A CORRELATIONAL STUDY OF MENTAL HEALTH AND EMOTIONAL INTELLIGENCE IN LIGHT GENDER AND LOCATION OF HIGHER SECONDARY SCHOOL STUDENTS OF VARANASI

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ABSTRACT

Objectives of the present study were to find out relationships between mental health and emotional intelligence of higher secondary school students for rural male, rural female, urban male and urban female. Other objectives of the present study were to find out differences between rural male and rural female, urban male and urban female, rural male and urban male, rural female and urban female higher secondary school students on relationship between mental health and emotional intelligence. For the present study 300 students were selected as a sample from seven higher secondary schools of Varanasi city using simple random sampling. Mansik Swasthya Mapani (Mental Health Scale) developed and standardized by Dr. Vijay Kumar Rai (1994) and Sanvegik Buddhi Mapani (Emotional Intelligence Scale) by Dr. Vijay Kumar Rai were used to collect data. Findings of the present study revealed that there were significant and positive relationships between mental health and emotional intelligence for rural male rural female, urban male and urban female. Significant differences were also observed between male and female higher secondary school students on relationship between mental health and emotional intelligence for both rural and urban area students. Significant differences were not found between rural and urban higher secondary school students on relationship between mental health and emotional intelligence for both male and female students. Investigators were given suggestions to develop mental health through developing emotional intelligence.

Keywords: *Mental Health, Emotional Intelligence, Gender, Locality*

Introduction

Mental health is a positive source of all-round development of individual and thereby society, nation, people and other living things on the earth. It is invisible type of health that affects physical and emotional health heavily. It helps in development of cognitive, affective and psychomotor of an individual. It is also helpful in development of social and economic health of any country and maintain good relationships between countries. Fighting between persons and religions and war between countries are created by those persons who are not mentally healthy. Thus, mental health plays significant role in development of all aspects of individual life and society. Mental health is a way of creating emotional balance and social adjustment in individual's and provides opportunities of constant achievement in life.

Mental health and emotional intelligence are strongly associated with each other. Mental health and emotional intelligence are most

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important factors that affect level of effectiveness, success, happiness and excellence of functioning of an individual. Today, adolescents or student at school level are facing problems related to mental and emotional health. Understanding of own and others emotional intelligence can help to handle mental health related problems in daily life. The study of relationship between mental health and emotional intelligence can helpful in development of interpersonal relationships, success in personal life and work, health promotion, managing stress in any area, academic progress, improving personality, enhancing performance and development of positive behaviors and attitudes.

Therefore, it is very necessary to conduct researches on mental health and emotional intelligence of secondary school students for enriching their mental health, emotional intelligence and achievement in future life. Several studies have been conducted related to mental health and emotional intelligence and reported positive relationship between both variables. In these studies, most are related to negative aspects (mental illness) of mental health. However, limited studies have been conducted related to relationship between mental health and emotional intelligence on secondary school students in Indian contexts. Singh, Chaudhary and Asthana (2007) investigated the relation between mental health and emotional intelligence of adolescents and found that significant and positive relationship exists between mental health and emotional intelligence. Gupta and Kumar (2010) investigated the emotional intelligence in relation to mental health and reported that students with high emotionally intelligent were good in their mental health than students with emotionally low intelligent. Mehri, Maleki and Sedghi (2012) conducted a study to find out relationship between mental health and emotional intelligence among athlete and non-athlete male students and found that both variables are correlated positively and significantly. Sasanpour, Khodabakhshi and Nooryan (2012) investigated the relationship between emotional intelligence and mental health of medical sciences students and found that there is a significant and positive relation between emotional intelligence and mental health. Nisa *et al.* (2013) studied emotional intelligence and mental health among 82(40 males and 42 female) students of different department of Kashmir university and found a significant and positive correlation between mental health and emotional intelligence. Singh (2013) studied emotional intelligence in relation to mental health of secondary school students and reported that significant and positive relationship exists between mental health and emotional intelligence. Torabzadeh *et al.* (2013) studied relationship between mental health and emotional intelligence in athletes and found that significant and positive relationship exists between mental health and emotional intelligence. Bartwal (2014) studied the relationship between mental health and emotional intelligence of senior secondary school students and found that an emotionally intelligent person was a mentally healthy. Mohammadnejad, Abutalebi, Talebian and Dopulani (2014) found significant and high correlation between mental health and emotional intelligence. Cejudo (2016) investigated the relationship between emotional intelligence and mental health on 203 Spanish public school counsellors and found that Overall mental health correlated significantly and positively with overall ability emotional intelligence and its dimensions namely using emotions and understanding emotions. and managing emotions. However, significant relationship of mental health was

