotional Regulation of the others of emotional intelligence on mental health of working women.

H6: There will be no significant difference between low and high Utilization of Emotions in Problem Solving of emotional intelligence on mental health of working women.

H7: There will be no significant difference between low and high uncategorized of emotional intelligence on mental health of working women.

Measures:

In the present study, two different measures were used, namely Mental health Inventory (MHI), and Emotional Intelligence (EI)

Sample Procedure and Data Collection

The working women in the Visakhapatnam area of Andhra Pradesh, India, were the subjects of the study. The information was gathered at random from 201 working women in the Visakhapatnam district of Andhra Pradesh. Participants included teachers, pretty business owners, Anganvadi workers, and other unorganised organisations. The concerned parties were informed of the study's goal by the researcher, who then used their responses to determine how to respond to each issue.

Forms with blank or missing fields were not taken into account for the analysis. Along with the normal surveys, all of the questionnaires were translated into Telugu to help the sample members comprehend.

Analysis of the Data:

The SPSS statistical software, version 21, was used to conduct all of these statistical analyses. The data were described using descriptive statistics, and mean values were calculated. The 't' test was used to investigate the significance of Mean's regarding the low and high emotional intelligence on working women's mental health.

Results and Discussion

The findings of this section illustrate how emotional intelligence affects working women's mental health in different ways. The working women were divided into two categories based on how emotionally intelligent they were: low and high. Based on the average value of each dimension, these groupings were created.

Table-1: Mental Health: Low and high appraisal of emotions in self among working women

MH dimensions	Appraisal of Emotions in Self	N	Mean	SD	t- value
Positive Self Evaluation	Low	92	23.41	4.31	2.12*
	High	109	22.03	4.86	
Perception of Reality	Low	92	19.32	3.36	0.14
	High	109	19.19	7.78	
Integration of Personality	Low	92	28.00	4.96	1.04
	High	109	27.23	5.44	
Autonomy	Low	92	14.60	2.84	2.26*
	High	109	13.66	3.00	
Group Oriented Attitudes	Low	92	23.35	3.65	0.97
	High	109	22.83	3.95	
Environmental Mastery	Low	92	25.03	3.84	0.20
	High	109	24.91	4.90	

*p≤.05 level, **p≤.01 level

Appraisal of Emotions in the Self:

The above table 1 displays the statistically significant mean differences between working women's low and high ratings of their own emotions on various mental health parameters. The t- values clearly show that it is statistically significant. The null hypothesis is therefore disproved. According to the results, a high self-emotional self-appraisal group significantly outperformed a low self-emotional self-appraisal group on the dimensions of positive self-evaluation (t=2.12, p.05) and autonomy (t=2.26, p.05) of mental health. It means that high appraisal of emotions in self working women have a feeling self confident, able to take quick decisions, playing important role in social ceremony. The well adjusted

person accepted her limitations and does not blame others for her deficiencies and does not run away from challenging situations.

Table-2: Mental Health: Low and high appraisal of emotions in others among working women

MH Dimensions	Appraisal of Emotions in Others	N	Mean	SD	t- value
Positive Self Evaluation	Low	94	21.74	4.77	2.66*
	High	107	23.47	4.42	
Perception of Reality	Low	94	18.43	4.08	1.79
	High	107	19.97	7.46	
Integration of Personality	Low	94	27.38	4.65	0.51
	High	107	27.76	5.70	
Autonomy	Low	94	13.80	2.81	1.31
	High	107	14.35	3.07	
Group Oriented Attitudes	Low	94	23.06	3.94	0.00
	High	107	23.07	3.71	
Environmental Mastery	Low	94	24.03	4.11	2.85*
	High	107	25.79	4.56	

*p≤.05 level

Appraisal of Emotions in others:

Table 2 shows the statistically significant mean differences between low and high emotional intelligence on the working women's mental health dimension. The results showed that, compared to the low appraisal of emotions group, the assessment of emotions in others showed a more significant difference on the positive self evaluation (t=2.66, p0.5) and environmental mastery (t=2.85, p.05) dimensions of mental health. Thus, the null hypothesis is disproved.

According to the findings, working women who provide good ratings to others are better equipped to make decisions, overcome their own challenges, and stay upbeat than those who give negative ratings to others. Additionally, it is considered that working women would like to be in an environment where they could manage their own problems and create a healthy and acceptable setting for their emotional and psychological well-being.. It indicates that high emotional intelligence have positive influence with

mental health. Earlier studies also documented that working women have positive self-evaluation (kiranben, 2014).

