



Research Article

EMOTIONAL COMPETENCE AND STRESS AMONG ADOLESCENTS

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ABSTRACT

Background of the study: Emotional competence also reflects abilities to join intelligence, empathy and emotions to enhance thought and understanding of interpersonal dynamics. Stress is the term often used to describe distress, fatigue and feelings of not being able to cope. It refers both to the circumstances that place physical or psychological demands on an individual and to the emotional reactions experiences in these situations.

Aim of the Study: To assess the Emotional Competence and Stress among Adolescents studying in Hucheshwar High School, Kamatagi, Bagalkot.

Methodology: Non Experimental approach with descriptive correlation survey research design was used for the study to accomplish the objectives. Structured Emotional Competence scale and Cohen's Perceived stress scale were used to collect the data. A sample of 100 adolescents was selected by stratified proportionate random sampling technique. The data were analyzed using descriptive and inferential statistics.

Results: Assessment of levels of emotional competence and stress among adolescents reveals that, the majority of adolescents (75%) had good emotional competence and majority of adolescents (74%) had moderate stress. A Negative correlation ($r=-0.38$) found between emotional competence and stress.

The findings regarding association of the emotional competence of adolescents with their selected socio-demographic variables shows that, significant association was found between the emotional competence and age of adolescents ($\chi^2= 5.84$; $P<0.05$), year of study ($\chi^2= 4.5$; $P<0.05$) and family monthly income ($\chi^2= 6.13$; $P<0.05$). No significant association was found between stress levels of adolescents with their any of the socio-demographic variables.

Interpretation and Conclusion: The overall findings of the study revealed that there was a negative correlation found between emotional competence and stress among adolescents.

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INTRODUCTION

Emotional competence (EC) can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behaviour. Emotional competence also reflects abilities to join intelligence, empathy and emotions to enhance thought and understanding of interpersonal dynamics. Goleman (1995) defined emotional intelligence as "the capacity for recognizing our own feelings and those of others, for motivating ourselves and managing emotions well in ourselves and in our relationship." A good deal of research has been conducted on emotional intelligence and it was found to be appearing as an important factor in the prediction of personal, academic and career success.⁶

Stress is nothing new to the modern generation. The word stress derives from Latin word 'stringere' meaning to draw tight and was used in the 17th century to describe hardship or affliction. Stress is like Janus, the Roman god who had two faces looking in opposite directions. Stress is the term often used to describe distress, fatigue and feelings of not being able to cope. It refers both to the circumstances that place physical or psychological demands on an individual and to the emotional reactions experiences in this situations.⁷

There are over 1.8 billion young people in the world today. 90% of who live in developing countries where they tend to makes up large proportion of the population. There are more than 225million in china.¹⁰

India has the largest population of adolescents in the world being home to 243 million individual aged 10-19years. Karnataka is third with 68.3% of its population in the 18years and above age group, also the states adolescents' population stood at 18.9% of its total population.¹¹

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Adolescence is a crucial period of time. The onset of psychological disorder may be fast stress mainly comes from academy test, interpersonal relations, relationship problems, life changes, family factor and career exploration. Such stress may usually cause psychological physical and behavioural problems. Academic stress due to examination system, burden of home and attitude of parents and teachers. According to survey titled, "Depression among adolescence in Taipei area" the result showed due to school stress and 44.3% of the depression was due their academic test.⁹

Thus after going through above said facts it is clear that, the adolescents who have low emotional competence and have high levels of stress. Hence the researcher has decided to undertake this study to assess the emotional competence and stress among adolescents studying in Hucheshwar High School, Kamatagi, Bagalkot

Statement of the Problem

"A Study to Assess the Emotional Competence and Stress among Adolescents studying in Hucheshwar High School, Kamatagi, Bagalkot."

Objective of the Study

1. To assess the level of emotional competence among adolescents.
2. To assess the level of stress among adolescents.
3. To find the correlation between emotional competence and stress among adolescents.
4. To find the association between emotional competence and selected socio -demographic variables of adolescents.
5. To find the association between levels of stress and selected socio - demographic variables of adolescents.

Hypothesis

H₁: There will be a negative correlation between emotional competence and stress among adolescents.

H₂: There will be a significant association between emotional competence of adolescents and their selected socio - demographic variables.

H₃: There will be a significant association between level of stress of adolescents and their selected socio- demographic variables.

