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A Comparative Study to Assess the Emotional Intelligence and Self-Esteem among Adolescents Studying at Selected Rural and Urban Higher Secondary Schools of Bagalkot District

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Abstract **Original Research Article**

Background: Adolescence may be a transitional stage in physical and psychological development that is generally confined to the period from puberty to legal adulthood. Adolescence is a unique and formative time. Physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. ***Methods:*** A Non-Experimental Descriptive Comparative design is to compare the emotional intelligence and self-esteem between urban and rural adolescents studying at selected high schools of Bagalkot district was conducted. Researcher has selected 120 adolescents, 60 from urban and 60 from rural high school in the age group of 13-16 years for the study. The high schools were selected by simple random sampling technique and the sample has been selected by Disproportional stratified sampling technique. The researcher has used self-report method to collect the data related to emotional intelligence and self-esteem by using Schutte Self Report Emotional Intelligence (SSEIT) for adolescents(K-GSADS-A) & Rosenberg self-esteem scale respectively. Analysis of data is done by using descriptive and inferential statistics. ***Results:*** Findings of the study revealed that Result of this study related to social anxiety level revealed that in urban area 24(40%) adolescents had mild social anxiety, 35(58.33%) adolescents had moderate social anxiety and only 1 (1.66%) adolescent had severe social anxiety. Whereas in rural area, 10(16.66 %) adolescents had mild social anxiety, 43(71.66%) adolescents had moderate social anxiety and 07(11.66%) adolescents had severe social anxiety, self-esteem level revealed that in urban area 11(18.33%) adolescents had low self-esteem & 49(81.66%) adolescents had normal self-esteem. There was a significant weak positive correlation between social anxiety and self-esteem among urban and rural adolescents. ***Conclusion:*** After obtaining the results of the present study the researcher noticed that there was a significant weak positive correlation between emotional intelligence and self-esteem among urban and rural adolescents. Now a day's adolescents are facing problems related to emotional intelligence and self-esteem.

Keywords: Emotional intelligence, Self-esteem, Adolescents, Urban, Rural, Comparative.

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INTRODUCTION

Adolescence may be a transitional stage in physical and psychological development that is generally confined to the period from puberty to legal adulthood. it's also a period of multiple transitions involving education, training, employment and unemployment, also as transitions from one living circumstance to another. a radical understanding of adolescence in a society depends on the availability of information and awareness about its various perspectives including psychological, historical, sociological, and cultural backgrounds.[1]

Adolescents most prevalent issues are growth and development, school, childhood illness that persist into adolescence and mental health concerns. adolescence who are repeatedly drop out of school have made a conscious decision to miss school [2]

Adolescents go through emotional ups and downs all the time due to change of hormones and for them life without much experience might seem overwhelming and at this juncture, a young adult can feel misguided. Emotional Intelligence refers to the capacity of recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in

us and in our relationships Emotional Intelligence is highly important in a teen's development. [3]

Emotional Intelligence can also be used in choosing among options and making decisions, being able to anticipate how one would feel if certain events took place can help decision makers choose among multiple. It can be used to facilitate certain kinds of cognitive processes.[4] Emotional Intelligence is generally said to include at least three skills: emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping. The capacity to interpret, regulate and measure emotions refers to emotional intelligence.[5]

Materials and Methods

Research approach quantitative research approach. The present study is Non-Experimental Descriptive Comparative design. Simple random sampling technique- to select the sample for Selecting High schools Disproportional stratified sampling technique- to select the adolescents were used to select of 120 adolescents rural and urban areas of Bagalkot. Written consent was taken from participants for the study. Self-structured questionnaires for Socio demographic variables, Standardized the Schutte Self Report Emotional Intelligence Test (SSEIT), Standardized Rosenberg self-esteem scale for Adolescents were used as tool for data collection. The data was analyzed by using descriptive and inferential statistical.

Study Design: The study design adopted for this study was Non experimental comparative design.

Participants: In the present study participant were the adolescents from rural and urban areas of Bagalkot. who met the inclusion criteria were selected as sample for the study

Instruments: The study was conducted using a Structured Questionnaires with items related socio demographic data of adolescents and Standardized the Schutte Self Report Emotional Intelligence Test (SSEIT), Standardized Rosenberg self-esteem scale were used

Description of data collection instruments

Part I: Questionnaires to assess socio-demographic data of adolescents.

