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## RESEARCH ARTICLE

### A STUDY TO ASSESS THE EMOTIONAL INTELLIGENCE AMONG THE NURSING STUDENTS IN COLLEGE OF NURSING, JIPMER, PUDUCHERRY

<sup>1</sup>Mr. Thamizhselvan, K. and <sup>2</sup>\*Mrs. Vembu, K.

<sup>1</sup>NURSING, JIPMER, Puducherry, India

<sup>2</sup>NURSING, TUTOR, JIPMER, Puducherry, India

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#### ABSTRACT

**Background:** “Emotional Intelligence includes the ability to engage in sophisticated information processing about one’s own and others emotions, the ability to use this information as a guide for thinking and behaviour. That is individuals high in emotional intelligence pay attention to use, understand and manage emotions and these skills serve adaptive functions that potentially benefit themselves and others”. International studies identifies that emotional intelligence influences nurses’ work and relationship with patients. It is associated with comparison and care. Nursing students scored higher on measures of emotional intelligence compared to other students. Emotional intelligence increases with age and tends to be higher in women. The purpose of the study was to assess the level of emotional intelligence among nursing students in College of Nursing, JIPMER, Puducherry.

##### Objectives:

###### a)Primary objective:

- To measure the level of emotional intelligence among the nursing students.

###### b)Secondary objective:

- To find the association of emotional intelligence with selected socio-demographic variables.

**Methodology:** The study was conducted in JIPMER, Puducherry in College of Nursing. Total of 207 samples who satisfied the inclusive criteria were selected using a non-probability convenient sampling technique. The baseline data was collected using demographic proforma and structured questionnaire was used to assess the level of emotional intelligence among the nursing students. Descriptive and inferential statistics were used to analyse the data collected.

**Results:** In total of 207 students, a majority 130 (62.8%) subjects reported average level of emotional intelligence and a minimal subjects of 77 (37.2%) reported high level of emotional intelligence. The study reported that none of the students reported low level of emotional intelligence. In this study, the findings showed no association between emotional intelligence and sociodemographic variables.

**Conclusion:** The study reveals that the level of emotional intelligence is average 130 (62.8%) among nursing students in College of Nursing, JIPMER and the sociodemographic variables had no association on emotional intelligence.

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## INTRODUCTION

“Our emotions have a mind of their own, one which can hold views quite independent of our rational mind”.

Daniel Goleman

The healthcare environment is rapidly changing, and there is an increasing demand for accountability by nurses in the interest of patient safety.

\*Corresponding author: Mrs. Vembu, K.,  
NURSING, TUTOR, JIPMER, Puducherry, India.

Enhancing quality of care provided within the clinical setting is contingent on improving the education provided in the undergraduate and graduate nursing programs. Training the nursing students as future professional nurses is always a major concern of the nursing centres globally. The holistic compassionate care which the nurses provide are not only the results of the knowledge based on the disease condition, but also is the outcome of a person’s emotional intelligence (Thomas, 2017). While the literature relating to qualified nurses in the clinical setting is extensive, there is limited research on the EI in student nurses. In one co-relational study with non-probability sampling methods undertaken on 87 student nurses in the United States, a statistically significant

positive relationship between EI and nursing performance was reported (Beauvais, 2011). Other studies that have been undertaken on non-nursing students have investigated the correlation between EI and academic achievement using GPA scores; however, the finding remains conflicting. In an experimental study on 227 college students in the United States and academic success measured using GPA scores, EI was a moderate predictor of academic success (Wong, 1995).

**MATERIALS AND METHODS**

A descriptive survey design was used to assess the level of emotional intelligence among the nursing students and to find the association between emotional intelligence with selected socio-demographic variables in JIPMER, India. The students who are studying B.Sc., M.Sc. and Post Basic Diploma in Nursing in College of Nursing, JIPMER in 2018 -2019 were included in the study and the students who conducted this research study were excluded. Non probability convenient sampling technique was used for the purpose of data collection. Sample size was calculated to be 207. Approval was obtained from Nursing Research Monitoring Committee (NRMC) and Institute Ethics Committee (human studies), JIPMER. Permission was obtained from respective class coordinators. The principal and the teachers were also informed about the study. The participants who met the inclusion criteria were selected from the College. Investigators first introduced themselves to the participants and developed a good rapport with them. Investigated first informed the purpose of the study and then gained their confidence of obtaining a written consent from the participants. Consent form was given to the students at the time of data collection and all of those who have consented were selected as study participants. The investigator then administered questionnaire and collected data on emotional intelligence among the nursing students.

The data collection instrument consist of 2 parts, a proforma to collect the demographic profile and Trait Emotional Intelligence Questionnaire – Short format (TEIQue-SF).The validity and reliability of the 7 point likert scale was tested by Petrides & Furnham with reliability of 0.81. The questionnaire was developed by the investigator based on the extensive literature review. The tool was validated by authorized medical experts with validity of 0.77. A study was conducted among the 10 nursing students to determine the feasibility of the study. The data collection instrument was found to be feasible. Continuous data such as level of emotional intelligence was expressed as mean with standard deviation and its association with socio demographic variables was analysed with Chi Square test and  $p>0.05$  and each of its components was not statistically significant.

