

A STUDY OF EMOTIONAL INTELLIGENCE AMONG SCHOOL STUDENTS OF NOIDA

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Abstract: *Emotional Intelligence is really important for students to do well in school get along with others and feel good about themselves. These days' students have to deal with a lot of things like stress from school, pressure from friends, expectations from family and things they see on social media. Emotional Intelligence helps students understand and manage their feelings, which's good for them overall. This study looks at how intelligent students are in Noida and how it affects their grades and relationships with others. We did a study where we asked questions to 200 students from schools in Noida. We also read books, articles and reports to get information. What we found out is that most students are pretty good at understanding and managing their emotions. Students who are better, at this tend to do a job of controlling their feelings are more motivated get along better with others and do well in school. Our study shows that schools should teach Emotional Intelligence to help students grow and develop in a way.*

Keywords -Emotional Intelligence, School Students, Adolescence, Emotional Competence, Social & Emotional Learning

1. INTRODUCTION

Education today is not about doing well in school. It is also about helping students grow as people. Emotional Intelligence is really important for students to do well in school get along with others and feel good about themselves. Life is getting more complicated. Students need to be good at more than just book learning. They need to be able to understand and manage their emotions to make choices and get along with others. The idea of Emotional Intelligence was first talked about by Mayer and Salovey. Then Daniel Goleman wrote about it in 1995. According to Goleman, Emotional

Intelligence is about being able to know how you feel control your emotions motivate yourself understand how others feel and have relationships with people.

Students have to deal with a lot of situations like being stressed about exams getting along with friends handling failure and adjusting to new things. Students who are good at Emotional Intelligence can handle these things better. They are stronger more confident and better at solving problems.

Noida is a place where a lot of people go to school. It is one of the growing places to get an education in the National Capital Region. There are students from all backgrounds in Noida. So it is an idea to study Emotional Intelligence in students, in Noida to understand how they feel and to find ways to help them do better in school.

Emotional Intelligence is really important for students these days because it helps them learn talk to people and deal with things. It makes a difference in how well they can handle school and life in general.

For a time, schools only cared about how smart students were but now they think Emotional Intelligence is just as important. Students who are good at understanding their emotions can deal with stress get over times and be friends with their teachers and other students. When students are in school it is a time for them to learn about their emotions. As they get older their bodies, minds and social lives are all changing fast which can be overwhelming. Emotional Intelligence helps them figure out how they are feeling control their emotions and make choices when things get tough. Nowadays technology and social media are changing how students live and talk to each other. While technology is really helpful for learning spending much time on it can make students feel lonely, anxious and not as good at talking to people face to face.

Emotional Intelligence helps students stay balanced and have relationships even with all the technology around them. Students who are good at Emotional Intelligence tend to be leaders work well in teams and solve problems, which helps them do well in school and in their careers.

So it is really important for schools to understand Emotional Intelligence and how it affects students. Emotional Intelligence is something that schools should pay attention to because it can make a difference, in students' lives.

2. CONCEPTUAL FRAMEWORK OF EMOTIONAL INTELLIGENCE

Emotional Intelligence is something that helps people understand and manage their emotions. It is made up of different parts and has changed a lot over the last thirty years. Now people who study psychology and education and organizations think it is very important. Emotional Intelligence is not about showing emotions it is about using emotions in a smart way to get what you want.

Emotional Intelligence is made up of five parts. These are: knowing how you feel, being able to control your emotions being motivated being able to understand people's feelings and being able to get along with others. Knowing how you feel means you can recognize your emotions and see how they affect what you do. Being able to control your emotions means you can stop yourself from doing things on impulse and deal with your emotions in a way. Being motivated means you really want to achieve your goals and you keep trying. Being able to understand people's feelings helps you know what they are going through. Being able to get along with others helps you communicate well and have good relationships.

For kids in school Emotional Intelligence is very important. It helps them behave well and do well in school. Kids with Emotional Intelligence are usually more confident and they work well with others. They can handle school work. Get along with their friends. They can also deal with the ups and downs that happen when you are a teenager. So Emotional Intelligence is the basis for doing in school and in life. Emotional Intelligence helps people understand and manage their emotions. This is very important for kids, in school.

3.FACTORS AFFECTING EMOTIONAL INTELLIGENCE AMONG STUDENTS

Several things affect how school students develop intelligence. Knowing these things is important for creating educational programs.

- **Family Environment**

The family is where children first learn about emotions. When parents give support talk openly and set good examples it helps children develop emotional intelligence. Kids who grow up in families tend to be more emotionally stable and confident.

- **School Environment**

Schools help shape student's emotional skills. A positive school atmosphere with teachers, teamwork opportunities and good counseling services helps students develop emotionally. On the hand stressful or unsupportive schools can hinder emotional growth.

- **Peer Relationships**

Friends and social activities help students learn emotions. Through these interactions students learn to understand others work together resolve conflicts and communicate effectively. Good relationships with peers contribute a lot to maturity.