METHODOLOGY

Research approach: Quantitative non-experimental approach was used for the present study.

Research design: Descriptive correlation survey design.

Variables: Variables selected for the present study are:

Study variable1: Emotional competence of adolescents.

Study variable 2: Stress among adolescents.

Socio - demographic variables: Age, sex, religion, year of study, fathers educational status, mothers educational status, fathers occupation, mothers occupation, family monthly income, type of family, and area of residence.

Setting of the Study: The present study was conducted in Hucheshwar high school, Kamatagi, Bagalkot.

Population

The target population: The target population for the present study includes adolescents who are studying in various high schools at Bagalkot District.

Accessible population: The accessible population for the present study is the adolescents studying in Hucheshwar high school, Kamatagi, Bagalkot.

Sample size: Sample for the present is 100 adolescents in the age group of 13 to 16 years studying in Hucheshwar high school, Kamatagi, Bagalkot.

Criteria for selection of sample

Inclusion Criteria

The study includes the adolescents, who are

- Adolescents who are studying in 8, 9,10th classes.
- Available at the time of data collection
- Willing to participate in the study

Exclusion criteria

The study excludes the adolescents, who are

- Sick at the time of data collection
- Not willing to participate in the study

Sampling Technique: Stratified proportionate random sampling technique.

Description of the Tools

Structured Emotional Competence scale

There are 30 items in rating scale and scored as mentioned below.

- 1 = strongly disagree
- 2 = disagree
- 3 = neither disagree nor agree
- 4 = agree
- 5 = strongly agree

Thus for 30 items maximum obtainable score was 150 and minimum was 30. The reliability of the questionnaire was calculated by administering it to 10 adolescents and Cronbach's alpha coefficient obtained was 0.83.

Cohen's Perceived stress scale

It consists of 10 items to assess the level of stress among adolescents.

Scoring of these items is as follows

- Never = 0
- Almost Never = 1
- Sometimes = 2
- Fairly often =3
- Very often = 4

Thus for 10 items maximum obtainable score was 40 and minimum was zero.

The reliability of the scale was calculated by administering it to 10 adolescents and Cronbach's alpha coefficient obtained was 0.76.

Socio-demographic profile

The socio-demographic profile consist of information about Adolescents; age, sex, religion, father's educational status, mother's educational status, father's occupation, mother's occupation, family income, type of family and area of residence.

Data collection procedure

Prior to actual data collection, the investigator obtained permission from Principal, Sajjalashree Institute of Nursing Sciences, Navanagar, Bagalkot and Principal, Hucheshwar high school, Kamatagi, Bagalkot. The main study was conducted on 05/06 /17 among 100 adolescents who were selected by Stratified proportionate random sampling technique.

Plan of Data Analysis: The data obtained was analyzed in terms of achieving the objectives of the study using descriptive and inferential statistics.

RESULTS

Part-I: Assessment of levels of emotional competence and stress of adolescents.

Table 1 Levels of emotional competence among adolescents.

N=100			
Levels of emotional competence	Range of Score	No of respondents	Percentage
Poor emotional competence	1 to 50	00	00%
Average emotional competence	51 to 100	25	25%
Good emotional competence	101 to 150	75	75%

Assessment of levels of emotional competence among adolescents reveals that, the majority of adolescents (75%) had good emotional competence.

Table 2 Levels of stress among adolescents.

N =100			
Level of stress	Range of score	No of respondents	Percentage
Normal	00 to 10	00	00%
Mild	11 to 20	22	22%
Moderate	21 to 30	74	74%
Severe	31 to 40	4	4%

Assessment of levels of stress among adolescents reveals that, majority of adolescents (74%) had moderate stress.

Part-II: Correlation between Emotional competence and Stress of adolescents.

Table 3 Correlation between Emotional competence and Stress of adolescents.

N=100	
Spearman's Rank order correlation (r_s) between Emotional competence and Stress	
Correlation coefficient (r_s)	- 0.38*

*Significant (P<0.05)

Findings regarding correlation between emotional competence and stress of adolescents reveal that, Correlation coefficient (r) value of emotional competence and stress of adolescents is minus 0.38 (p<0.05). Hence there exist a significant negative correlation between emotional competence and stress of adolescents.

Part-III: Association of emotional competence and stress of adolescents with their selected socio-demographic variables.

