

Mental Health and Emotional Intelligence among Adolescent Students

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Abstract

Both Mental Health and Emotional Intelligence are crucial for achieving success in various aspects of life. A researcher worked with two main variables Mental Health and Emotional Intelligence. My research aimed to investigate if there was any difference and relationship between Mental Health and Emotional Intelligence among adolescent students. 150 random samples were taken from the students of classes eleven and twelve of West Bengal. For data collection, the Researcher used two questionnaires made by herself according to a Likert five-point scale, and this research tool was standardized by the expert. The researcher used various statistical techniques (Mean, Standard deviation, t-test, Pearson's product-moment correlation) for data analysis. Each of these techniques serves a specific purpose in analyzing and interpreting data. The research results indicated no statistically significant difference in Mental Health based on gender (Male and Female) and location (urban and rural). Researcher observed differences in Emotional Intelligence when comparing total girls and boys students, as well as between urban girls and urban boys students. A moderate correlation was also identified between adolescent students' mental health and emotional intelligence.

Keywords: Mental Health; Emotional Intelligence, Adolescent Students.

Introduction

Background of the study

The total functioning and well-being of a person's psychological and emotional state are referred to as their mental health. It encompasses a person's thoughts, feelings, behaviors, and ability to cope with life's challenges and stresses. Not only physical health is crucial for a person's overall quality of life, but mental health also plays a significant role in determining one's ability to lead a productive life. Maintaining good mental health involves balancing various aspects of life, such as personal relationships, work, leisure activities, and self-care. Positive mental health allows individuals to experience happiness, manage stress, build resilience, and engage in healthy relationships. Mental health is a crucial aspect of overall well-being, influencing how individuals think, feel, and behave. Good mental health allows individuals to experience a range of positive emotions, such as happiness, contentment, and joy. It helps them effectively cope with and manage negative emotions like stress, anxiety, and sadness. Mental health influences cognitive functions such as concentration, problem-solving, decision-making, and creativity.

The concept of emotional intelligence gained prominence through the work of psychologists Peter Salovey and John Mayer in the early 1990s, and it was popularized by author Daniel Goleman in his 1995 book "Emotional Intelligence." Goleman's book brought attention to the idea that emotions play a crucial role in our decision-making, behaviour, and interpersonal relationships. Emotional Intelligence (EI) refers to the ability

to recognize, understand, manage, and effectively use one's own emotions, as well as the emotions of others, in various social interactions and situations. People with high Emotional intelligence are often resilient in the face of challenges, maintaining a positive attitude toward their goals.

Adolescence is a developmental stage that typically occurs between childhood and adulthood. Significant physical, cognitive, and emotional alterations are its defining characteristics. While the exact timing can vary, adolescence generally begins with the onset of puberty and continues until a person reaches their early 20s. The word "adolescent" comes from the Latin word "adolescere," which means "to grow up" or "to mature."

Statement of the problem

Gender (male, female) and location (urban, rural) are the categorical variables in my study issue. I have attempted to determine whether there is a difference between Mental Health and Emotional Intelligence in terms of these categorical variables. The proposed study is "Mental Health and Emotional Intelligence among Adolescent Students"

Review of related literature

i) Fr. Dr. Joseph P.P & Mushtaq Ahmad Bhat (2019). a study titled "Emotional Intelligence of Adolescents in Relation to their Mental Health"

The Objective was to study the differences and relationships between mental health and emotional intelligence of adolescents (males, and females).

Researchers used the Random sampling technique and inventory (Mangal Emotional Intelligence Inventory & Mental Health Inventory) for collecting the data. They also used various statistics mean, standard deviation, t-test, and Pearson's product-moment correlation.

Researchers also found a significant difference in mental health among male and female adolescents and a significant relationship between mental health and emotional intelligence.

ii) Mary Rachelle R. Wapano (2021). a study titled "Emotional Intelligence and Mental Health among Adolescents"

The Objective was to investigate the relationship of Emotional Intelligence to adolescent mental health.

The researcher used the purposive sampling technique and eight assessment instruments were used for the data gathering technique.

