



A STUDY TO ASSESS THE LEVEL OF EMOTIONAL INTELLIGENCE AMONG NURSING STUDENTS AT SELECTED COLLEGE, THRISSUR

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Abstract: Emotional Intelligence is the capacity to be aware of, control and express one's emotions efficiently and to handle interpersonal relationships judiciously and empathetically. Assessment of Emotional Intelligence helps us understand emotions and manage them which not only enhances the quality of patient care but enhance patient safety as well. This study was undertaken to assess the level of Emotional Intelligence among nursing students, and to find out the association between Emotional Intelligence with selected demographic variables. Through purposive sampling technique, 180 nursing students who met the inclusion and exclusion criteria were selected as samples. The data was collected by using standardized questionnaire. The setting of the study was Aswini College of Nursing, Thrissur. The collected data was analysed by, quantitative and inferential statistics. The study revealed that among 180 samples, 52(28.88%), of nursing students had low Emotional Intelligence, 46(25.55%) had moderate Emotional Intelligence, 41(22.77%) had very low Emotional Intelligence, 22(12.22%) had high Emotional Intelligence, 19(10.55%) had very high Emotional Intelligence. There was a significant association between level of emotional intelligence and selected demographic variables such as age, year of study.

Key words-Emotional Intelligence, Nursing students, association.

INTRODUCTION

Emotional Intelligence is broadly defined to perceive, understand, navigate, and handle emotions efficiently. People with high Emotional Intelligence can recognize their own emotions and those of others, use emotional information to guide thinking and behaviour, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments. Nursing is a profession strongly associated with good interpersonal skills since health care involves vulnerability in the seekers of care and the ability and the need to be reassuring on the part of the providers of care.

NEED AND SIGNIFICANCE OF THE STUDY

The objective of the study was to determine the level of emotional intelligence in nursing students in selected college, Thrissur. Emotional intelligence is at the heart of learning to care and need to be placed at the core of nursing curriculum. Nursing students are expected to care. They are likely to have qualities those are highly valued in professional nursing. There has been relatively little research done regarding Emotional intelligence among health, professionals, nurses, and particularly nursing students. As per nursing syllabus the baccalaureate nursing program does not state the emotional intelligence in professional nursing. The hidden curriculum may teach emotional intelligence but as educators we have to realize this and implement in our daily practice, so that

its merits will be reflected in patient care. Nursing students are likely to face a burnout during their academic lives, so adequate emotional intelligence is crucial for them to be able to cope personally and professionally. Over the four years of degree program, they are trained to be competent in nursing skills but when it comes to actual practice in a hospital setting, they find it difficult to apply their training without complementary social skills.

Statement of the study

A study to assess the level of Emotional Intelligence among nursing students at selected college, Thrissur

Objectives of the study

- To assess the level of Emotional Intelligence in nursing students
- To find out the association between the level of Emotional Intelligence in nursing students with their selected demographic variables.

Hypothesis

H1: There is significant association between the level of emotional intelligence in nursing students with their selected demographic variables.

H2: There is no significant association between the level of emotional intelligence in nursing students with their selected demographic variables.

Methodology

Research Approach: In this study quantitative research approach was used.

Methods of data collection

Data collection procedure are the means of gathering information to address the research

problem. Data collection was done from 10/10/2022 to 15/10/2022. A formal permission was obtained from the principal, Aswini college of Nursing Thrissur. The students were given permission from college to withdraw at any time along with assurances that human rights were protected. The study was conducted in Aswini college of nursing Nadathara. Firstly, the investigator established a good rapport with the students and started to gather data from all the subjects who met the inclusion criteria. Oral consent was obtained from the students. A total number of 180 samples were selected through purposive sampling technique. A demographic data was collected initially, and the structured questionnaire was given to the sample. The samples were advised to answer the question and return the tool after 15 minutes. The samples were cooperative during the time of data collection.

Research Design: In this study descriptive survey design was used.

Demographic variables: In this study the demographic variables are age, gender, marital status, type of family, number of siblings, birth order, place of stay, monthly income of the family, place of residence, educational status of father, educational status of mother, occupation of father, occupation of mother, year of study, hobbies/interest. Population: In this study the population selected comprises of nursing students Targeted population: It includes all the nursing students in selected college.

Accessible population: The accessible population comprised of first year, second year, and fourth year students who reside within the campus of Aswini college of nursing, Thrissur.

Sampling technique: The samples were collected through purposive sampling technique.

Sample size: The sample of the present study comprised of 180 nursing students in Aswini college of Nursing, Thrissur.

Sample criteria Inclusion criteria

- The nursing students who were above the age of 18.
- The nursing students who were studying in Aswini college of nursing, Thrissur.

Exclusion Criteria:

- Students who are not willing to participate in this study.
- Students who are not available during data collection

Description and scoring

Section A: Description of the demographic variables it includes 3 tables

Section B: Description of the association between emotional intelligence among the subjects with their selected demographic variables.

Section C: Description of the level of emotional intelligence among nursing students.

RESULT FINDINGS:

Section A : Description of the sociodemographic variables of nursing students.

Table 1: Frequency and percentage distribution of the demographic profile of the subjects.

SECTION A: Description of association between the level of emotional intelligence in the subjects with their selected demographic variables.

SL.NO	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENTAGE
1	AGE IN YEAR	159.84	21.03
2	GENDER	5.95	9.49
3	YEAR OF STUDY	22.84	15.51

SECTION B : Description on the level of emotional intelligence among nursing students

RANGE	FREQUENCY	PERCENTAGE
Very low emotional intelligence	41	22.77%
Low emotional intelligence	52	28.88%
Moderate emotional intelligence	46	25.55%
High emotional intelligence	22	12.23%

DISCUSSION

The first objective was to assess the level of emotional intelligence:

The present study reveals that about 52(88.88%) had low emotional intelligence, 46(25.55%) had moderate emotional intelligence, 41(22.77%) had very low emotional intelligence, 22(12.23%) had high emotional intelligence, 19(10.57%) had very high emotional intelligence.

The second objective was to find out the association between the level of emotional intelligence in nursing students with their selected demographic variables.

The present study reveals that there is significant association between the level of emotional intelligence with their demographic variables



age and year of study.

CONCLUSION: From this study it is clearly evident that the majority of the students have very low emotional intelligence. So the nurses must take the task of improving the level of emotional intelligence within the community seriously.

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