- **Socio-Economic Factors**

Where a student comes from financially affects their access to resources, extracurricular activities and emotional support. Students from financial backgrounds often have more opportunities for emotional and social development.

- **Technology and Social Media**

Technology is a part of students' lives. While it has benefits too much social media use can lead to emotional challenges like anxiety, loneliness and less face-, to-face interaction. Emotional intelligence helps students deal with these challenges.

4.LITERATURE REVIEW AND PROBLEM FORMULATION

Daniel Goleman, back in 1995 said that emotional intelligence is really important for doing in life. It is more important than how smart you are. He found that there are five parts to emotional

intelligence: knowing yourself controlling your feelings being motivated understanding others and getting along with people.

Mayer and Salovey in 1997 defined intelligence as being able to understand and use your emotions to help you think and act.

Schutte and his team in 2001 discovered that people with emotional intelligence are happier and better at dealing with others. They also have relationships with friends and family.

Petrides and Furnham in 2003 came up with a theory that emotional intelligence affects who you are as a person how well you adapt to things and how you behave.

Extremera and Fernández-Berrocal in 2005 found that emotional intelligence helps teenagers do well in school and deal with their emotions.

Nasir and Masrur in 2010 looked at intelligence in students and found that it is closely linked to how well they do in school.

Sharma and Kumar in 2018 saw that emotional intelligence helps students feel more confident become leaders and participate more in class.

When you look at all these studies it is clear that emotional intelligence affects areas of a student's life, including how well they do in school how they get along with others how happy they are and how well they lead others. However, there are not studies that focus on school students, in Noida, which is why we need to do this study on emotional intelligence.

Bar-On in 2000 said that emotional intelligence is about having social skills that help people deal with the challenges of everyday life.

Brackett and Mayer in 2003 found that students who are emotionally intelligent have relationships with others and behave well.

In 2004 Parker and others discovered that students with emotional intelligence do better in school.

A study by Singh in 2016 showed that students with emotional intelligence are better at managing stress and making friends.

There is a growing interest in intelligence but not many studies have looked at school students, in Noida.

This study aims to fill that gap by looking at the intelligence of students and what it means for their education.

5. RESEARCH GAP

When you look at what people have found out about this topic you see that a lot of studies have looked at how emotionally intelligent adolescents and college students are. Not many people have really focused on school students in Noida. Most of the time researchers have looked at groups of people and have not thought about what makes Noida different like its schools and culture.

Most of the research far has been about how well students do in school and not as much about how they feel, get along with others and control their emotions. We need to do research in Noida to see how emotionally intelligent students are in school and what things affect how they develop emotionally.

This study is trying to fill that gap by looking at how intelligent school students in Noida are and how that relates to how well they do, in school how aware they are of their emotions how well they get along with others and how supportive their families are.

6.OBJECTIVES OF THE STUDY

1. We want to know more about intelligence and its importance for students in school.
2. We aim to find out the level of emotional intelligence among school students in Noida.
3. We are trying to see if there's a connection, between intelligence and how well students do in their studies.
4. We need to figure out what affects a student's intelligence.
5. We hope to come up with some ideas to help students improve their intelligence.

7.HYPOTHESIS OF THE STUDY

H01: The study of school students in Noida shows that emotional intelligence is much the same for all of them.

H02: For school student's emotional intelligence does not really affect how well they do in school. There is no significant relationship between emotional intelligence and academic performance, among school students of Noida.

- **RESEARCH METHODOLOGY**
- **PRIMARY DATA**

Primary data were collected through a structured questionnaire consisting of questions related to emotional awareness, emotional regulation, motivation, empathy, and social skills.

- **SECONDARY DATA**

Secondary data were collected from:

- Books
- Research Journals
- Educational Reports

- Websites
- Magazines
- Research Articles

- **SAMPLE SIZE**

A total of 200 students studying in secondary and senior secondary classes from various schools in Noida were selected through convenience sampling.

- **STATISTICAL TOOLS USED**

- Percentage Analysis
- Mean Analysis
- Comparative Analysis
- Microsoft Excel

8.ANALYSIS, DISCUSSION AND INTERPRETATION

- 1. Do you understand your emotions during stressful situations?

Parameters	Percentage
Always	42%
Often	35%
Sometimes	18%
Rarely	5%

- **Analysis**

The majority of students (77%) reported that they either always or often understand their emotions during stressful situations. This indicates a satisfactory level of emotional awareness among students.

- 2. Are you able to control your emotions during examinations?

Parameters	Percentage
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Always	38%
Often	34%
Sometimes	22%
Rarely	6%

- **Analysis**

The findings reveal that 72% of students can effectively control their emotions during examinations. This demonstrates good emotional regulation abilities among students.

- **3. Do you feel motivated to achieve your academic goals?**

Parameters	Percentage
Strongly Agree	44%
Agree	36%
Neutral	12%
Disagree	8%

- **Analysis**

Approximately 80% of students expressed positive motivation toward achieving academic goals. Motivation is a key component of emotional intelligence that contributes significantly to academic success.

