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## **EMOTIONAL INTELLIGENCE AND QUALITY OF LIFE AMONG THE FACULTY MEMBERS FROM SELECTED NURSING COLLEGES IN MADURAI, TAMIL NADU**

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In the Year 1997, Mayer and Salovey defined Emotional Intelligence as the ability to perceive accurately, appraise, and express emotion; the ability to access and/or generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge; and the ability to regulate emotions to promote emotional and intellectual growth.

The concept of Quality of life: As per Research unit of Toronto University, it is the degree of enjoyment to important possibilities of one's life. The possibilities are the opportunities and limitations an individual has in their life which reflect the interaction of personal and environment factors. The enjoyment has two components— experiencing the satisfaction and achieving some characteristic. They identified three domains which are: Being, Belonging, and Becoming. Being includes – Physical, Psychological and Spiritual being; Belonging includes – Physical, Social and Community; Becoming includes – Practical, Leisure and Growth.

Anil K Choubey, Santosh. K. Singh and Rakesh Pandey (2009) conducted a study on role of emotional intelligence in stress and health. The study was conducted on 209 adults from different occupations in the age group of 21-50 years and found that emotional intelligence is associated with better health and lower stress level. Among the dimensions of emotional intelligence, ability to manage emotion in self was found to be the best predictor of stress and health.

Austin, Saklofske, & Egan (2000) conducted a study on Emotional intelligence and psychological well-being and found it was positively correlated like life satisfaction and happiness, while associations with measures of mental ill-health such as depression, stress and loneliness have been found to be negative. Positive associations of Emotional intelligence with higher levels of self rated physical health have also been reported by researchers. They also found that there was a correlation between emotional intelligence and personality traits, health and well-being.

In a cross sectional quantitative study to investigate the extent to which emotional labour and emotional intelligence are associated with well-being and job-stress among a group of Australian community nurses. It was found that the moderating role of emotional intelligence was evaluated as a key factor in the rescue of healthcare workers from job-stress, thus increasing job retention. The subjects were Australian community nurses (n = 312) reported on their perceived emotional labour, emotional intelligence and their levels of well-being and job stress using a paper and pencil survey. Results support the hypothesis that both emotional labour and emotional intelligence have significant effects on nurses' well-being and perceived job-stress. Thus it is found that Emotional intelligence plays a moderating role in the experience of job-stress.

Sathya Kumar, J.; Iyer, Vidya Rajaram (2012) conducted an exploratory study to find the correlation between Emotional Intelligence and Quality of Work-Life among Employees in the Educational Institutions as it is one sector of employment where it is said quality of work life at times is very challenging. The sample consisted of individuals employed in various academic institutions in and around Madurai. It was seen that there exist a positive correlation between the emotional intelligence and the quality of work life of the individuals. Difference was also found among teaching and non teaching staffs.

### **Need of the Study**

With the increase in the demand of nurses all over the world especially increasing demand for Indian nurses have led to increase in the numbers of Nursing college. Thus the Faculty Members of nursing need to be emotionally stable and intelligent which in turn will affect on their quality of life. Keeping this aspect in view the present study was taken up for research.

### **Problem Statement**

A study to assess the relationship between Emotional Intelligence and Quality of Life among the Faculty

Members of nursing from the selected colleges of Madurai City in Tamil Nadu with the following objectives.

### Objectives

- To assess the level of emotional intelligence among the faculty members of nursing.
- To assess the level of quality of life among the faculty members of nursing.
- To find out the relationship between emotional intelligence and quality of life for the faculty members of nursing.
- To find out the association between selected demographic variables, emotional intelligence and quality of life of the faculty members of nursing.

### Hypotheses

For the present study the following hypotheses have been formulated.

- Higher the Emotional Intelligence higher will be the Quality of Life for the faculty members of nursing.
- Selected socio demographic variables do have association with Emotional Intelligence and Quality of Life for the faculty members of nursing.

### Materials & Methods

Research methodology: Research Approach was quantitative approach; Research Design was Descriptive research design; Target Population – the faculty members of nursing - Sampling techniques; Probability – Simple Random sampling technique; Samples – the faculty members of nursing from selected colleges of Madurai city who fulfilled the inclusion criteria. Sample size – 60; Inclusion Criteria – Nurses willing to participate in the study and exclusion criteria – Nurses with one year of experience after the basic training.

The tool consists of 3 sections. Section I consists of demographic data with 7 questions. The 30 items Emotional intelligence scale by Petrides, K.V & Furnhan A (2006) with four dimensions namely Well being, Self control, Emotionality and Sociability was administered on the Faculty Members of Nursing. The tool has high reliability (0.82) and validity (0.91). (Section II). To study the level of quality of life, the 26 items WHO-QOL (BREF) (1995) with four dimensions namely Physical Health, Psychological, Level of Independence, and Social relations was used on the Faculty Members of Nursing. The tool has high reliability (0.79) and validity (0.89). (Section III).

### Results

#### Demographic Data

Sl. No	Factors	N (60)	%
<b>Age in Years</b>			
1	Below 30	13	21.67
2	31 to 40	36	60.00
3	41 & Above	11	18.33
<b>Gender</b>			
1	Male	8	13.33
2	Female	52	86.67
<b>Education</b>			
1	Only P.G	49	81.67
2	With Ph. D	11	18.33
<b>Type of Family</b>			
1	Joint Family	12	20.00
2	Nuclear Family	48	80.00
<b>Religion</b>			
1	Christian	44	73.33
2	Others	16	26.67
<b>Monthly Income</b>			
1	Below 30 K	8	13.33
2	30 K to 40 K	37	61.67
3	40 K & Above	15	25.00
<b>Position</b>			
1	Tutor	20	33.33
2	Lecturer	34	56.67
3	Asst professor & above	6	10.00

It has been found that three fifth of the faculty members(60 %) were in the age group of (31 to 40 ) years, high majority of them were Females (86.67 %), nearly one fifth of them have completed their Doctor of Philosophy (18.33 %), mostly from Nuclear Families (80 %), majority of them were Christians, earning between (Rs. 30,000 and Rs 40,000) per month, and only 10 per cent of them were in the position of Asst. Professor & Above.

