

ADOLESCON 2023 Abstract - Final
Abstract Submitted for oral paper presentation.

Authors'

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Title

EMOTIONAL INTELLIGENCE:

Its Relationship with different Aspects of Student Life

Introduction:

AACCI -*Association of Adolescent and Child Care in India* does multicentric youth behavior studies in schools and colleges across India, using standardized Psychometric scales. This paper studies results of Emotional Intelligence. The results are shared with management to allow conduction of parent and student workshops to implement intervention programs.

Aims & Objectives:

To gauge stratum of EI and relative effects of variables like age, sibling status, academic course and effects of engagement in extracurricular activities, perceived internet/ social media usage and dependence, substance use, perception of control over one's life on EIS scores.

Materials & Methods:

Cross-sectional study conducted on girls (n=354, age range- 17-24 yrs from All Women multi-stream College in Delhi 2018

Tool used: Schutte Emotional Intelligence scale.

Ethical clearance: Given by IEC of AACCI.

All permissions & consents were taken.

Statistical analysis: The data were analysed using T-tests and One-way ANOVA. $P < 0.05$ was considered statistically significant.

Results:

Participants using social media (M = 125.801, SD = 13.890) had significantly higher EIS scores as compared non users (M = 117.818, SD = 13.841), $t(352) = 2.611$, $p = 0.004$. However, the other demographic variables as described in aims & objectives had no statistically significant effects on EIS scores.

Conclusion:

In our sample social media shows statistically significant relationship with EI scores. Since this study sample has only girls from one college, further studies are needed to validate our findings. More studies are needed to interpret the nature of positive influence and means to use social media in a constructive way to guide and improve emotional intelligence.