- **4. Do you understand the feelings of your classmates and friends?**

Parameters	Percentage
Strongly Agree	40%
Agree	38%
Neutral	15%

Disagree 7%

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- **Analysis**

A majority of students demonstrate empathy toward their peers, which is essential for maintaining healthy interpersonal relationships and social harmony.

- 5. Are you comfortable communicating your feelings to others?

Parameters	Percentage
Strongly Agree	35%
Agree	42%
Neutral	15%
Disagree	8%

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- **Analysis**

About 77% of students reported comfort in expressing their emotions, indicating strong communication and social interaction skills.

- 6. Does your family support you emotionally?

Parameters	Percentage
Strongly Agree	48%
Agree	34%
Neutral	10%
Disagree	8%

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- **Analysis**

Family support emerged as a major factor contributing to emotional intelligence development among students.

- 7. Do you maintain positive relationships with your classmates?

Parameters	Percentage
Always	46%
Often	32%
Sometimes	16%
Rarely	6%

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- **Analysis**

Most students reported positive relationships with classmates, reflecting strong social competence and interpersonal skills.

- 8. Can you manage conflicts without becoming angry?

Parameters	Percentage
Always	30%
Often	42%
Sometimes	22%
Rarely	6%

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- **Analysis**

Approximately 72% of students can effectively manage conflicts, indicating healthy emotional regulation and maturity.

- 9. Does emotional intelligence help you perform better academically?

Parameters	Percentage
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Strongly Agree 45%

Agree 35%

Neutral 12%

Disagree 8%

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- **Analysis**

A majority of students believe emotional intelligence positively influences their academic performance.

- 10. Should schools conduct emotional intelligence development programs?

Parameters	Percentage
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Yes	88%
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No	12%
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- **Analysis**

Most students support the introduction of emotional intelligence development programs in schools.

9.FINDINGS OF THE STUDY

1. Most students have a good sense of emotional intelligence.
2. Students are usually able to understand and manage their emotions in a way.
3. Emotional intelligence has an effect on how well students do in school.
4. Family support is really important for students to develop intelligence.
5. Students with emotional intelligence are able to have healthier relationships with their friends.
6. Emotional intelligence helps students communicate better and handle conflicts.
7. Most students think that schools should have programs to teach intelligence.

- **Educational Implications**

The findings of the study are important for schools and teachers and parents and people who make decisions about education. Emotional intelligence is something that should be a part of what students learn in school not something extra. Schools can help students develop intelligence by having special programs that teach social skills and values and life skills. Teachers can help students develop intelligence by making their classrooms feel supportive and letting students express themselves and work together.

Methods like acting out roles and talking about things in groups and working on projects can help students develop intelligence. Parents also play a role in helping students develop emotional intelligence by being supportive and communicating in a positive way. Schools should work with parents to make sure students are learning about emotions in a way. People who make decisions, about education should make sure that schools are teaching intelligence and helping students develop it. This will help students do better in school and be happier and healthier and become leaders and citizens.

● Limitations of the Study

The study has some limitations.

- It only looked at schools in Noida so the results might not apply to all students in India.
- The study also had a group of 200 participants.
- The information was based on what students said about themselves which can be influenced by their views and biases.
- The study mainly focused on aspects of emotional intelligence and did not consider other factors like socioeconomic status, parent's education and cultural background.
- With these limitations the study gives us a good idea about the emotional intelligence of school students and can help guide future research.

● Future Research Directions

- Future studies could compare intelligence in different age groups, schools and areas.
- They could also look at how emotional intelligence relates to health, leadership skills, creativity and career readiness.
- Researchers could conduct long-term studies to see how emotional intelligence changes, over time.
- They could also investigate if emotional intelligence training programs really help students do better in school and feel better emotionally.

13.SUGGESTIONS

1. Schools need to teach intelligence as part of the regular school work.

This is something that should be done every day.

2. Schools should have people who can talk to students and help them with their problems.

These people can give students advice and support.

3. Teachers should learn how to help students understand their feelings and get along with others.

Teachers need to know how to teach intelligence to students.

4. Schools should have meetings where students can learn how to manage stress and deal with their emotions.

These meetings can help students feel better and do well in school.

5. Parents should help their children understand and manage their emotions.

Parents play a role in helping children develop emotional intelligence.

6. Schools should have group activities where students can work together and learn from each other.

This can include acting out situations and working on projects as a team.

7. Schools should regularly check to see how well students can understand and manage their emotions.

14.CONCLUSION

The study found that emotional intelligence is very important for school students. Students who are good at understanding their emotions do well in school and get along with others. They can also express themselves well. Deal with problems easily. Most students in Noida are good at understanding their emotions. This is a thing because it means they can handle challenges at school. However, schools need to do more to help students develop intelligence. Emotional intelligence is a part of getting a good education and growing up to be a well-rounded person. Schools should make sure students learn about intelligence every day. Emotional intelligence is essential for students to do well in school and, in life.

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