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# Golden Research Thoughts

GRT

## ASSESSMENT OF EMOTIONAL INTELLIGENCE OF WORKING PARENTS IN URBAN AREAS OF JAMMU DISTRICT



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### ABSTRACT

The present research was conducted to assess the emotional intelligence of working parents belonging to urban areas of Jammu District. The sample for the present study comprised of 100 parents (50 fathers and 50 mothers), having at least one child in the age group of 6-12 years. The sample parents were dual earner couples, working as government teacher or in similar government job profiles. Multistage sampling technique with emphasis of randomization was used for selection of sample. Mangal and Mangal (2004) Emotional Intelligence Inventory Scale was used for the data collection. The results reveal that the mean age of the fathers is  $42.02 \pm 6.06$  years and mean age of mothers is  $37.08 \pm 5.98$  years and most of the

parents were qualified up to post graduation. Most parents had average level of intrapersonal awareness, interpersonal awareness and interpersonal management. Only on one dimension namely, intrapersonal management most parents scored 'good'. The results overall highlight that most of the parents tend to have moderate or average level of emotional intelligence. There was significant difference between fathers and mothers only on the dimension of intrapersonal awareness, with fathers showing higher level of it than the mothers. When various dimensions of emotional

intelligence were intercorrelated among themselves findings indicate that for the entire group and for fathers and mothers separately also the various dimensions were positively significantly correlated to each other. Parents who were well aware of their own emotions were also able to understand and manage the emotions of others in a better way.

**KEYWORDS :**Emotional Intelligence, Interpersonal Awareness, Intrapersonal Awareness, Interpersonal Management, Intrapersonal Management, Working parents.

### **INTRODUCTION:**

Parenting can be simply defined as “the process or the state of being of parent”. Parenting is the process of developing using the knowledge that is helpful in giving birth, rearing and providing care for offspring. This definition implies that parenting starts when there is a plan for it and it involves not just bringing up the children but also care for them. There are several characteristics of parenting. First of all, with the advancement of medical knowledge and technology, parenting becomes a choice in life. Secondly, being a parent is a life-long commitment. Thirdly, it involves responsibilities, as parents are responsible to take care of their children physically as well as psychologically. Lastly, parenting involves not just the couple but all the family members since the birth of a child affects the whole family. Santrock (1996) refers to parenting as the way in which parents deal with children. The term ‘Parenting’ reflects modern insight into parental role which is more comprehensive view of the whole child rearing process. Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Thus, parenting is a complex process involving much more than a mother and father providing food, safety and succor to an infant or child, parenting involves bidirectional relationships between members of two (or more) generations; can extend through all or major parts of the respective life spans of these groups.

Emotional intelligence (EI) is the ability to monitor one's own and other people's emotions, to discriminate between and label them appropriately, and to use emotional information to guide thinking and behavior. Emotional Intelligence covers abilities like recognizing, understanding and regulating emotions which are important for children to establish positive relationships with people (Mayer et al. 2002). Good parenting requires more than intellect. It touches a dimension of the personality that's been ignored in much of the advice dispensed to parents over the past thirty years. For parents, this quality of 'emotional intelligence' as many now call it means being aware of your children's feelings, and being able to empathize, soothe, and guide them. For children, who learn most lessons about emotions from their parents, it includes the ability to control impulses, delay gratification, motivate them, read other people's social cues and cope with lives up and down. Parents who are high on emotional intelligence are found to be better in handling the situations of life than those who have low level of emotional intelligence. The parents who had high influence in the life of children especially at the initial phase of life are responsible to enhance EQ with good social and emotional environment (Joshi and Dutta, 2015).

With this as background the present study has been designed to assess and compare the maternal and paternal emotional intelligence, to understand if there are any differences in their emotional intelligence.

## RESEARCH METHODOLOGY

The methodological framework for the study is as under:

### Sample:

The sample comprised of 100 working parents, half mothers and half fathers selected from different areas of Jammu city and having at least one child in the age group of 6-12 years. The entire sample belonged to middle socio-economic strata families.

