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(M.A.Mar.& Pol.Sci.,B.Ed.Ph.D.NET.)

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## A STUDY OF EMOTIONAL INTELLIGENCE AMONG COLLEGE STUDENTS

Vitore Kalpana R.

Research Scholar,

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

Dr. Raypure S.E.

Research Guide & Assistant Professor,  
Department of Psychology, M.S.S.Ankushrao Tope College, Jalna.

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### Abstract

The primary aim of the present research was to access the emotional intelligence among college students. Further, the study was conducted to find out the gender difference of college students related their emotional Intelligence for this purpose Anukool Hyde, Sanjyot Pethe & Upinder Dhār Emotional Intelligence Scale (EIS-HPD) was used to collect the data & T test was used to analyze score the total sample of 60 college students (30 Male & 30 Female) from Jalna was selected by using stratified sampling method. The results indicate that there was no significant difference between male & female of college students on Emotional Intelligence.

**Keywords:-** Emotional Intelligence

A STUDY OF EMOTIONAL INTELLIGENCE AMONG COLLEGE STUDENTS.

### • Introduction:-

Emotions are an important part of an individual's communication process. These emotions are neither positive nor negative; instead they serve as vital inputs about an

individual's state of mind as also his/her motivational system. To exhibit emotions is easy, but doing it at the right time at the right place, with the right person and to the right degree is difficult. Hence the concept of Emotional Intelligence comes into picture.

Emotional Intelligence is something that motivates individuals to strive for potential and capacities and thus transforming things from thought to actions. It enables one to learn to acknowledge and understand feeling in ourselves and in others, and to respond to them effectively by applying the information in our daily life and work. It can be understood as processes of accurately appraising ones feeling and responding accordingly. Emotions are not separated when we make decisions rather they are a separated when we make decisions rather they are a powerful invisible force behind most of our decisions.

The term "emotional intelligence" was first used by Mayer and Salovey in the first half of 1990s and defined as an individual understands of his/her and others emotions, making a selection among these and operating this knowledge in thoughts and behaviour.

Daniel Goleman's "Emotional Intelligence" in 1995 and was defined as a person's understanding of his/her emotions having empathy with other peoples emotion and drawing up his/her life in an enriching.

Emotional intelligence can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior.

Daniel Goleman said that "Emotional Intelligence refers to the capacity for recognizing our own feeling and those of others for motivation ourselves and for managing emotions well in ourselves and in our relationships"

Emotional Intelligence focuses on the