

## **The Relationship Of Mental Health And Emotional Intelligence - A Study**

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### **Introduction**

**T**eachers are best known for the role of educating students. Teachers set the tone of warm environment, their classrooms, built the standards so teacher plays IMPORTANT ROLE in students' life. To play important role in development of student's teachers' mental health should be fit and free from all stress and strain. In 2003, Higgs and Salki found that teachers emotional intelligence was strongly correlated with physical and mental health. We often observed that person with good emotional intelligence have the ability to adversity teacher with good emotional Intelligence has ability to manage class effectively and his competencies for the development of student Community. So, in this research the focus on teachers trainees / student teachers mental health and there relation with emotional intelligence.

### **Concept of Mental Health and Teacher**

mental health refers to the Capacity of an individual, a group and the environment to interact with one another in ways that promote the feeling of well - being. Teacher accustomed to caring about the social - emotional wellbeing of students and are trained to keep a anxiety, depression, bullying or aggression.

According to world Health organisation mental health defined of wellbeing in which the individual realizes his or her own abilities can cope with the normal stresses of life can work productively and fruitfully and is able to make Contribution to his or her community.

The stress and anxiety that often accompanies teachers ' jobs has a hugely negative effect on teacher performance and personal life. Teacher mental health issues are important because they not only have a determined influence on teachers themselves but also directly affect

classroom outcomes. one study in showed that 77 % of teachers felt poor mental health was having a damaging effect on pupil mental health and 85 % said that it adversely affected the quality of lesson planning. So , the teachers healthy mental health is the prime necessity of the profession of teaching.

### **Emotional Intelligence –**

Emotional Intelligence is the ability to recognize one's own and other people's discriminate between different feelings and label them appropriately and to use the emotional information to guide thinking and behaviour. Daniel Goleman defined emotional intelligence as the ability to be aware of and to handle One's emotions in varying situations. studies shown that people with high emotional intelligence have greater mental health. Mental Health and emotional intelligence are two sides of same Coin.

### **Reviews of literature**

#### **J ( ejudo 2016)**

The results show that the existing the relationship between EI as a trait and mental health are a higher than those existing between Emotional Intelligence as an ability and mental health, on the other hand scorings significantly higher were registered in the School Counsellors in secondary school in the variable of emotional intelligence as ability in emotional comprehension. Scoring's significates higher are also registered in the variable of mental health of school counsellors in primary Education. Finally, the analysis of multiple of regression has allowed for identifying emotional intelligence trait as a predictor Variable of mental health.

### **Objectives of the study**

1. To find out the relationship between mental health and emotional Intelligence of student teachers.

2. To find out the relationship between mental health of student teachers of high and average emotional Intelligence,
3. To find out relationship between mental health of student teaches of emotional Intelligence high and low emotional intelligence.

**Tools used**

- Emotional Intelligence Test by S. pethe
- 2.Mental health scale prepared by investigator herself

**Sample**

The sample of study consists of 40 male and female student teaches in Mahavir Mahavidyalya , Kolhapur . Sampling was based on the random Sampling technique.

**Data Analysis**

The data collected from the student teachers were analysed with the help of Mean, SD, T- test techniques and coefficient of correlation was used to find out relationship between emotional Intelligence and mental health.

**Analysis and Interpretation of Data**

**Table 1 showing the values of coefficient of correlation between mental health and emotional Intelligence of teachers**

| Variables            | N  | DF | R - Value | significant level |
|----------------------|----|----|-----------|-------------------|
| <b>Mental Health</b> | 40 | 99 | 0.9303    | significant       |
| <b>EI</b>            |    |    |           |                   |

Table shows that, the obtained r – Value is 0.9303, which is greater than the table value for degree of freedom 99 and 0.05 level, hence, it shows that there is positive co-relation between emotional intelligence and mental health of student teachers.

**Table 2 showing health of student teachers of high and low EI**

| Varriables     | N  | Mean | SD  | T ratio and significant level |
|----------------|----|------|-----|-------------------------------|
| <b>High EI</b> | 21 | 13.9 | 3.3 | 4.8                           |
| <b>Low EI</b>  | 19 | 20   | 3.2 | Significant                   |

Table No.2, indicated that the obtained value is 4.8 which is greater than table value 1.97 at 0.05 level of significant. This means that there is no significant difference in the mental health of student teachers belonging to average and low EI group.

**Findings:**

1. There is significant corelation between EI and mental health of Student teachers
2. There is significant difference between the mental health of student high and low E.I.
3. There is significant difference between the mental health of student high and average E.I.

**Conclusion**

From the analysis of above data, it can be informed that there is positive co-relation between EI and Mental health of student teachers.

**Reference**

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