



A STUDY OF EMOTIONAL INTELLIGENCE IN RELATION TO SOCIAL SKILLS OF SECONDARY SCHOOL STUDENTS

Dr. Annu Balhara¹, Oshi², Anju³

¹Associate Professor, Department of Education, BPSMV Khanpur kalan Sonipat

^{2,3}M.Ed Student, Department of Education, BPSMV Khanpur kalan Sonipat

ABSTRACT

This study begins to check the correlation between emotional intelligence and social skills. 200 students from sonipat district were included in the sample. This study is done on Government Senior Secondary School students. This study includes the questionnaire of both emotional intelligence scale and social skill scale. The emotional intelligence scale by Dr.S.K.Mangal and Dr.Shubhra Mangal and social skill scale by Dr. Vishal Sood and Dr.Arta Anand. The statistical techniques that are used for the analysis of these scales are mean, standard deviation and coefficient of correlation. The findings of this research have been discussed in detail.

KEY WORDS :Emotional intelligence, Social skills

INTRODUCTION

Social skills are the skills which we use internationally to maintain relationships between different people. We are social animals and human beings, so it is important to interact with different people living in our society. We are physically, mentally present in different situations and in different areas but how we are socially interacting with them. Social skills are required to brush up our relationships.

Social skills are the verbally and non-verbally communication with each other with our gestures and body language. These are our skills to throw up ourselves in front of people. After that people come to know ourselves that how we are as a person. Only with physical appearance it is difficult to know that what kind of people who are. Human beings are social creatures and we have developed many ways to communicate with the help of thoughts and feelings with others.

Definition of social skills

Social skills are the acquiring of knowledge that helps us to communicate properly and efficiently in front of the people in different situations.

Importance of social skills

- It builds our image in front of the people.
- It improves quality of life.

Emotional intelligence

Emotional intelligence is how we regulate our emotions in front of us and others. Expressing emotions is an effective way like expressing our happiness with others is emotional

intelligence. The person who is capable of controlling his/her own emotions and understanding other's emotional feelings and are aware about it are emotionally intelligent. Different persons have different emotions including positive or negative emotions.

Definition of emotional intelligence

The ability of controlling and influencing the emotions of ourselves as well as others is known as emotional intelligence.

REVIEW OF RELATED LITERATURE

1. Norman, Kathy, Richardson, and Rita (2001) conducted research on the relation of social skills and emotional intelligence of secondary stage teachers and found a positive relation between these two concepts.

2. Ms. Suman, Ms. Sarita (2002) conducted research on the relation of social skills and emotional intelligence of secondary school students and found no relation between social skills and emotional intelligence.

JUSTIFICATION OF THE STUDY

It is very important to justify the study to study the various aspects of life of secondary school students. This research work is based on emotional intelligence and social skills of secondary school students. Emotional intelligence helps in dealing with different situations of life. This research work will try to find out the relation between emotional intelligence and social skills of secondary school students.



OBJECTIVES OF THE STUDY

- To find the emotional intelligence in relation to social skills of secondary school students.
- To compare the relationship between emotional intelligence and social skills.
- To study the relation of emotional intelligence and social skills of Government Girls Senior Secondary School students.

HYPOTHESES OF THE STUDY

- The emotional intelligence of students will differ significantly.
- Social skills of students will differ significantly.
- There is no relation between these concepts of secondary school students.

STATEMENT OF THE PROBLEM

A STUDY OF EMOTIONAL INTELLIGENCE IN RELATION TO SOCIAL SKILLS OF SECONDARY SCHOOL STUDENTS

METHOD OF THE STUDY

Descriptive method was used to find the relation between emotional intelligence and social skills.

POPULATION

All secondary students of Government Girls Senior Secondary School, Gohana will be the target population for the recent study.

SAMPLE OF THE STUDY

200 students are included in the sample from Sonipat district.

TOOLS TO BE USED

- Emotional intelligence rating scale by Dr.S.K.Mangal and Dr.Shubhra Mangal.

- Social skill rating scale by Dr.Vishal Sood and Dr.Arti Anand.

STATISTICAL TECHNIQUES

- The techniques used were mean,standard deviation and correlation coefficient.
- To know the relationship between emotional intelligence and social skills correlation coefficient was used.

RESULT AND DISCUSSION

The senior secondary students were assessed using an emotional intelligence inventory by Dr. S.K.Mangal and Dr. Shubhra Mangal and social skills inventory by Dr. Vishal Sood and Dr. Arti Anand.

1. Extent of Social Skills of secondary school students

- Very high
- High
- Average
- Low

FIGURE 1

Figure 1 indicates that 54 % of the senior secondary school students have very high extent of social skills,32% of the students have high extent of social skills,11% of the students have average extent of social skills and 9% of the students have low extent of social skills. It indicates that social skills differ significantly.

2. Extent of Emotional intelligence of secondary school students

- High
- Low

Figure 2

Figure 2 indicates that 74% of the students are emotionally intelligent and 26% of the students are low at emotional intelligence .It indicates that emotional intelligence differ significantly.

3. Relation Between Emotional intelligence and Social skills - Table 1

S.No	Variable	N	Mean	S.D	Correlation Coefficient
1	Emotional Intelligence	100	61.63	6.006	0.52
2	Social Skills	100	361.22	28.4162	

Table 1 show that there are total 100 students. The mean and S.D of variable emotional intelligence are 61.63 and 6.006 and the mean and S.D of variable Social skill are 361.22 and 28.4162 .The correlation coefficient for the above two variables is 0.52 which indicates that there is a relation between Emotional intelligence and Social skills of secondary school students. So the hypothesis that there is no relation between these two variables is rejected.

CONCLUSION

This research concluded that there is a positive relationship between emotional intelligence and social skill of the Government girl's senior secondary students. It helps the parents, teachers, and school staff to guide and support students to be emotionally intelligent. The skills of the students are of great importance. This paper shows a great difference in mean values



of both the variables and concluded that there is a relationship between social skills and emotional intelligence.

REFERENCES

1. Bentley, J.M. (2008). *Supporting international students' adjustment*. Central Michigan University.
2. Bala, Anju, Rajrani, Devi, Babli, Nisha (2021). *Self-Regulated Learning of Secondary School Students in Relation to their Educational Adjustment*. *International Inventive Multidisciplinary Journal*, Volume IX, Issue X.
3. Cavell, T.A. (1990), *Social adjustment, social performance, and social skill: A tri-component model of social competence*. *Journal of Clinical Child Psychology*, 19(2), 111-122.
4. Curran & P M Monti (Eds.), *Social skill training: A Personal handbook for assessment and training*. New York. Guilford Press.
5. Davies, M., Cooper, G., Kettler, R. J., & Elliott, S.N. (2015). *Developing Social skill of students with additional needs within the Context of the Australian Curriculum*.
6. Haase, V.G. (2005). *The Matson Evaluation of Social Skills with Youngsters (MESSY) and its Adaptation for Children and Adolescents*.
6. Hargie, O., Saunders. C., & Dickson, D. (1994). *Social Skills in Interpersonal Communication (3rd edition)*.
7. Dr. Suman Dalal, Ms. Sarika (2022) *A study of social skills in relation to social adjustment of secondary school students*.