Table-3

Mental Health: Low and high emotional expression of working women

MH Dimensions	Emotional Expression	N	Mean	SD	t- value
Positive Self Evaluation	Low	132	22.30	4.54	-1.55
	High	69	23.36	4.82	
Perception of Reality	Low	132	19.32	7.03	0.22
	High	69	19.12	3.98	
Integration of Personality	Low	132	27.96	5.76	1.43
	High	69	26.86	3.96	
Autonomy	Low	132	14.23	2.99	0.91
	High	69	13.83	2.91	
Group Oriented Attitudes	Low	132	23.12	4.06	0.29
	High	69	22.96	3.33	
Environmental Mastery	Low	132	24.25	4.02	3.24**
	High	69	26.33	4.87	

**p≤.01 level

Emotional Expressions:

Table 3 shows the statistically significant mean difference between low and high emotional expression in terms of working women's mental health. From the results, it can be shown that the high emotional expression group substantially varied from the low emotional expression group on the environmental mastery dimensions of mental health ($t=3.24$, $p.01$). Thus, the null hypothesis is disproved. It seems that working women when to speak about personal problems to others are able to fight with problems even in adverse circumstances and satisfied with most of the aspects in life. Generally, educated and working women would have more emotional expression due to more social participation.

Table-4: Mental Health: Low and high emotional regulation of the self among working women

MH Dimensions	Emotional regulation of the Self	N	Mean	SD	t-value
Positive Self Evaluation	Low	114	23.67	4.47	3.61**
	High	87	21.34	4.59	
Perception of Reality	Low	114	19.61	3.51	0.96
	High	87	18.77	8.45	
Integration of Personality	Low	114	27.44	4.61	0.44
	High	87	27.77	5.96	
Autonomy	Low	114	14.83	3.01	4.25**
	High	87	13.11	2.60	
Group Oriented Attitudes	Low	114	23.31	3.58	1.03
	High	87	22.75	4.10	
Environmental Mastery	Low	114	25.57	4.23	2.24*
	High	87	24.17	4.58	

*p≤.05 level, **p≤.01 level

Emotional Regulation of others:

Table 5 displays the statistically significant mean difference between poor and high emotional regulation and other emotional intelligence on working women's mental health characteristics. The findings showed that there is no statistically significant difference in any of the aspects of mental health. The null hypothesis is therefore accepted. However it can be said from mean values that high emotional regulation of others group has more mental health all the dimensions when compared with low emotional regulation of others group.

Table-6: Mental Health: Low and high utilization of emotions in problem solving among working women

MH Dimensions	Utilization of Emotions in Problem solving	N	Mean	SD	t- value
Positive Self Evaluation	Low	13	23.06	4.3	1.65
	High	71	21.93	5.16	
Perception of Reality	Low	13	19.74	6.92	1.53
	High	71	18.35	4.32	
Integration of Personality	Low	13	27.55	4.79	0.13
	High	71	27.65	5.98	
Autonomy	Low	13	14.47	3.01	2.49*
	High	71	13.39	2.74	
Group Oriented Attitudes	Low	13	23.25	3.79	0.95
	High	71	22.72	3.85	
Environmental Mastery	Low	13	24.68	4.30	1.22
	High	71	25.48	4.65	

*p≤.05 level

Summary and Conclusion

Mental health is connected to A deeper understanding and more effective interventions could be made possible by emotional intelligence and its determinants. The primary goal of the current study is to determine how working women's mental health is impacted by their emotional intelligence levels, both high and low. In this regard, information was gathered at random from 401 women in the Andhra Pradesh district of East Godavari. For this investigation, two separate scales—the Mental

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Health Inventory (Jagdish & Srivastava, 1983) and the Emotional Intelligence (Nutan and Usha, 1999)—were used. The SPSS statistical software, version 21, was used to conduct all of these statistical analyses. To summarise the data and determine the mean values and significant influences of the Mean's about the low and high emotional intelligence on working women's mental health, descriptive statistics and the t-test were utilised. The following is a summary of the findings.

Positive self-evaluation and autonomy components of mental health were significantly influenced by high self-emotional appraisal.

Women who value their emotions highly are able to make wise decisions, overcome obstacles and self-problems in a cheerful manner, as well as deal with external issues and create a healthy and appropriate personal and psychological environment.

Working women with high emotional expression are able to discuss personal issues with others and deal with issues even in challenging situations.

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