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EMOTIONAL INTELLIGENCE, SELF-EFFICACY, AND POSITIVE MENTAL HEALTH AMONG POST GRADUATE PSYCHOLOGY STUDENTS

Mary Anusha Sebastian & Vasudha K.G.

ABSTRACT

Objectives: the study aim was to assess the emotional intelligence, self-efficacy, and positive mental health, the difference in emotional intelligence, self-efficacy, and positive mental health among first year and second year students, the interrelationship between emotional intelligence, self-efficacy, and positive mental health of postgraduate psychology students.

Study method: The cross-sectional study was conducted on 90 post graduate psychology students, between the ages of 20-25 and included both men and women. The study was done using a questionnaire approach and the scales used were the Schutte Self-Report Emotional Intelligence Test, Positive Mental Health Instrument, and General Self-efficacy Scale.

Results: The present study found that most of the post graduate psychology students have a moderate level of emotional intelligence, self-efficacy, and positive mental health. There was no significant difference in emotional intelligence, self-efficacy, and positive mental health among first year and second year post graduate psychology students. A significant positive relationship was found among emotional intelligence, self-efficacy, and positive mental health of post graduate psychology students.

Conclusion: Emotional intelligence, self-efficacy and positive mental health was found to play a significant role in post graduate psychology students.

Keywords: *Emotional Intelligence, Self-efficacy, Positive Mental Health.*