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Winter 8-1-2019

A correlational study to assess the emotional intelligence, self-esteem and assertiveness among youth studying in selected undergraduate higher educational institutions of Udupi district.

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"ABSTRACT

The study titled "A correlational study to assess the emotional intelligence, self-esteem, and assertiveness among youth studying in selected undergraduate higher educational institutions of Udupi district" was carried out by Ms Jagriti Niyogi, for the partial fulfillment of requirements for the award of the Degree of Masters of Science in Nursing in Manipal College of Nursing, MAHE, Manipal, Karnataka.

Objectives of the study were to determine the relationship between emotional intelligence, self-esteem, and assertiveness among youth studying in selected under-graduate higher educational institutions of Udupi district.

The conceptual framework used for this study was The Goleman Model (The Emotional Competencies Model). A descriptive correlational survey design was used for this study. Samples were selected based on the purposive sampling and a total of 432 youth belonging to Udupi district were selected.

The tools used for the study were demographic proforma, Schutte Self-Report Emotional Intelligence Test (SSEIT), Rosenberg's Self-esteem Scale, Youth Assertiveness Scale. The content validity of the tools were established through the suggestions of experts. Pre testing of the tools were done by administering the tools to five youth studying in Muniyal Ayurveda College, Manipal. The reliability was found to be .83 for Schutte Self-Report Emotional Intelligence Test, .88 for Rosenberg Self-esteem scale, .84 for Youth assertiveness scale. Pilot study was conducted among 43 youths studying in Muniyal Ayurveda College, Manipal.

The administrative permission for conducting the study was taken from the Dean, Manipal College of Nursing, Manipal. Research proposal with validate tools

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were submitted to the Institutional Ethics Committee (IEC) and the clearance was obtained.

The main study was conducted in the month of January and February 2019. Formal administrative permission to conduct the study was taken from the principals of concerned college authorities. The study was conducted in Upendra Pai Memorial College, Udupi and Milagres Degree College, Kallianpur and Government First Grade College, Heriadka.

Among the 432 youth, The highest percentage (93.29%) of youth belonged to the age group of 18-20 years and 56.90% were females. Majority of the youth (79.86%) belonged to the Hindu religion. Maximum of the youth were 2nd-year student(45.37%). Most of the youth's fathers' occupation is bidi making(29.40%) and Mothers' occupation is housewife(75.93%). Most of them family income is 10,001-20,000(46.76%). The highest percentage of youth's fathers are educated till primary school (44.21%) and mothers are also educated till primary school level (37.72%). Most of them have two sibling (36.81%).

The study revealed that the maximum obtained score of emotional intelligence is 151 and minimum obtained score is 46 and the mean is 124.99 and SD is 18.71 for emotional intelligence. The domain of the emotional intelligence subscale analysis revealed that maximum obtained score is 48, minimum obtained score is 24, mean is 35.24 and SD is 5.65 for perception of emotion, maximum obtained score is 45, minimum obtained score is 14, mean is 34.98 and SD is 6.02 for managing own emotions, maximum obtained score is 39, minimum obtained score is 8, mean 30.78 and SD is 5.85 for managing others emotion,

maximum obtained score is 30, minimum obtained score 7, mean 24.02 and SD is 4.78 for utilization of emotions.

Abstract

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Among the youth the majority have moderate self-esteem (74.8%), 106(24.5%) have high self-esteem and few have low self-esteem 3(0.7%). Among the youth, the majority have moderately assertive 331(76.6%), 99(22.9%) have high assertive and few have low assertive 2(0.5%).

In this study, Karl Pearson's coefficient of correlation was used to calculate the degree and direction of the relationship between emotional intelligence self-esteem and assertiveness. The result showed that a weak positive relationships exist between assertiveness and emotional intelligence ($r=0.288$, $p=0.001$) and self-esteem and assertiveness ($r=0.374$, $p=0.001$).

The recommendations are made based on the present study findings for future research a similar study can be done on a larger population and a comparative study can be done between the youth who are studying the professional course and youth who are studying the degree courses."