A Comparative Study on Emotional Intelligence and Depression, Anxiety, and Stress among Adults

Totuka Nalini and Gupta Riya
Department of HSc, Human Development, the IIS University, Jaipur, INDIA

Available online at: www.isca.in, www.isca.me
Received 28th September 2015, revised 30th October 2015, accepted 20th November 2015

Abstract

The study aims to explore the relationship between emotional intelligence and depression, anxiety, and stress in working male and female on the basis of age and gender. The total sample size was 100, comprising of 50 working male and 50 working female under the age group of 30-50 years. The tool used to conduct this study was Emotional intelligence scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar. And Depression, Anxiety and Stress Scale (DASS) by Lobindo, S.H and Lobindo, P.F. Stress Scale by Sydney. The data was tabulated using T-test, and correlation. The study revealed that there was no difference in Emotional Intelligence and Depression, Anxiety and Stress of working male and female, but Stress was found to be more significant in working female as comparison to working male.

Keywords: Emotional intelligence, depression, anxiety and stress.

Introduction

Emotional Intelligence is the ability to be aware of one’s emotions, feelings, thinking, behavior and to handle interpersonal relationships. Bar-ON1 defined EI as the sum of social and emotional competencies of individuals communicating with him and others in order to cope with environmental pressure and demands. He also maintained that emotional intelligence is a series of collection of unknown capabilities, competencies, and skills which can have a strong effect on individual’s capabilities in order to succeed in coping with environmental demands and pressures.

Depression is a feeling of low mood that affect one’s thoughts, behavior and feeling. Depression may cause weight loose, fatigue, sleep disorder, chronic pain etc. Thus, people may say that they are depressed generally, or that they are depressed about something in particular, when they are experiencing a quite normal low mood reaction to the circumstances they face in their lives.

In fact, this is not surprising. One of the leading experts in depression of the modern era and the man who developed cognitive therapy, states that there is still uncertainty as to whether depression is an exaggerated version of normal mood or whether it is qualitatively different from a normal mood state2.

Stress is a condition of mental tension which leads to many changes which are harmful for an individual. It is a state of mental or emotional strain which results adverse circumstances.

State anxiety is defined as an unpleasant emotional arousal in face of threatening demands or dangers. A cognitive appraisal of threat is a prerequisite for the experiences of this emotion3. Emotional intelligence is related with depression, stress and anxiety. Those individuals who have high EI with have less stress.

Methodology

Hypotheses: Ho1: There will be no significant difference in emotional intelligence among working males and females with respect to gender.
Ho2: There will be no significant difference in emotional intelligence among working males and females with respect to age.
Ho3: There will be no significant difference in stress, anxiety and depression among working males and females with respect to gender.
Ho4: There will be no correlation between emotional intelligence and stress, depression and anxiety in adults.

Sample size: The sample consists of 100 working adults, 50 male from 30-40yrs and 41-50yrs and 50 female from 30-40yrs and 41-50yrs respectively. The sample was randomly selected between the age ranges of 30-50 years.

Locale of study: The locale of the present study is confined at Moradabad U.P. The sample of 100 adults is collected from UP using random sampling method.

Procedure: The tools i.e. Emotional Intelligence and Depression, Anxiety and Stress (DASS) were administered to adults to fill the questionnaire. The respondent was given convenient time to fill the questionnaires.
Tools: “Emotional Intelligence scale:” The tool used is “Emotional Intelligence scale” by Anukool Hyde, Sanjyot Pethe and Upinder Dhar. The emotional intelligence scale is a standardized test that can be given to the adulthood in a group or individually to yield a general assessment or emotional intelligence. Emotional intelligence scale measures 5 dimensions. These dimensions are strongly, agree, uncertain, disagree, and strongly agree. Subject dimensions are asked to respond to items as – tick marking on one cell of the five alternatives. These are strongly, agree, uncertain, disagree, and strongly agree. Subject dimensions are asked to there is no right or wrong answer.

Australian centre for posttraumatic mental health “Depression, Anxiety and Stress scale” (DASS) - “Depression, Anxiety and Stress scale” (DASS) by LoBiondo, S.H and LoBiondo, P.F(1995), stress scale by Sydney: Psychology Foundation to yield a anxiety, stress and depression in adulthood. Subject was asked to respond to items as- circle a number 0, 1, 2, or 3.

Statistical Analysis: The data was compiled, tabulated, t test and correlation was applied with the use of mean, SD, t-test and Correlation. The result was considered significant if p value was < 0.05.

Results and Discussion

In order to explore difference between emotional intelligence and depression, anxiety and stress of working male and female Mean ,SD ,t-test of E.I, DASS scores of working male and female was worked out in various categories, age and gender wise to find out the difference status in E.I , DASS in working male and female. The chapter of results will be discussed in the following heads.