not found with ability emotional intelligence dimensions namely perceiving emotions and managing emotions branch. Significant and positive relationship was also found between overall mental health and overall trait emotional intelligence. Findings of stepwise multiple regression analysis indicates that only overall train emotional intelligence is significant predicator of mental health that contributes 33.4% variance in prediction of mental health. Kaur and Ram Niwas (2016) studied mental health in relation to emotional intelligence on 600 10th class students of Punjab. Findings of the present study indicate that high significant and positive relationship exists between mental health and emotional intelligence of 10th grade students. Yadav et al. (2017) investigated mental health of university students in relation to emotional intelligence on a sample of 80 students of Banaras Hindu University. Result of the study indicates a significant and positive relationship between mental health and emotional intelligence. Kaur (2018) studied mental health and emotional intelligence of 10th grade students of Sangrur district of Punjab. This study reveals that positive and significant correlation exist between mental health and emotional intelligence for total, rural male, urban male, rural female and urban female students. Significant difference was found between male and female students in their correlation of mental health and emotional intelligence for both rural and urban students. Significant difference between rural and urban students in their correlation between mental health and emotional intelligence was found for male students but in case of female students no significant difference was found. Khan (2018) investigated the relationship between mental health and emotional intelligence on 80 private secondary school students of District South West Delhi. Findings of the study reveals that significant and positive relationship exists found between mental health and emotional intelligence. Pandey (2020) conducted a study to find out the relationship between mental health and emotional intelligence on 120 senior secondary students of Prayagraj City. Findings of this study indicates that mental health and emotional intelligence of male student was found better than female students. This study reveals that a significant and positive relationship exists between mental health and emotional intelligence for only male senior secondary school students. Rauf et al. (2020) studied mental health and emotional intelligence of Malaysian private higher learning institute students. Findings of this study indicates that emotional intelligence correlated significantly and positively with and mental health. Periasamy (2021) studied mental health and emotional intelligence in relation to academic achievement on 600 higher secondary school students in Thanjavur district of Tamil Nadu. It was found that mental health of secondary school student was found correlated significantly and positively with emotional intelligence and academic achievement. Emotional intelligence of secondary school was also found correlated significantly and positively with academic achievement.

It is clear from above studies that studies have been less conducted related correlation between mental health and emotional intelligence on secondary school students and only one study by Kaur (2018) was found related correlation difference between gender and locality. Therefore, present study was carried out to overcome this knowledge gap.

Objectives of The Study

Following are objectives of the present study:

1. To find out relationship between mental

health and emotional intelligence of rural male higher secondary school students.

2. To find out relationship between mental health and emotional intelligence of rural female higher secondary school students.

3. To find out relationship between mental health and emotional intelligence of urban male higher secondary school students.

4. To find out relationship between mental health and emotional intelligence of urban female higher secondary school students.

5. To find out difference between rural male and rural female secondary school students on relationship between their mental health and emotional intelligence.

6. To find out difference between urban male and urban female secondary school students on relationship between their mental health and emotional intelligence.

7. To find out difference between rural male and urban male secondary school students on relationship between their mental health and emotional intelligence.

8. To find out difference between rural female and urban female secondary school students on relationship between their mental health and emotional intelligence.

Hypotheses of The Study

Objective wise null hypotheses were framed in following way:

H_{01} There is no significant relationship between mental health and emotional intelligence of rural male higher secondary school students.

H_{02} There is no significant relationship between mental health and emotional intelligence of rural female higher secondary school students.

H_{03} There is no significant relationship between mental health and emotional intelligence of urban male higher secondary school students.

H_{04} There is no significant relationship between mental health and emotional intelligence of urban female higher secondary school students.

H_{05} There is no significant difference between rural male and rural female secondary school students on relationship between their mental health and emotional intelligence.

H_{06} There is no significant difference between urban male and urban female secondary school students on relationship between their mental health and emotional intelligence.