### Locale of the study:

The sample for the study was drawn from Urban areas of Jammu city namely Bahu Plaza, Kacchi Chawani, Talab Tillo, and Bakshi Nagar etc.

### Criteria for Sampling Selection:

The following criteria were followed for the selection of desired sample.

1. The families selected should have availability of both the husband and wife.
2. The selected families should have at least one child in the age group of 6–12 years.
3. The selected families should be natives of Jammu and not migrants from other state / countries.
4. The selected couples should be employed as Government Teachers or in similar Government job profiles.

### Sampling Technique:

Multistage sampling technique with emphasis on randomization was used for selecting sample for the study. The entire sample was drawn from the various areas falling under the Jammu city. A list of government schools falling in the selected areas was prepared. Personal visits were carried out to the schools and those male and female teachers were selected who had at least one child in the age group of 6-12 years and whose spouse was also a teacher or in similar government job profile. Then visit to the respective spouse of the selected sample teacher was carried out and required data was gathered. The process of drawing the sample continued until the desired sample of 50 couples fulfilling the sample criteria was drawn.

### Tools for Data Collection

Emotional Intelligence scale developed by Mangal and Mangal in 2004 was used. It has been designed for use with Hindi and English knowing 16+ year's age of schools, colleges and university students for the measurements of their emotional intelligence in respect of four areas or aspects of emotional intelligence namely:

- Intrapersonal Awareness (own emotions).
- Interpersonal Awareness (other emotions).
- Intrapersonal Management (own emotions).
- Interpersonal Management (other emotions).

### Data Analysis

Data was analyzed primarily by quantitative procedures. Frequencies and percentages of respondents falling in the various scale categories were calculated. Statistical package namely, IBM SPSS Statistics was used for the computation of Mean, Standard Deviation, Chi-Square, Pearson Correlation.

## RESULTS AND DISCUSSION

The results of the study are presented and discussed as follow:

### BACKGROUND/ DEMOGRAPHIC PROFILE

The demographic details of the parents comprising of their age, educational qualification and occupation are represented in this section.

#### Age of Sample Parents

**Table no.1**  
**Age of Sample Parents**

Age (in years)	Fathers(n=50)		Mothers(n=50)		Total(N=100)	
	N	%	N	%	N	%
20-30yrs	-	-	2	4	2	2
30-40yrs	22	44	32	64	54	54
40-50yrs	20	40	15	30	35	35
50-60yrs	8	16	1	2	9	9
<b>Mean±S.D</b>	<b>42.02±6.06</b>		<b>37.08±5.98</b>		<b>39.55±6.48</b>	

Table 1 reveals that the age of the sample parents ranged from 20-60 years. Majority of them (54%) were 30-40 years old; followed by 35% who are 40-50 years old. The mean age of the parents was noted to be  $39.55\pm6.48$  years. Between fathers and mothers; comparatively mothers were younger with a mean age of  $37.08\pm5.98$  years, while that of fathers was  $42.02\pm6.06$  years.

#### Educational Qualification of Parents

**Table no.2**  
**Educational Qualification of Parents**

Educational Qualification	Fathers(n=50)		Mothers(n=50)		Total(N=100)	
	N	%	N	%	N	%
12 <sup>th</sup> pass	1	2	-	-	1	1
Graduation	17	34	15	30	32	32
Graduation + B.ed	4	8	12	24	16	16
Post Graduation	28	56	23	46	51	51

Table 2 shows that 51 % of the parents were post graduates and among these 56% were fathers and 46% were mothers. 32% of the parents were graduates and among these 34% were fathers and 30% were mothers.

## Occupation of Parents

**Table no.3  
Occupation of Parents**

<b>Occupation</b>	<b>Fathers(n=50)</b>		<b>Mothers(n=50)</b>		<b>Total(N=100)</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Bank Employ	8	16	8	16	16	16
Teachers	20	40	35	70	55	55
A.H. Deptt.	14	24	7	14	21	21
Civil Engineer	8	16	-	-	8	8

Table 3 shows that majority (55%) of the parents were in academic occupation and among these 40% were fathers and 70% were mothers; whereas 21% of the parents were working in animal husbandry department and 16% of the parents were bank employees. Comparatively between the two groups more mothers (70%) than fathers (40%) were teachers; while 16% fathers were civil engineers while none of the mothers were involved in this occupation.