#### Distribution of Faculty Members based on the Levels of EI & QOL

S. No	Levels	Emotional Intelligence		Quality of Life	
		N	%	N	%
1	Very Low	0	0.00	0	0.00
2	Low	3	5.00	4	6.67
3	Moderate	36	60.00	32	53.33
4	High	13	21.67	17	28.33
5	Very High	8	13.33	7	11.67
	Total	60	100.00	60	100.00

It has been found that nearly two third of the faculty members have moderate level of Emotional Intelligence (60 %) as well as Quality of Life (53.33 %). Nearly one

third of them have high level of Emotional Intelligence (35 %) as well as Quality of Life (31 %).

### Correlation Matrix for the Subject Variables

S. No	Factors of Emotional Intelligence (EI)	Factors of Quality of Life (QOL)				
		Physical Health	Psychological	Level of Independence	Social relations	Total QOL
1	Well being	0.434	0.425	0.465	0.489	<b>0.744</b>
2	Self control	0.678	0.534	0.588	0.501	<b>0.699</b>
3	Emotionality	0.537	0.611	0.532	0.528	<b>0.752</b>
4	Sociability	0.471	0.599	0.611	0.607	<b>0.771</b>
	<b>Total EI Score</b>	<b>0.781</b>	<b>0.684</b>	<b>0.704</b>	<b>0.632</b>	<b>0.802</b>

In order to find out the associations between the all the sub dimensions as well as the Total scores of Emotional Intelligence and Quality of Life, the most useful Parametric Test namely Karl Pearson's co efficient of correlation (r) were used and presented in this table. It has been found from the table that all the sub dimensions and the total scores of both the variables are positively and significantly correlated, which indicate that higher the Emotional Intelligence higher will be the Quality of Life for the Faculty Members of Nursing. Thus the formulated hypothesis was verified.

### Relationship between the selected Socio Demographic Variables with Emotional Intelligence and Quality of Life

S. No	Factors	Emotional Intelligence	Quality of Life
1	Age	Karl Pearson's $r=+0.532$ $p<.05$ Sig	Karl Pearson's $r=+0.488$ $p<.05$ Sig
2	Gender	't' Value = 1.86 $p>.05$ <b>Not Sig</b>	't' Value = 1.22 $p>.05$ <b>Not Sig</b>
3	Education	't' Value = 6.08 $p<.05$ Sig	't' Value = 5.02 $p<.05$ Sig
4	Type of Family	't' Value = 8.01 $p<.05$ Sig	't' Value = 6.99 $p<.05$ Sig
5	Religion	't' Value = 1.77 $p>.05$ <b>Not Sig</b>	't' Value = 1.12 $p>.05$ <b>Not Sig</b>
6	Monthly Income	F- Ratio = 11.2 $p<.05$ Sig	F- Ratio = 10.4 $p<.05$ Sig
7	Position	F- Ratio = 9.02 $p<.05$ Sig	F- Ratio = 8.55 $p<.05$ Sig

It has been observed that the Variable Age is positively and significantly associated with Emotional Intelligence and Quality of Life for the Faculty Members of Nursing. Which verifies the hypothesis namely higher the age higher will be the Emotional Intelligence and Quality of

Life for the Faculty Members of Nursing. The Faculty Members of Nursing who have completed their Ph.D have significantly more Emotional Intelligence and Quality of Life than the others. The Faculty Members of Nursing who are from Joint Families have significantly more Emotional Intelligence and Quality of Life than from the Nuclear families. The Faculty Members of Nursing who are earning more than Rs 40,000 have significantly more Emotional Intelligence and Quality of Life than others. The Faculty Members of Nursing who are holding the position as Lecturer have significantly more Emotional Intelligence and Quality of Life than from the others. However, the Male and Female Faculty Members of Nursing as well as the Faculty Members of Nursing from different Religion do not differ in terms of their levels of Emotional Intelligence and Quality of Life.

### Conclusion

The study conducted at Madurai among the Faculty Members of Nursing clearly states that there exist a positive and statistically significant association between Emotional Intelligence and Quality of Life. Further it affirms that, the Faculty Members of Nursing who have completed their Ph. D, from Joint Families, earning more than Rs 40,000 per month as Income, holding the position as Lecturer have more level of Emotional Intelligence and Quality of Life when compared to others. However, the Male and Female Faculty Members of Nursing as well as the Faculty Members of Nursing from different Religion do not differ in terms of their levels of Emotional Intelligence and Quality of Life.

### Implications:

These tools used for the current study, may be of some use while inducting students into nursing profession. The Faculty Members of Nursing also should consider their emotional intelligence into consideration while dealing with the students. Many more research like the Personality Profile, Psychological Well Being Etc., could be conducted in these areas. Various psychological components like Emotional intelligence could be included into the curriculum of the nursing students to encourage the importance of it in our daily living. Periodical Personality development programmes under the rubric "Life Skills Training" could be offered for the Faculty Members of Nursing as well for the students.

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