The researcher also found total emotional intelligence positively predicts self-efficacy and mastery and negatively predicts emotional reactivity, depression, and anxiety.

iii) TD Tran, T-A Tran, J Fisher (2021). "Emotional Intelligence and Mental Health Problems among Adolescents in Vietnam: A School-based Survey".

The Objective was to study the relationship between Emotional intelligence and symptoms of mental health problems among adolescents in Vietnam.

It was a cross-sectional survey study, for data collection researchers used the survey method.

The researcher found students with higher emotional intelligence associated with better mental health among Vietnamese adolescents.

Objectives of the study

The objectives of my work are

- To Find out the difference in Mental Health between girls and boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Mental Health between Urban girls and Urban boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Mental Health between Rural girls and Rural boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Mental Health between Urban girls and Rural girls adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Mental Health between Urban boys and Rural boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Emotional Intelligence between boys and girls adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Emotional Intelligence between Urban girls and Urban boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Emotional Intelligence between Rural girls and Rural boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Emotional Intelligence between Urban girls and Rural girls adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the difference in Emotional Intelligence between Urban boys and Rural boys adolescent students in higher secondary schools in Nadia, West Bengal.
- To Find out the correlation between Mental health and Emotional Intelligence of boys and girls adolescent students in higher secondary schools in Nadia, West Bengal.

Hypothesis

- There is no significant difference in mental health between girls and boys.
- There is no significant difference in mental health between Urban girls and Urban boys.
- There is no significant difference in mental health between Rural girls and Rural boys.
- There is no significant difference in mental health between Urban girls and Rural girls.
- There is no significant difference in mental health between Urban boys and Rural boys.
- There is no significant difference in emotional intelligence between girls and boys.
- There is no significant difference in emotional intelligence between Urban girls and Urban boys
- There is no significant difference in emotional intelligence between Rural girls and Rural boys.
- There is no significant difference in emotional intelligence between Urban girls and Rural girls.
- There is no significant difference in emotional intelligence between Urban boys and Rural boys.
- There is no significant correlation between mental health and emotional intelligence.

Research Methodology

This study is quantitative in nature. Here, a survey was carried out to gather data for research.

- Sample

The researcher has randomly selected 150 samples for the current study. Students in class eleven and twelve at the Lichutola Vivekananda Adarsha Higher Secondary Schools provided the research data in this case.

Nature of Sample

Girls		Boys	
Urban	Rural	Urban	Rural
40	54	24	32
N=94		N=56	
N=150			

- Variables

Here categorical variables are used by the researcher along with the main variables.

Nature of Variables

No	Name of Variables	Name of Levels	No. of Level
1	Main Variables	Mental Health	1
		Emotional Intelligence	1
2	Categorical Variables	Gender(girls and boys students)	2
		Locality (Urban and Rural)	2

- Tools

For the present research work,a five-point point scale of Likert has been used to collect the data. For data collection, the Researcher used two questionnaires.

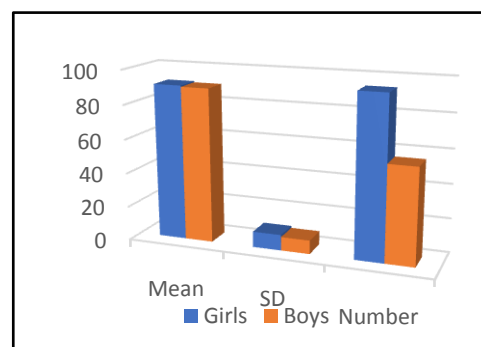
For Positive Questions	Strongly Agree	Agree	Don't know	Dis Agree	Strongly Disagree
	5	4	3	2	1
For Negative Questions	1	2	3	4	5

- Analysis and Interpretation

- H_{0.1} There is no significant difference in Mental Health between girls and boys of adolescent students.