## EMOTIONAL INTELLIGENCE OF PARENTS

Emotional Intelligence of the sample parents was assessed by the use of a standardized rating scale. The emotional intelligence is measured in terms of four components namely, Intrapersonal awareness, Interpersonal awareness, Intrapersonal management and Interpersonal management. This section presents the details of the emotional intelligence of the sample parents.

### Intrapersonal Awareness

**Table no.4  
Intrapersonal Awareness**

<b>Level</b>	<b>Fathers(n=50)</b>		<b>Mothers(n=50)</b>		<b>Total(N=100)</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Very Good	5	10	-	-	5	5
Good	15	30	11	22	26	26
Average	19	38	30	60	49	49
Low	11	22	9	18	20	20
Very Low	-	-	-	-	-	-
<b>Mean±S.D</b>	<b>17.72±3.81</b>		<b>16.58±3.73</b>		<b>17.15±3.80</b>	

$\chi^2 = 8.2^*$ , df= 3, P value= .04, significant at 0.05 level

Table 4 indicates that majority of the sample parents (49%) had average intra personal awareness indicating that they weren't even very sure about their own emotions. Only 26% parents

reported having good intrapersonal awareness. These parents were well aware of their own emotions but at the same time many (20%) parents had low levels of intrapersonal awareness. The findings hence highlighted that even as adults and being parents they failed to acknowledge their own emotions. Calculation of chi-square reveals significant difference between the intra personal awareness of fathers and mothers, with fathers showing better intrapersonal awareness than the mothers.

### **Interpersonal Awareness**

**Table no. 5**  
**Interpersonal Awareness**

Level	Fathers(n=50)		Mothers(n=50)		Total(N=100)	
	N	%	N	%	N	%
Very Good	3	6	-	-	3	3
Good	8	16	8	16	16	16
Average	29	58	36	72	65	65
Low	8	16	5	10	13	13
Very Low	2	4	1	2	3	3
<b>Mean±S.D</b>	<b>17.14±3.89</b>		<b>16.62±3.08</b>		<b>16.88±3.50</b>	

2 = 4.7, df= 4, P value=.31, insignificant

Interpersonal awareness dimensions of emotional intelligence refer to the ability to know and understand other's emotions. 65% of the parents had average inter personal awareness. Sex wise 58% fathers and 72% mothers had average interpersonal awareness. Only 16% of the parents had good interpersonal awareness (16% fathers and 16% mothers). Another 13% of the parents had low interpersonal awareness (16% fathers and 10% mothers). The results highlight that when it came to the parent's ability to recognize and understand the emotions of others, they had moderate potential. As adults and as working individuals they were able to always understand the emotions others exhibited but only to a moderate extent only. Though calculation of chi-square reveals insignificant difference between the interpersonal awareness of sample fathers and mothers; yet the father's showed higher levels of it than the mothers.

## Intrapersonal Management

**Table no.6**  
**Intrapersonal Management**

<b>Level</b>	<b>Fathers(n=50)</b>		<b>Mothers(n=50)</b>		<b>Total(N=100)</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Very Good	1	2	1	2	2	2
Good	25	50	23	46	48	48
Average	15	30	16	32	31	31
Low	8	16	8	16	16	16
Very Low	1	2	2	4	3	3
<b>Mean±S.D</b>	<b>18.18±3.47</b>		<b>17.78±4.39</b>		<b>17.98±3.94</b>	

$t = 0.6$ , df = 4, P value = .96, insignificant

On the ability to manage their own emotions, most parents (48%) had good to average (31%) levels of it. As working adults, most parents were able to manage their emotions well. However, some parents did have problem in doing the same as they had low (16%) to very low (3%) levels of it. There were no significant difference in the intrapersonal management of emotions of fathers and mothers.