Table 4 Association of the emotional competence of adolescents with their selected socio-demographic variables.

N=100					
Sl. No	Socio-demographic variables	Df	Chi-square value	Table value	Level of significance
1.	Age	1	5.84	3.84	P<0.05 S
2.	Sex	1	00	3.84	P>0.05 NS
3.	Religion	1	0.07	3.84	P>0.05 NS
4.	Year of Study	1	4.5	3.84	P<0.05 S
5.	Father's educational status	2	2.04	5.99	P>0.05 NS
6.	Mother's educational status	2	0.19	5.99	P>0.05 NS
7.	Father's occupation	2	0.25	5.99	P>0.05 NS
8.	Mother's occupation	2	0.99	5.99	P>0.05 NS
9.	Monthly income of family	2	6.13	5.99	P<0.05 S
10.	Area of Residence	1	0.01	3.84	P>0.05 NS
11.	Type of family	1	0.01	3.84	P>0.05 NS

Df= degrees of freedom NS = Not significant * S=Significant (P < 0.05)

The findings regarding association of the emotional competence of adolescents with their selected socio-demographic variables shows that, significant association was found between the emotional competence and age of adolescents ($\chi^2= 5.84$; P<0.05), year of study ($\chi^2= 4.5$; P<0.05) and family monthly income ($\chi^2= 6.13$; P<0.05).

Table 5 Association of the levels of stress of adolescents with their selected socio-demographic variables.

N=100					
Sl. No	Socio-demographic variables	Df	Chi-square value	Table Value	Level of significance
1.	Age	2	0.88	5.99	P<0.05 NS
2.	Sex	1	0.02	3.84	P>0.05 NS
3.	Religion	1	1.21	3.84	P>0.05 NS
4.	Year of Study	2	0.9	5.99	P<0.05 NS
5.	Father's educational status	1	0.01	3.84	P>0.05 NS
6.	Mother's educational status	1	0.47	3.84	P>0.05 NS
7.	Father's occupation	2	2.59	5.99	P>0.05 NS
8.	Mother's occupation	1	0.78	3.84	P>0.05 NS
9.	Monthly income of family	2	2.48	5.99	P<0.05 NS
10.	Area of Residence	1	0.01	3.84	P>0.05 NS
11.	Type of family	1	0.02	3.84	P>0.05 NS

Df= degrees of freedom NS = Not significant

No significant association was found between stress levels of adolescents with their any of the socio-demographic variables

Discussion

The findings of the study were discussed according to the objectives which were stated. The majority of adolescents (75%) had good emotional competence and majority of adolescents (74%) had moderate stress. Correlation coefficient (r) value of emotional competence and stress of adolescents is minus 0.38 (p<0.05). Hence there exist a significant negative correlation between emotional competence and stress of adolescents.

The findings of the present study are consistent with the study conducted by Rafael F, Dubreuil CM, Burbaud F, Tran DS, Clement JP, Preux PM. (2009) to find out the relationship between emotional competence and stress of among adolescents living in two French countries. The results showed that, a negative correlation exist between emotional competence and stress.⁵⁵

The findings regarding association of the emotional competence of adolescents with their selected socio-demographic variables shows that, significant association was found between the emotional competence and age of

adolescents ($\chi^2= 5.84$; $P<0.05$), year of study ($\chi^2= 4.5$; $P<0.05$) and family monthly income ($\chi^2= 6.13$; $P<0.05$).

The findings of the present study are consistent with the study conducted by Labuz-Roszak B, Pierzchala K, Kapinos M, (2011) to assess the emotional competence of adolescents in Silesia. The results showed that, the emotional competence scores were significantly associated with year of study parental education and occupation.⁵⁶

No significant association was found between stress levels of adolescents with their any of the socio-demographic variables. The findings of the present study are inconsistent with the study conducted by Tuan NA, Cuong le Q, Allebeck P, Chuc NT, Tomson T. (2007) to assess the levels of stress of adolescent's in Vietnam. The results showed that, a significant association was found between stress and socio-demographic characteristics like year of study, parental ambition, family income and religious back ground.⁵⁷

CONCLUSION

The overall findings of the study revealed that there was a negative correlation found between emotional competence and stress among adolescents. Determinants for the emotional competence and stress of adolescents have to be addressed in further studies.

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Conflict of Interest

Author has no conflict of interest.

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