Table 1

Group	Mean	Standard Deviation	T-score	Number
Girls	90.78	9.18	0.46	94
Boys	90.09	7.98		56



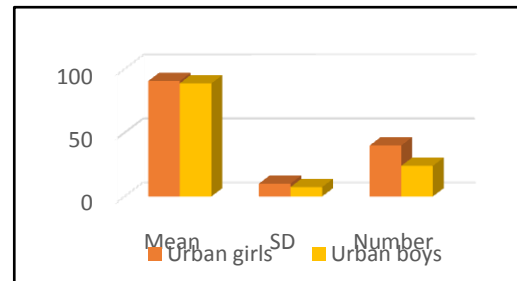
The t-test was used by the researcher to compare the mean scores of the two groups.The computed t-value of 0.46 was discovered to be insignificant at both the 0.05 and 0.01 levels.The null hypothesis is therefore accepted.

This indicates that there is no significant difference in mental health between girls and boys adolescent students.

- H_{0.2} There is no significant difference in mental health between Urban girls and Urban boys.

Table 2

Group	Mean	Standard Deviation	T-score	Number
Urban Girls	90.62	10.06	0.75	40
Urban Boys	88.83	7.40		24



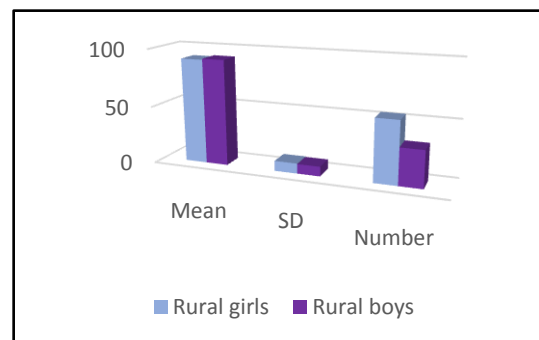
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 0.75 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates that there is no significant difference in mental health between Urban girls and Urban boys adolescent students.

- H_{0.3} There is no significant difference in mental health between Rural girls and Rural boys.

Table 3

Group	Mean	Standard Deviation	T-score	Number
Rural Girls	90.90	8.77	0.49	54
Rural Boys	91.95	8.37		32



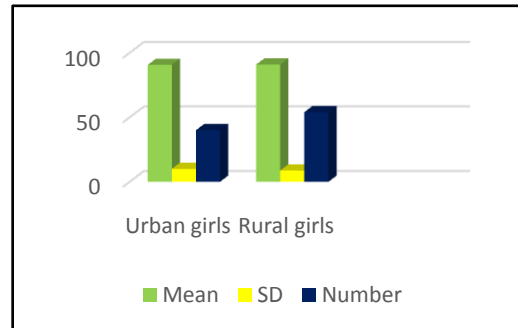
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 0.49 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates that there is no significant difference in mental health between Rural girls and Rural boys adolescent students.

- $H_{0.4}$ There is no significant difference in mental health between Urban girls and Rural girls.

Table 4

Group	Mean	Standard Deviation	T-score	Number
Urban girls	90.62	10.06	0.14	40
Rural girls	90.90	8.77		54



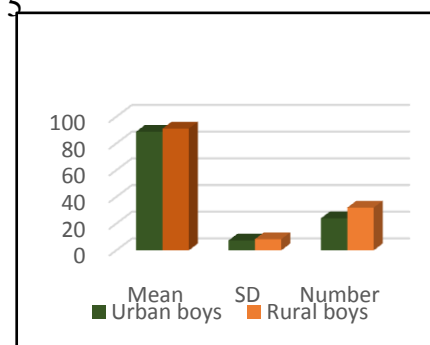
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 0.14 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates that there is no significant difference in mental health between Urban girls and Rural Girls adolescent students.

- $H_{0.5}$ There is no significant difference in mental health between Urban boys and Rural boys.

Table 5

Group	Mean	Standard Deviation	T-score	Number
Urban boys	88.83	7.40	1.07	24
Rural boys	91.15	8.37		32



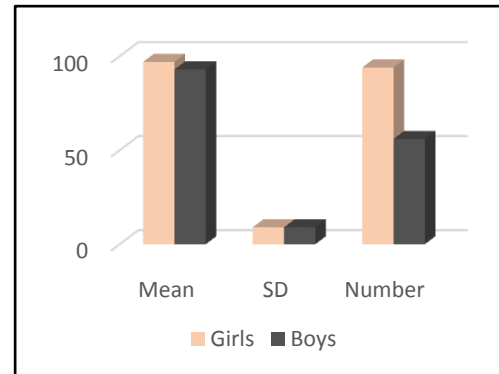
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 1.07 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates that there is no significant difference in mental health between Urban boys and Rural boys adolescent students.

