

Emotional Intelligence and Well-Being Among Women in Job and Business

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Abstract

The present study is an attempt to study the Emotional Intelligence and Well –Being among women in job and business. In this study, some qualitative analysis was done on the sample by asking them to fill up the questionnaires of Emotional Intelligence and Well Being. The sample comprised of 150 job women and 150 working women. Statistical method applied on data was t –test along with standard deviation. There was a significant difference in the Emotional Intelligence and well- being of women who are doing job and who are doing business.

Keyword: Emotional Intelligence, Well- being, Job women, Business women

Emotion Intelligence

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your o

wn emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Cooper (1996) defines emotional intelligence is the ability to sense, understand and effectively apply the power of and acumen of emotion as a source of human energy information, trust creativity and pursuits.

Goleman (1998) defines emotional intelligence is the capacity for recognizing our own feeling and use of others for motivating ourselves and managing emotions well in intelligence describes abilities from, but complementary to academic capacities measures by IQ.

General well-being

The concept of well-being originated from positive psychology. The focus of positive psychology is to study the improvement in the lives of individuals. The term ‘well- being’ is mostly used specific variety of goodness, e.g. living in a good environment being of worth for the world, being able to cope with life, enjoying life, etc. Well-being talks about our overall contentment and satisfaction in life. It talks about quality of life. Well-being being is either hedonic or eudemonic, hedonic well being is simply means seeking immediate pleasure and avoiding pain. But eudemonic well being was firstly talked by Socrates he believed that eudemonic well being is created by developing virtue in life this leads to long term satisfaction and contentment in life.

Levi, 1987 Well-being has been also defined as a dynamic state characterized by a reasonable amount of harmony between individual’s abilities, needs and expectation, and environmental demands of opportunities .

Rationale of the study

The aim of this study is to investigate the relationship between emotional intelligence and well-being and comparing these psychological variables in the job and business women.

The study of emotional intelligence and well-being is very important because of several reasons, people with higher emotional intelligence have a better mental health they also find it easier to develop and maintain interpersonal relationships, people with higher emotional intelligence are also better at understanding their own psychological state, which can be like managing stressors effectively and being likely to suffer from depression and anxiety. Actual reason behind this topic of my study was explore more in the field of work psychology. Desire to know how and why the differences lies in between the psychology of the job and business.

So, I came up with the idea to work on job and business women. After that I selected the psychological variables in which I want to study the difference between them. I selected the Emotional Intelligence and Well-being as psychological variables of my study. Also, I want to study the importance of emotional intelligence and its valuable role in the well-being of the individuals. This study can help in exploring the factors affecting the emotional intelligence and well-being of individuals.

Methodology**Purpose:**

Emotional intelligence and well-being among women in job and business.

Objectives:

- To compare job and business women on emotional intelligence.
- To compare job and business women on well-being.
- To study the relationship between emotional intelligence and well-being among women in job.
- To study the relationship between emotional intelligence and well-being among women in business.

Hypothesis:

- There is a significant difference among women in job and business on emotional intelligence scale.
- There is a significant difference among women in job and business on well-being scale.

Sample: The sample of this study consists of 300 working women who were divided into two equal groups with 150 women in each group. The first group consists of women who are doing job and the second group consists of women who are doing business.

Tools:

- Emotional Intelligence Scale by Anukool Hyde, Sanjyot bethe and Upinder Dhar.
- General Well-being Scale.

Data Analysis**Result:**

Table:-1 Showing the difference between the emotional intelligence among women in job and business.

Sample	Mean	SD	Df	T-Value
Job	81.46	32.21	148	3.26
Business	102.52			

Table:-2 Showing the difference between the well-being among women in job and business.

Sample	Mean	SD	Df	T-Value
Job	83.38	29.53	148	5.47
Business	115.72			

Interpretation

The purpose of the study is to compare emotional intelligence and well-being among women in job and business.

Emotional intelligence represents the ability to perceive, appraise, and express emotion accurately and adaptively, the ability to understand emotion and emotional knowledge, the ability to access and/or generate feelings when they facilitate cognitive activities and adaptive action, and the ability to regulate emotions in oneself and others (Mayer & Salovey, 1997).

The concept of well-being originated from positive psychology. The focus of positive psychology is to study the improvement in the lives of individuals. The term 'well-being' is mostly used specific variety of goodness, e.g. living in a good environment being of worth for the world, being able to cope with life, enjoying life, etc. Well-being is connotative as a harmonious satisfaction of once desire and goal (Checola, 1975).

The first research question was to find if there is any significant difference between women in job or women in business on emotional intelligence. So, t-test was administered between job or business women. Obtained value of t was 3.26; Df is 148 and table value is 1.984. As the obtained value was greater than the table value, the difference was found to be significant. Thus, the study shows that there is a significant difference among emotional intelligence of job women and business women. That means hypothesis 1 could be proved.

Second question was to find if there is any significant difference between women in job and women in business on well-being. Obtained value of t was 5.47; Df is 148 and table value is 1.984. As the obtained value was greater than the table value. The study shows that there is a significant difference among well-being of job women and business women. This means that there was a significant difference in the emotional intelligence of job women and business women. Thus, hypothesis 2 could be proved.

Conclusion

To conclude, it was found in this study that there was significant difference in the emotional intelligence and well-being of women who are doing job and who are doing business. The review of literature and responses collected from the participants also do indicate a slight difference.

Thus, it can be concluded that there are factors that influence the emotional intelligence and well-being of women in job or business.

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