PART II: Standardized the Schutte Self Report Emotional Intelligence Test (SSEIT) will be used to assess the level of emotional intelligence.

Part II1: Rosenberg self-esteem scale will be used to measure the self-esteem level among adolescents.

Data Collection Procedures:

Data collection was done for 4 days from 18-06-2023 to 21-06-2023. A formal Permission was obtained from the Principal of Sajjalashree Institute of Nursing Sciences Navanagar Bagalkot. Data was collected from adolescents by explaining the purpose of this study. Written consent was obtained from the study participants. According to the convenience and data was collected

Variable under study:

Study variables for the present study were the emotional intelligence and the self-esteem among adolescents.

Sociodemographic Variables:

Age, Sex, Religion, Father's education, Mother's education, Father's occupation, Mother's occupation, Year of Study, Area of Residence, Type of Family.

Statistical analysis:

The obtained data were statistically examined in terms of the objectives of the study using descriptive and inferential statistics. A master sheet was prepared with responses given by the study participants. Frequencies and Percentage was used for the analysis of demographic data, and Karl-Pearsons correlational coefficient was used to determine significance of correlation between emotional intelligence and the self-esteem. The Chi square(x^2) test to find out the association between socio demographic variables and emotional intelligence and the self-esteem.

Ethical Clearance:

A certificate of ethical permission was obtained from ethical committee of the institution and written consent was taken from each participant.

Results

Part I. Description of Socio- demographic variables

In this study Percentage wise distribution of adolescents according to their age group reveals that the majority (33%) of the urban adolescents were in the age group of 16 years and (30%) of the rural adolescents were in the age group of 14 years and 15 years. according to their sex reveals that the (50%) of the urban and rural adolescents were male and (50%) of the urban and rural adolescents were female. according to their religion reveals that the majority (95%) of the urban adolescents were Hindu and (5%) of them were Muslim and (100%) of rural adolescents were Hindu. according to their father occupation reveals that the majority (48%) of the urban adolescent's fathers were doing Business and (41%) of rural adolescents' fathers were coolie. according to their mother's occupation reveals that the majority (78%) of the urban adolescent's mothers were housewives and (48%) of rural adolescents fathers were housewives. according to their year of study reveals that the majority (33%) of the urban adolescent were in 8th standard,

(33%) of them in 9th and (33%) of them in 10th std and (33%) of rural adolescents were in 8th standard, (33%) of them in 9th and (33%) of them in 10th std. according to their area of residence reveals that the majority (100%) of the adolescent were from urban area and (100%) of them were from rural area. according to their type of family reveals that the majority (63%) of the urban adolescents were belongs to nuclear family and 56% of rural adolescents were belongs to nuclear family. according to their father education reveals that the majority (46%) of the urban adolescents fathers completed Degree and above and (40%) of rural adolescents fathers completed primary education. according to their mother's education reveals that the majority (26%) of the urban adolescents mothers completed higher primary and PUC and (40%) of rural adolescents mothers completed primary education.

Part II: Assessing the emotional intelligence and Self-esteem among Urban and Rural adolescents.

Section A: Assessing the emotional intelligence among Urban and Rural adolescents.

Table 1: Assessing the emotional intelligence among Urban and Rural adolescents. N=60 + 60

Levels of emotional intelligence among rural and urban adolescents					
		Urban		Rural	
Descriptions	**Scores**	**Frequency**	**Percentage**	**Frequency**	**Percentage**
Low	33-77	5	8%	8	13%
Medium	78-121	45	75%	41	68%
High	122-165	10	17%	11	19%

Table 1 shows that emotional intelligence among urban adolescents reveals that 5 (8.33%) adolescents had low emotional intelligence, 45(75%) had medium emotional intelligence and 10 (16.666) had high emotional intelligence. And among rural adolescents reveals that 8 (13.33%) adolescents had low emotional intelligence, 41(68.33%) had medium emotional intelligence and 11 (18.333) had high emotional intelligence.

Section B: Assessing the self-esteem among Urban and Rural adolescents.