H_{07} There is no significant difference between rural male and urban male secondary school students on relationship between their mental health and emotional intelligence.

H_{08} There is no significant difference between rural female and urban female secondary school students on relationship between their mental health and emotional intelligence.

Method

Descriptive survey method was used to conduct the present study.

Sample And Sampling

Using simple random sampling, 300 students were selected from seven higher secondary schools of Varanasi city.

Tools

To measure mental health of Higher secondary school students Mansik Swasthya Mapani (Mental Health Scale) developed and standardized by Dr. Vijay Kumar Rai (1994) was used. To measure emotional intelligence of higher secondary school Sanvegik Buddhi Mapani (Emotional Intelligence Scale) by Dr. Vijay Kumar Rai was used.

Results and Discussion

Results Related to Correlation

Findings of correlation between mental

health and emotional intelligence of secondary   school students are presented in Table-1.

Table-1: Correlation between Mental Health and Emotional Intelligence for Rural Male, Rural Female, Urban Male and Urban Female Higher Secondary School Students

Group	Variable	Sum	Sum of Squares	N	Sum of Product	r	Probability
Rural Male	Aggression	19944	5477652	75	9721062	0.585	<0.000
	Value Orientation	35982	17653908				
Rural Female	Aggression	19641	5200983	75	9095037	0.329	0.0039
	Value Orientation	34621	16112275				
Urban Male	Aggression	21219	6111009	75	10563915	0.731	< 0.000
	Value Orientation	36727	18504837				
Urban Female	Aggression	20445	5644575	75	10203807	0.512	< 0.000
	Value Orientation	37186	18677294				

Table-1 shows that value of Pearson product moment correlation coefficient for relationship between mental health and emotional intelligence of rural male higher secondary school students is 0.585 and probability of this correlation is less than 0.000. This means that highly significant and positive correlation exists between mental health and emotional intelligence of rural male higher secondary school student. Therefore, null hypothesis that "There is no significant relationship between mental health and emotional intelligence of rural male higher secondary school students", is rejected.

Table-1 revealed that value of Pearson product moment correlation coefficient for relationship between mental health and emotional intelligence of rural female higher secondary school students is 0.329. Probability of this value of correlation is 0.0039 which is much less than 0.001. This indicate that correlation between mental health and emotional intelligence of rural female higher secondary school students is highly significant and positive. Hence, null hypothesis that "There is no significant relationship between mental health and emotional intelligence of rural

female higher secondary school students", is rejected.

It is clear from Table-1 that value of correlation for relationship between mental health and emotional intelligence of urban higher secondary school students is 0.731 and its probability is 0.000. It means that highly significant and positive relationship exists between mental health and emotional intelligence of urban male higher secondary school students. Thus, null hypothesis that "There is no significant relationship between mental health and emotional intelligence of urban male higher secondary school students", is rejected

Table-1 indicates that value of correlation coefficient for relationship between mental health and emotional intelligence of urban female higher secondary school students is 0.512 and probability of this correlation is 0.000. This means that highly significant and positive relationship exists between mental health and emotional intelligence of higher secondary school students. Therefore, null hypothesis that "There is no significant relationship between mental health and emotional intelligence of

urban female higher secondary school students", is rejected.

Findings of the present study supporting findings of the study by Singh, Chaudhary and Asthana (2007), Mehri, Maleki. And Sedghi (2012), Sasanpour, Khodabakhshi and Nooryan (2012), Nisa, Shafi & Rizvi, (2013), Singh (2013), Torabzadeh, Asadi, Ghazi & Moradi, (2013), Bartwal (2014), Cejudo (2016), Yadav, Tiwari & Singh, (2017), Khan (2018), Rauf, Khalid, Abdullah, Baharudin, (2020), Periasamy (2021). Findings of present study are fully supporting findings of study by Kaur (2018) that positive and significant correlation exist between mental health and emotional intelligence for total, rural male, urban male, rural female and urban female students. Findings of the present study are partially supporting findings of study by Pandey (2020) that a significant and positive relationship exists between mental health and emotional intelligence for only male senior secondary school students.

Results Related To Correlation Difference

To find out difference between two correlations, Fisher z formula for transformation of correlation (r) in z form was used. Objective wise findings related to difference between two correlations are given in Table-2.