Table-1
Mean, SD and t Value of Emotional Intelligence among Working Adults with Respect to Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>‘t’ score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>136</td>
<td>5.87</td>
<td>4.19*</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>130</td>
<td>8.23</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at .05 level

Table-1 shows that there is significant difference in emotional intelligence of working male and female. The mean difference between working male and female (136; 130) is significant. (t- Value=4.19). The working male was found more emotionally intelligent as compare to working female. Hence the Ho1 is rejected. The study is supported by Subhash4 that there is difference in emotional intelligence between male and female subjects.

Table-2
Mean, SD and T Value of Emotional Intelligence of Working Males and Females with Respect to Age

<table>
<thead>
<tr>
<th>Age</th>
<th>30-40yrs</th>
<th>41-50yrs</th>
<th>‘T’ score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>MEAN</td>
<td>SD</td>
</tr>
<tr>
<td>Male</td>
<td>25</td>
<td>137</td>
<td>5.48</td>
</tr>
<tr>
<td>Female</td>
<td>25</td>
<td>135</td>
<td>6.17</td>
</tr>
</tbody>
</table>

*Significant at .05 level

The results clearly depicts that there is significant difference between Males (30-40, 41-50yrs) with mean (137; 127) with t-value (5.10). Hence, the emotional intelligence of working male of 30-40 yrs was very high (mean =137) as compare to working female of 30-40 yrs. However, the difference in the mean value of emotional intelligence of working female shows little difference with respect to age. The t value found is not significant (t=1.03). Caroche6 was able to establish significant positive linear relationship between E.I and age. It was found that as the age of the respondents increased E.I also increased.

Table-3
Mean, SD and T Value of Depression, Anxiety and Stress (DASS) in Adults with respect to gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>‘t’ score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50</td>
<td>35.2</td>
<td>9.84</td>
<td>2.33*</td>
</tr>
<tr>
<td>Female</td>
<td>50</td>
<td>39.2</td>
<td>7.09</td>
<td></td>
</tr>
</tbody>
</table>

*significant at .05 level

It can be concluded from table-3, there is significant difference in depression, anxiety and stress of working male and female (t=2.33*). This shows that working female feels more depression, anxiety and stress (mean= 39.2) as compared to working male (mean=35.2). The reason could be the extra work pressure and responsibility on the female working adults in comparison to male.

Hence Ho4 is rejected.

Table-4 shows that there is no significant difference in depression and anxiety of working male and female. However, the t value of stress among working male and female was found significant (t=2.70). That means there is a difference in stress felt by working male and females. The reason might be the dual responsibility on the head of working female in comparison to working male. Individuals with highly developed Emotional Intelligence withstand stress better than those with lower scores as found by Balglu, Tebeau and Macarie6.
Table-4

Mean, SD and T-Value of Depression, Anxiety and Stress in Working Adults

<table>
<thead>
<tr>
<th>Gender</th>
<th>Depression</th>
<th>Anxiety</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N Mean SD 'T'score</td>
<td>Mean SD 'T'score</td>
<td>Mean SD 'T'score</td>
</tr>
<tr>
<td>Male</td>
<td>50 12.3 6.28 0.98</td>
<td>9.00 5.1 0.04</td>
<td>14 5.59 2.70*</td>
</tr>
<tr>
<td>Female</td>
<td>50 13.3 2.96</td>
<td>9.04 4.06</td>
<td>16.8 4.74</td>
</tr>
</tbody>
</table>

* Significant at .05 level

Table-5

Co-relation between Emotional Intelligence and Depression, Anxiety and Stress

<table>
<thead>
<tr>
<th>E.I and DASS</th>
<th>N Correlation (r) Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100 -.033 .743*</td>
</tr>
</tbody>
</table>

The above table-5 shows that there is a negative correlation between emotional intelligence and depression, anxiety and stress (r=-0.033). That means, a person having high emotional intelligence would be less prone towards stress, anxiety and depression whereas low emotional intelligence may leads to high probability of getting depressed, anxiety and stressed. The high self awareness, empathy, integrity, motivation and self development may prevent the person from depression, anxiety and stress.

**Conclusion**

There is no significant difference in emotional intelligence and depression, anxiety and stress of working male and female. But emotional intelligence was found to be more in male adults but it is also observed that it decreased with age especially in male. Depression, anxiety and stress were found to be more in female in comparision to male. Stress was found to be more in working female, which might be because of dual responsibility on female heads in comparison to male.

**References**

5. Subhash, Gender Deference in Emotional Intelligence at work place, Asian Resonance, 133, 55 (2014)