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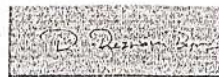
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The study of the effect of Emotional Intelligence on Academic stress in college level student KBC NMU Jalgaon

Dr. Pratibha Tukaram Patil
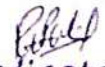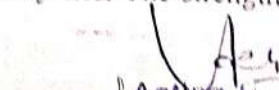Sadguru Education College Jalgaon

Abstract –

The objective of the study is the student emotional Intelligence to relationship between academic stress in college level student in KBCNMU Jalgaon. The investigator has taken emotional intelligence as very important independent factors to see it effect on academic stress on male and female student. The study was a sample of 200 students (male student 100 and Female student 100) in various colleges in KBCNMU Jalgaon. The sample in selected of randomly data was collected using by survey methods of employed. Data collected in student academic stress questionnaires in self made trait and Emotional Intelligence Test Inventory Dr. Anita Sony and Dr. Ashok Sharma this inventory contains 40 items and each item has three alternatives. This inventory explained the 5 emotional components. The collected data were analyzed using mean, Standard Deviation, "t" value. The finding are established and tabulated from the analyzed data. The finding shows that there is no significant difference between emotional intelligence and academic stress of college level student. Further it was found that emotional intelligence or student has got significant with low emotional intelligence reported higher academic stress as compared to the student with high emotional intelligence.

Introduction –

Emotional intelligence is essential for inter personal relationship at school at home at work many people with high emotional quotient are expected to progress more quickly through the abilities designated and to master more of them. It is the capacity to create positive out comes which includes joy optimism success in school and life. Increasing emotional intelligence has been correlated with better result in leadership, academic performance marriage life friendship and health emotional intelligence has been defined by better selves and John Mayer as the ability to monitor one own and the other people emotional to discriminate between different emotional information to guide thinking and behavior and manage and adjust emotion to adult to environment or achieved goals "emotional intelligence also reflect abilities to join intelligence empathy and emotions to enhance thought and understanding to inter personal dynamics.- Goleman (1995).

Stress is an over arousal situation that emerges in physical and psychological aspects as a result of evaluating internal and external factors as dangerous of harmful stress may be derived from traumatic life events continuous troubles and problems in daily life. The strength and effect of stress resource can change from person to person and case

to case academic stress in disappointment about.

Academic foliature and a mental distress that is characterized by fear of being unsuccessful academic stress cause substance use unhealthy nutrition and depression and affects safe care skill negatively there are many stressors that affect student academic performance as result academic stressors don't create anxiety directly to student personal perception and personality in academic stress. Academic stress is also called as career stopper because in student academic stress is mental distress with respect to some anticipated frustration with academic failure or even unawareness to the possibility of such failure student to face many academic problem for example school examination answering and question in the class showing progress in school subject understanding what the teacher is teaching competing with other class male fulfilling teacher and parent academic expectation.

According to her academic stress reflect perception of individual's academic frustration academic conflict academic pressure and anxiety. Academic stress is an important factor accounting for variation in academic achievement at also contributes to major metal health hazards problems both physical and mental stress related disuse.

Objective of the study –

1. To find out difference between college level student on high and low emotion intelligence.

2. To found out difference between college level student on academic stress.

3. To find out difference between college level student in emotional intelligence on academic stress.

Hypothesis –

1. There is no significant difference between college level male and female student on high and low emotional intelligence.

2. There is no significant difference between college level male and female student on academic stress.

3. There is no significant difference between college level student of high and low emotional intelligence and academic stress.

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Methodology –

The present research paper deals with a comparative study of emotional intelligence on academic stress of college level student in KBCNMU Jalgaon. The present study data were collected using by survey methods of employed. The sample in selected of randomly. The study was 200 student (male student 100 and Female student 100) in art science and commerce faculty various college in KBCNMU Jalgaon. The data collected in student academic stress questionnaires in self made trait and emotional intelligence test Inventory Dr. Anita Sony and Dr. Ashok Sharma this inventory contains 40 items and each items has three alternative this inventory explained the 5 emotional component.

Result and Discussions –

Table No -1

Hypothesis 1. There is no significant difference between college level male and female student on high and low emotional intelligence.

Variable	N	Mean	SD	t	df	Level of significant
Male Student	100	79.02	12.06	1.02	98	0.05
Female Student	100	86.4	14.8			

Table No-1 Show observed that the mean of college level male student and SD 12.06 and Female student mean of is 86.4 and SD 14.08. The table value of "t" for df 98 at 0.05 level of significance is 1.97. The calculated value of " t "is 1.02 which is less than the value from the table " t " value . There fore this hypothesis is rejected that means there is significant difference between college level male and female student on high and low emotional intelligence. It is clear that female student emotional intelligence of is better than the male college level student .

Table No -2

Hypothesis 2. - There is no significant difference between college level male and female student on academic stress.

Variable	N	Mean	SD	t	df	Level of significant
Male Student	100	59.67	11.28	0.82	98	0.05
Female Student	100	68.58	13.07			

(165)

Table No-2 Show observed that the mean of academic stress of college level male student 59.67 and SD 11.28 and Female student mean of is 68.58 and SD 13.07. The table value ' t' for df 98 at 0.05 level of significance is 1.97 the calculated value of ' t' is 0.82 which is less than the value from the table ' t' value . Therefore this hypothesis is rejected that means. There is significant difference between college level male and female student academic stress it is clear that female student academic stress better than the male college level student.

Table No -3

Hypothesis 3- There is no significant difference between college level student of high and low emotional intelligence and academic stress.

Variable	N	Mean	SD	t	df	Level of significant
Male Student	200	55.08	14.85	3.92	198	0.05
Female Student	200	43.08	12.53			

As per Table No -3 show that the mean score standard deviation and' t ' ratio of emotional intelligence and academic stress. They have obtained the mean value of 55.08 and 43.88 respectively that the significant difference was found out between 't'- 3.92 both the group the table value of 't' for df 198 at 0.05 level of significance is 1.96 the calculated value of ' t' is 3.92 which this value is greater than table value. This result indicates that significant difference between emotional intelligence and academic stress college level student there for this hypothesis accepted from this is can be said that if the emotional intelligence is good then the education academic stress is less.

Conclusion --

can be concluded that the emotional intelligence is high and good and academic stress is low of college level student therefore can be said that if the emotional intelligence is good than the education academic stress is less. There is a significant difference between is emotional intelligence and academic stress of student there was high level emotional intelligence high positive thinking and student behavior changes this reduces the academic stress of the student.

Reference --

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