In Table-2 z value for difference between male and female rural higher secondary school students on correlation between mental health and emotional intelligence is 1.970. Probability of this z value is less than 0.05. This means that significant difference exists between male and female rural higher secondary school students on their relationships between mental health and emotional intelligence. Relationship of rural male students was found higher than rural female students. Therefore, null hypothesis that "There is no significant difference between rural male and rural female secondary school students on relationship between their mental health and emotional intelligence", is rejected.

Table-2

Significant difference between rural male and rural female, urban male and urban female, rural male and urban male, and rural female and urban female higher secondary school students on their relationship between mental health and emotional intelligence

Group	N1	N2	r_1	r_2	r_1'	r_2'	z	Probability
RM-RF	75	75	0.585	0.329	0.670	0.342	1.970	0.049
UM-UF	75	75	0.731	0.512	0.931	0.565	2.193	0.028
RM-UM	75	75	0.585	0.731	0.670	0.931	1.565	0.118
RF-UF	75	75	0.329	0.512	0.342	0.565	1.342	0.179

Table-2 shows that Z value for difference between male and female urban (UM-UF) higher secondary school students on relationship between mental health and emotional health is 2.193 with probability 0.028 which is less than 0.05. This means that significant difference exists between male and female urban higher secondary school students on relationship between mental health and emotional intelligence. Therefore, null hypothesis that "There is no significant difference between urban male and urban female secondary school students on relationship between their mental health and emotional intelligence", is rejected.

It is clear from Table-2 that z value for difference between rural and urban male (RM-UM)

higher secondary school students on relationship between mental health and emotional intelligence is 1.565 and probability of this z value is 0.118 which is greater than 0.05. This means that significant different does not exist between rural and urban male higher secondary school students on relationship between mental health and emotional intelligence. Thus, null hypothesis that "There is no significant difference between rural male and urban male secondary school students on relationship between their mental health and emotional intelligence", is accepted.

Table-2 also shows that z value for difference between rural and urban female (RF-UF) higher secondary school students on relationship between mental health and emotional intelligence is 1.342 with probability 0.179 which is greater than 0.05. This result indicates that significant difference does not exist between rural and urban female higher secondary school students on relationship between mental health and emotional intelligence, Hence, Null hypothesis that "There is no significant difference between rural female and urban female secondary school students on relationship between their mental health and emotional intelligence", is accepted.

Findings of the present study are supporting findings of the study by Kaur (2018) that significant difference exists between male and female students in their correlation of mental health and emotional intelligence for both rural and urban students. Significant difference between rural and urban students in their correlation between mental health and emotional intelligence was not found for female students. But present study finding that significant difference does not exist between rural and urban female student is not supporting finding of Kaur (2018) that significant difference exists between rural and urban male secondary school

students on relationship between mental health and emotional intelligence.

Conclusions

On the basis of findings of the present study following conclusions can be drawn:

1. Significant and positive correlation was found between mental health and emotional intelligence of rural male higher secondary school students.
2. Significant and positive correlation was found between mental health and emotional intelligence of rural female higher secondary school students.
3. Significant and positive correlation was found between mental health and emotional intelligence of urban male higher secondary school students.
4. Significant and positive correlation was found between mental health and emotional intelligence of urban female higher secondary school students.
5. Significant difference was found between male and female rural higher secondary school students on relationship between mental health and emotional intelligence.
6. Significant difference was found between male and female urban higher secondary school students on relationship between mental health and emotional intelligence.
7. Significant difference was not found between rural and urban male higher secondary school students on relationship between mental health and emotional intelligence.
8. Significant difference was not found between rural and urban female higher secondary school students on relationship between mental health and emotional intelligence.

Educational Implications

Present study shows that there is a positive

and significant relationship between mental health and emotional intelligence of secondary school students for male, female, rural and urban students. Significant difference was also found between male and female higher secondary school students on relationship between mental health and emotional intelligence for both rural and urban area students. Relationships of male students was found better than female students. Therefore, mental health of higher secondary school students can be enhancing through developing their emotional intelligence. To develop emotional intelligence of higher secondary school students, teacher can provide knowledge of emotional intelligence to students and train them to know and understand their emotions and emotions of others. They should also provide knowledge about how to control and use emotions to manage their emotion in solving daily life problems.

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