- $H_{0.6}$ There is no significant difference in emotional intelligence between Girls and Boys.

Table 6

Group	Mean	Standard Deviation	T-score	Number
Girls	97	9	2.63	94
Boys	93	9		56



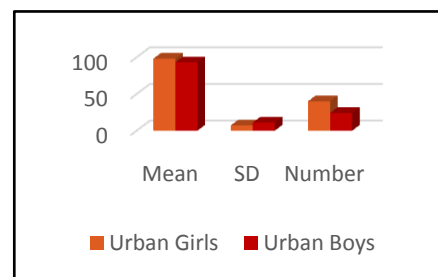
To compare the mean scores of the two groups, the researcher used the t-test. It was determined that the estimated t-value of 2.63 was significant at both the 0.05 and 0.01 levels. The null hypothesis is therefore rejected.

This indicates a significant difference in emotional Intelligence between total boys and girls adolescent students.

- $H_{0.7}$ There is no significant difference in emotional intelligence between Urban girls and Urban boys.

Table 7

Group	Mean	Standard Deviation	T-score	Number
Urban Girls	98	7	2.23	40
Urban Boys	93	11		24



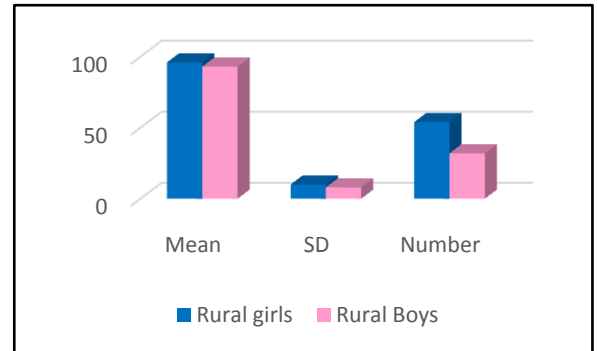
To compare the mean scores of the two groups, the researcher used the t-test. It was determined that the estimated t-value of 2.23 was significant at both the 0.05 and 0.01 levels. The null hypothesis is therefore rejected.

This indicates that there is a significant difference in emotional Intelligence between Urban Girls and Urban Boys adolescent students.

- $H_{0.8}$ There is no significant difference in emotional intelligence between Rural girls and Rural boys.

Table 8

Group	Mean	Standard Deviation	T-score	Number
Urban Girls	96	10	1.44	54
Urban Boys	93	8		32



The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 1.44 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates no significant difference in emotional intelligence between Rural girls and Rural boys adolescent students.

- $H_{0.9}$ There is no significant difference in emotional intelligence between Urban girls and Rural girls.

Table 9

Group	Mean	Standard Deviation	T-score	Number
Urban Girls	98	7	1.08	40
Rural Girls	96	10		54

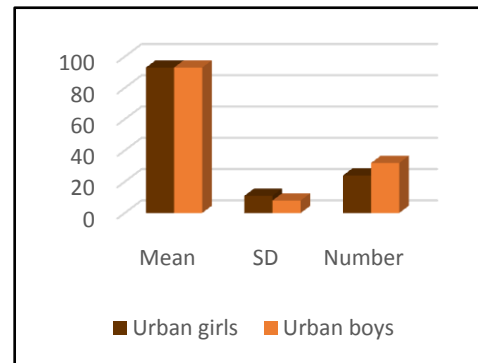
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 1.08 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates no significant difference in emotional intelligence between Urban girls and Rural girls adolescent students.

- $H_{0.10}$ There is no significant difference in emotional intelligence between Urban boys and Rural boys.