Table 2: Assessing the self-esteem among Urban and Rural adolescents. N=60 + 60

Levels of Self-esteem among rural and urban adolescents					
		Urban		Rural	
Descriptions	**Scores**	**Frequency**	**Percentage**	**Frequency**	**Percentage**
Low	0-14	11	18%	17	28%
Normal	15-25	49	82%	43	72%
High	>25	00	00%	00	00%

Table 1 shows that self-esteem among urban adolescents reveals that most of adolescents 49(81.66%) had normal self-esteem and 11(18.33%) had low self-esteem. among rural adolescents reveals that most of adolescents 43(71.66%) had normal self-esteem and 17(28.33%) had low self-esteem.

Part III: Comparing the emotional intelligence among Urban and Rural adolescents.

Table 3: Comparing the emotional intelligence among Urban and Rural adolescents. N=60 + 60

Mean and SD of Emotional intelligence and Self-esteem among rural and urban adolescents				
	Urban		Rural	
Descriptions	**Mean**	**SD**	**Mean**	**SD**
Emotional Intelligence	94.733	15.08	95.06	17.20
Self Esteem	16.6	2.37	16.2	2.53

Table 3 shows that comparing the self-esteem among Urban and Rural adolescents reveals that the mean and S.D of urban sample is ($\bar{x}$=16.6, S.D=2.37) and the mean and S.D of rural sample is ($\bar{x}$=16.2, S.D=2.53). and emotional intelligence among urban ($\bar{x}$=94.73, S.D=15.08) as in the rural ($\bar{x}$=95.06, S.D=17.20).

Table 4: Correlation between the emotional intelligence and self-esteem among Urban adolescents. N=60

Variables	Mean	SD	Pearsons r value	P value	Significance
Emotional Intelligence	94.66	15.10	0.141	0.282	Mild correlation
Self Esteem	16.6	2.37			

Table 4 shows that correlation between emotional intelligence and self-esteem among urban adolescents. The r value obtained was 0.14, Hence there was mild correlation between emotional intelligence and self-esteem among urban adolescent.

Table 5: Correlation between the emotional intelligence and self-esteem among Rural adolescents. N=60

Variables	Mean	SD	Pearsons r value	P value	Significance
Emotional Intelligence	95.06	17.20	0.015	0.909	No correlation
Self Esteem	16.2	2.53			

Table 5 shows that correlation between emotional intelligence and self-esteem among rural adolescents. The r value obtained was 0.015, Hence there was no correlation between emotional intelligence and self-esteem among urban adolescents.

Part IV: Association between emotional intelligence and self-esteem with their selected socio demographic variables of Rural adolescents.

Section A: Association between emotional intelligence with their selected socio demographic variables of Urban adolescents

Table 6: Association between emotional intelligence with their selected socio demographic variables of Urban adolescents N=60

Sl no	Sociodemographic Variables	Df	Table value	χ^2 Value	P Value	Interpretation
1	Age	1	3.841	0.05	0.823	No Significant
2	Sex	1	**3.841**	**7.18***	**0.007**	**Significant**
3	Religion	1	3.841	0.24	0.624	No Significant
4	Father Education	2	5.991	0.03	0.985	No Significant
5	Mother Education	2	5.991	1.15	0.562	No Significant
6	Father Occupation	1	3.841	0.77	0.38	No Significant
7	Mother Occupation	1	3.841	0.03	0.865	No Significant
8	Year of study	2	5.991	1.87	0.391	No Significant
9	Type of family	1	3.841	0.06	0.086	No Significant

Significance At P <0.05

Table 6 depicts that the association between emotional intelligence with their selected socio demographic variables of urban adolescents were revealed that a significant association was found between emotional intelligence with their sex ($\chi 2 = 7.18$, $P<0.05$) Hence, H2 stated was accepted for only for sex and rejected for other variables in rural adolescents.