## 7. Interpersonal Management

**Table no.7**  
**Interpersonal Management**

<b>Level</b>	<b>Fathers(n=50)</b>		<b>Mothers(n=50)</b>		<b>Total(N=100)</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Very Good	-	-	-	-	-	-
Good	10	20	7	14	17	17
Average	21	42	29	58	50	50
Low	16	32	12	24	28	28
Very Low	3	6	2	4	5	5
<b>Mean±S.D</b>	<b>15.82±3.77</b>		<b>15.16±3.11</b>		<b>15.49±3.46</b>	

$t = 2.5$ , df = 3, P value = .46, insignificant

Half (50%) of the parents had average level of emotion's interpersonal management, of these 42% were fathers and 58% were mothers. This was followed by 28% parents who had low levels of interpersonal management. Both fathers and mothers had average to low levels of the ability to manage the emotions of others. Statistically there was no significant difference in this ability of fathers and mothers. Overall only 17% parents were able to manage the emotions of others to a higher level.

### Inter Correlation among Dimensions of Emotional Intelligence

Table no. 8

Variables	Intra Personal Awareness	Inter Personal Awareness	Intra Personal Management	Inter Personal Management
Intra Personal Awareness	-			
Inter Personal Awareness	.475**	-		
Intra Personal Management	.188	.113	-	
Inter Personal Management	.199*	.417**	.265**	-

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*. Correlation is significant at the 0.05 level (2-tailed).

### Inter Correlation among Dimensions of Emotional Intelligence

When the correlation among the variables was analyzed for the entire sample, it was found that intrapersonal awareness dimension of emotional intelligence is positively significantly correlated with interpersonal awareness ( $r=.475^{**}$ ,  $p<0.01$ ) which shows that parents who know their own emotions are also able to know emotions of others as well. Intrapersonal awareness is also positively significantly correlated with interpersonal management ( $r=.199^*$ ,  $p<0.05$ ) showing that parents who are able to know their own emotions are capable of managing emotions of others as well. Interpersonal awareness is positively significantly correlated with interpersonal management ( $r=.417^{**}$ ,  $p<0.01$ ) and intrapersonal management ( $r=.265^{**}$ ,  $p<0.01$ ), highlighting that when parents are aware of emotions of others they are well in control of their own and others emotional states. The results highlight the inter relatedness and inter dependence of various dimensions of emotional intelligence among each other.

### CONCLUSION

The last decade or so has shown great interest among researches to understand the implications of emotional intelligence for individual and societies. Though emotional intelligence is seen as an essential predictor for occupational success; little is known about its effect on parental lives. With this as the background the present research was conducted to assess the difference if any in the paternal and maternal emotional intelligence .It would be interesting to note differences or similarities in the emotional intelligence of parents according to their sex. Do mothers and fathers have similar emotional understanding and management skills? Who shows higher emotional understanding, a father or a mother?. This formed the basis of carrying out the current research.

Emotional Intelligence of the sample parent was assessed on four dimensions namely; Intrapersonal awareness, Interpersonal awareness, Intrapersonal management and Interpersonal management. Analyses of the results reveal that majority parents had average intrapersonal awareness, interpersonal awareness as well as interpersonal management. Most parents were

moderately aware of their emotions as well as emotions of others and were adequately equipped to manage emotions of others. The only dimension where most parents scored good was intrapersonal management, indicating the capability of working parents to successfully manage their various emotional states. Statistical procedure indicates significant difference between fathers and mothers only in one dimension of emotional intelligence i.e. intrapersonal awareness; with fathers showing higher level of it than the mothers. The results overall highlight that most of the parents tend to have moderate or average level of emotional intelligence. Similar results were found in a study conducted Chopra (2013) and Bhatia (2012), who also reported that usually parents have average emotional intelligence.

When various dimensions of emotional intelligence were correlated among themselves, findings indicate that for the entire group of parents the various dimensions were positively significantly correlated with each other. Intrapersonal awareness is also positively significantly correlated with interpersonal management showing that parents who are able to know their own emotions are capable of managing emotions of others as well. Parents who were well aware of their own emotions were also able to understand and empathies with others and also are able to manage the emotions of others.

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