Table 10

Group	Mean	Standard Deviation	T-score	Number
Urban Boys	93	11	0.00	24
Rural Boys	93	8		32



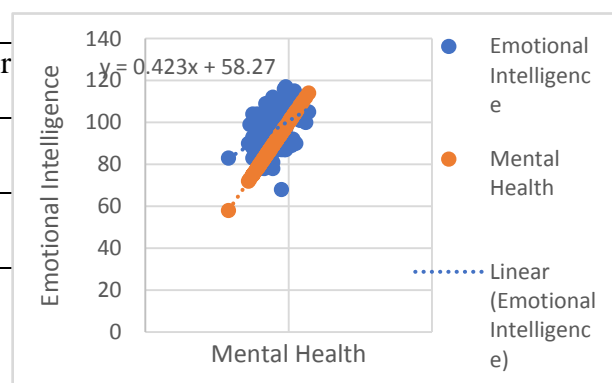
The researcher used the t-test to compare the mean scores of the two groups. The computed t-value of 0.00 was discovered to be insignificant at both the 0.05 and 0.01 levels. The null hypothesis is therefore accepted.

This indicates no significant difference in emotional intelligence between Urban boys and Rural boys adolescent students.

- $H_{0.11}$ Mental Health and Emotional Intelligence do not significantly correlate with one another.

Table 11

Group	Mean	Standard Deviation	Number
Mental Health	90.55	8.73	150
Emotional Intelligence	95.26	9.39	150



The Researcher used Pearson's r to see the correlation between Mental health and Emotional Intelligence. The calculated r-value, which represents a medium level of correlation between the two, is 0.41, which signifies the medium correlation between the two. As a result, the alternative hypothesis is accepted and the null hypothesis is disproved.

This indicates a significant correlation between Mental Health and Emotional Intelligence among adolescent students.

• **Results and Discussion**

Here, the researcher do not discover any differences from the 1st to 5th objective of mental health among adolescent students. No significant differences are found neither gender nor locality-wise in the overall mental health of adolescent students. In the 6th and 7th objectives the researcher found a significant difference in emotional intelligence between total girls and boys of adolescent students, In Emotional Intelligence total girls mean is 97 and total boys mean 93, t-test value is 2.63 which is significant in both 1% and 5% levels. Also, the researcher observed a significant difference in emotional intelligence between urban girls and urban boys adolescent students, urban girls' mean was 98, and urban boys' mean was 93 and the t-test value was 2.23 which is significant in both 1% and 5% levels. In Objectives 8th 9th and 10th, the researcher found no significant difference between rural girls and rural boys, urban girls and urban boys, and urban boys and rural boys of Emotional Intelligence. The researcher found a correlation between the mental health and emotional intelligence of adolescent students in the last objectives, which indicates a moderate positive correlation.

Dr. Joseph P.P (2019) findings indicate that E.I was found insignificant in terms of gender and Mental Health was found to be significant among male and female adolescents but in the present study, the researcher found a significant difference in emotional intelligence between total girls and boys of adolescent students also results indicated no statistically significant difference in mental health based on gender (Male and Female) and location (urban and rural)of adolescent students. Dr. R. Periasamy (2021) in his study found a significant difference in mean scores of E.I with regard to gender. In the present study, the Researcher also found a difference in mean scores of E. I and Mental health in terms of locality and gender(male, female)of adolescent students. Bharat Kumar (2022) found the difference of E. I on the basis of gender and schools of adolescent students. Varun Kumar, Dr. Kalpana Randhawa (2022) used categorical variables gender(male & and female), rural-urban, and type of school. Gender had a significant effect on E.I. In the present study, the researcher also found a significant difference in terms of gender on E.I of adolescent students. Dr. Joseph P.P(2019), Sukhmani Singh &Raskirat Kaur(2019), Dr. K. Govind & K.R. Brundhavan (2019) all the researcher study a significant positive correlation between Emotional Intelligence and Mental Health, and the present study, the researcher found a moderate positive correlation between Emotional Intelligence and Mental Health among adolescent students.

There is a connection between Emotional Intelligence and good Mental Health. The growth of adolescent students is closely related to both Mental Health and Emotional intelligence. Those who have high mean scores in mental health also have good mean scores in emotional intelligence.

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