**RESULTS**

The present study reveals that, Out of the 207 nursing students who were interviewed, Majority of nursing students 99 (47.8%) of study population were in the age group between 18-20 years. Mean age of nursing students is 20.99 years. Majority of the nursing students comes under female 176 (85%) in gender category. Most of the nursing students comes under B.Sc. nursing 176 (85%) in education. Majority of the nursing students were belongs to 162 (78.3%) in rural area. Majority of nursing students were belongs to more than 2 years clinical experience 106 (51.2%). Most of the nursing students comes under sports/games 75 (35.7%) in extracurricular activities. Majority of the nursing students have healthy family environment 184 (88.9%) (Table1). In nursing students, majority of them had average level of emotional intelligence 130 (62.8%) (Fig. 1) and the demographic variables had not shown statistically significant association with level of Emotional intelligence among the nursing students.

**Table 1. Association of the Emotional intelligence among the nursing students with their selected demographic variables**

SL.NO	DEMOGRAPHIC VARIABLES	LEVEL OF EMOTIONAL INTELLIGENCE				X <sup>2</sup>	Df	p-value
		AVERAGE		HIGH				
		N	%	N	%			
1	Age (in years)					3.131	3	0.372
	18-20 years	63	63.6	36	36.4			
	21-23 years	51	67.1	25	32.9			
	24-26 years	13	48.1	14	51.9			
2	Above 26 years	3	60	2	10	3.335	1	0.068
	Gender							
3	Male	24	77.4	7	22.6	2.276	2	0.320
	Female	106	60.2	70	39.8			
	Education							
4	B.sc nursing	114	64.8	62	35.2	2.730	1	0.098
	M.sc nursing	14	50	14	50			
	Post basic diploma nursing	2	66.7	1	33.3			
5	Domicile					.974	1	0.324
	Urban	97	59.9	65	40.1			
	Rural	33	73.3	12	26.7			
6	Years of experience					5.433	3	0.143
	Less than 2 years	60	59.4	41	40.6			
7	More than 2 years	70	66	36	34	2.647	1	0.104
	Extracurricular activities							
	Sports/games	39	52.7	35	47.3			
	Music/dance	37	67.3	18	32.7			
7	Arts/literature	22	73.3	8	26.7			
	Others	32	66.7	16	33.3			
	Family environment							
7	Healthy	112	60.9	72	39.1			
	Stressful	18	78.3	5	21.7			

## DISCUSSION

The present study states that among 207 nursing students, 130 (62.8%) had average level of the emotional intelligence and others had high level of emotional intelligence of 77 (37.2%) (Fig.1). The study was supported by Sinha. B et al. a descriptive cross-sectional study to assess the factors associated with emotional intelligence of undergraduate students. The study was carried out with 22 undergraduate students in Sanjeevani College of Medical Sciences, Butwal, Nepal. Using a pretested self – prepared self-administered questionnaire, it was found that 103 (46.18%) had normal level of emotional intelligence, 86 (38.56%) had low level of emotional intelligence and 34 (15.24%) had high level of emotional intelligence<sup>4</sup>. The study was supported by Yan Fang Luo et al. who conducted a cross-sectional study to explore the level of emotional intelligence and conflict management among nursing students in China.

The sample consisted of 131 nursing students who were in clinical practice. Wong and Law emotional intelligence scale was used to measure emotional intelligence level. The result showed that the mean score of overall emotional intelligence for all participants was at a moderate level (mean=4.90, SD=0.80)<sup>5</sup>. The study was supported by Arbabisarjou. A et al. who conducted a descriptive analytical study to investigate emotional intelligence among students of School of Nursing and Midwifery in Zahedan. It was conducted among 120 nursing and midwifery students in 2016. The first part was related to demographic characteristics & second part was standard emotional intelligence questionnaire by Bradbury-Graves. The results showed that the overall mean of emotional intelligence among students was 110.81 that is reported to be high according to the rating of the questionnaires<sup>6</sup>. The present study showed that the demographic variables had not shown statistically significant association with level of Emotional intelligence among the nursing students. The study was supported by Arbabisarjou. A et al. who conducted a descriptive analytical study to investigate emotional intelligence among students of School of Nursing and Midwifery in Zahedan. It was conducted among 120 nursing and midwifery students in 2016. The first part was related to demographic characteristics & second part was standard emotional intelligence questionnaire by Bradbury-Graves. The results showed that, the relationship between age and marital status with mean scores of emotional intelligence and each of its components was not statistically significant ( $p>0.05$ )<sup>6</sup>.

## Conclusion

The study attempted to assess the level of emotional intelligence among nursing students. The results revealed that students had average level of emotional intelligence.

As emotion is fundamental in nursing practice, across academic disciplines there is strong acknowledgement that understanding the impact of emotion is essential. The nursing administrators can use the findings of the study for improving the knowledge and the level of emotional intelligence among nursing students.

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## Glossary of Abbreviations:

EI – Emotional Intelligence  
GPA – Grade Performance Average  
TEIQue – Trait Emotional Intelligence Questionnaire

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