Table 7: Association between emotional intelligence with their selected socio demographic variables of Rural adolescents. N=60

Sl no	Sociodemographic Variables	Df	Table value	χ^2 Value	P Value	Interpretation
1	Age	2	5.991	1.06	0.588	No Significant
2	Sex	1	3.841	1.07	0.3	Significant
3	Religion	1	3.841	1	0.21	No Significant
4	Father Education	1	5.991	2.19	0.138	No Significant
5	Mother Education	1	5.991	1.69	0.429	No Significant
6	Father Occupation	1	3.841	4.05	0.044	Significant
7	Mother Occupation	2	5.991	0.34	0.843	No Significant
8	Year of study	2	5.991	0.54	0.763	No Significant
9	Type of family	1	3.841	1.63	0.207	No Significant

Significance At P <0.05

Table 7 shown the association between emotional intelligence with their selected socio demographic variables of rural adolescents were revealed that a significant association was found between emotional intelligence with their father Occupation ($\chi 2 = 4.05$, $P<0.05$) Hence, H2 stated was accepted for only father Occupation and rejected for other variables in rural adolescents.

Table 8: Association between Self Esteem with their selected socio demographic variables of Urban adolescents N=60

Sl no	Sociodemographic Variables	Df	Table value	χ^2 Value	P Value	Interpretation
1	Age	1	3.841	**4.03**	**0.044**	**Significant**
2	Sex	1	3.841	1.68	0.194	No Significant
3	Religion	1	3.841	1	0.232	No Significant
4	Father Education	2	5.991	0.8	0.67	No Significant
5	Mother Education	2	5.991	01.23	0.54	No Significant
6	Father Occupation	1	3.841	1.03	0.31	Significant
7	Mother Occupation	1	3.841	0.96	0.327	No Significant
8	Year of study	1	3.841	1.21	0.271	No Significant
9	Type of family	1	3.841	1.05	0.305	No Significant

Significance At P <0.05

Table 8 shows that the association between self-esteem with their selected socio demographic variables of urban adolescents were revealed that a significant association was found between self-esteem with their age ($\chi 2$ = 4.03, P<0.05) Hence, H2 stated was accepted for only for age and rejected for other variables in urban adolescents.

Table 9: Association between Self Esteem with their selected socio demographic variables of Urban adolescents N=60

Sl no	Sociodemographic Variables	Df	Table value	χ^2 Value	P Value	Interpretation
1	Age	1	3.841	**6**	**0.014**	**Significant**
2	Sex	1	3.841	1.17	0.191	No Significant
3	Religion	1	3.841	1	0.21	No Significant
4	Father Education	2	5.991	1.2	0.548	No Significant
5	Mother Education	2	5.991	2.97	0.226	No Significant
6	Father Occupation	2	5.991	2.2	0.329	No Significant
7	Mother Occupation	1	3.841	6.64	0.01	**Significant**
8	Year of study	2	5.991	4.25	0.119	No Significant
9	Type of family	1	3.841	4.1	0.042	**Significant**

Significance At P <0.05

Table 9 shown that the association between self-esteem with their selected socio demographic variables of urban adolescents were revealed that a significant association was found between self-esteem with their age ($\chi 2$ = 6, P<0.05), mother Occupation ($\chi 2$ = 6.64, P<0.05) and type of family ($\chi 2$ = 4.1, P<0.05) Hence, H2 stated was accepted for only age, mother's Occupation, type of family and rejected for other variables in urban adolescents.

Discussion

Finding related to assessment of emotional intelligence among urban adolescents reveals that 5 (8.33%) adolescents had low emotional intelligence, 45(75%) had medium emotional intelligence and 10 (16.666) had high emotional intelligence. among rural adolescents reveals that 8 (13.33%) adolescents had low emotional intelligence, 41(68.33%) had medium emotional intelligence and 11 (18.333) had high emotional intelligence.

A study was conducted and It has compare with current study, study Result indicated that gender had a significant effect on emotional intelligence. Though Type of school and area showed no significant effect on emotional intelligence, but on various components of EI significant interaction effect were found [6].

LIMITATIONS: The sample of the study limited to 120 adolescents in the age group of 13 – 16 years.

Conclusion

The study concludes that the present study the researcher noticed that there was a significant weak positive correlation between emotional intelligence and self-esteem among urban and rural adolescents. Now a day's adolescents are facing problems related to emotional intelligence and self-esteem.

Declaration by authors

Ethical Approval: Institutional ethical clearance approved.

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Conflict of Interest: The authors declare no conflict of interest.

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