

Post Pandemic Emotional Competence of Urban Adolescents - A Study

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1.0 Abstract

Emotional competence enhances our personal and social performance, which subsequently helps us to improve our quality of life. The post pandemic period has shown us all that most of the spheres of personal and social contexts had to be restarted. The life of adolescent in urban spaces like Nagpur City also changed dramatically. All this had impact of their social and psychological well being. In the backdrop of above, this investigation was carried out to study the level of emotional competence of adolescent of Nagpur City. The study used descriptive research design and the data was collected using survey method. In this study 200 adolescents living in the Nagpur City provided the data. The emotional competence of the adolescents was determined with the help of Emotional Competence scale prepared by Dr. H. C. Sharma and Dr. R. L. Bhardwaj. Study results showed that adolescents of study area are highly competent with respect to adequate expression and control of emotions and ability to function with emotions, while they indicated average level of competence with respect to adequate depth of feeling, ability to cope with problem emotions, and enhancement of positive emotions aspect of emotional competence.

Keywords: Emotional competence, adolescents, Expression and Control of Emotions

2.0 Introduction

Recently, cognitive intelligence has received a lot of attention as the single most important predictor of mans performance. The notion of emotional competence is gaining a lot of attention to be a strong predictor of success in personal as well as professional life. It can be considered as a group of generic skills that can be applied to many types of emotion-related skills. The ability to identify and discriminate emotions is very critical in social life of the adolescents. It also affects the development of youth and may be influenced by a person's initial orientation to his/her emotion-related problems. Thus, when an individual has an ineffective orientation, he/she will try to avoid thoughts and feelings related to the problem and may not want to face these problems either. Hence, managing emotions in social contexts is important for success in a variety of interpersonal as well as career related domains.

In case adolescents, the youth have to face a lot of pressure, which often takes a toll on their mental health. Although it (mental health) has been conceived as a medical, psychological and sociological phenomenon, the expectations from an adolescent to ensure his/her successful life affects their ability to control their emotions and often results in decreasing self confidence. During the Covid-19 pandemic period with others the adolescents also had to face challenging times to manage their personal and social life. Most of the times, adolescents have to face the emotionally charged environments that require them to utilize an array of intrapersonal and interpersonal emotional skills. The literature shows that there is a lack of research examining the relevant construct of emotional competence among urban adolescents. In view of the above this study was carried out to determine the emotional competence of urban adolescents, specifically of Nagpur City of Maharashtra.

3.0 Research Methodology

The study was carried out by using single group design and the data collection was done using survey method, where the adolescents of Nagpur City of Maharashtra were selected randomly. In the present study data was collected from 200 adolescents of Nagpur City. The emotional competence of the adolescents was determined using the Emotional Competence Scale developed by Dr. H. C. Sharma and Dr. R. L. Bhardwaj. This scale determines five competencies such as a) adequate depth of feeling, bi) adequate expression and control of emotions, c) ability to function with emotions, d) ability to cope with problems emotions, and e) enhancement of positive emotions. Reliability of the instrument was assessed using the test-retest method, which allowed determining the repeatability of the instrument. Three different types of validity i.e. content validity, construct and criterion-related validity were determined prior to data collection. The data characteristics (descriptive statistics), such as Frequency, Mode, etc. were determined. The Chi Square test was used as an inferential statistical test. The statistical data analysis was carried out using SPSS 18.0 Software and the significance level was chosen as 0.05.

4.0 Results and Discussion

4.1 Emotional Competence – Adequate depth of feeling

Table 1: Adequate depth of feeling of adolescents of Nagpur City

Emotional Competence	No. of Adolescents	Percentage
Competent	38	19.0
Average	126	63.0
Incompetent	36	18.0
Total	200	100.0

Chi-Square: 79.229; df: 2; Table Value: 5.99; p<0.05

Above Table 1 shows results pertaining to emotional competence traits (Adequate depth of feeling) of adolescents of Nagpur City. The results indicate that 63.0% adolescents have average level of depth of feeling, while 19.0% are competent and further 18.0% adolescents appear to be incompetent with respect to adequate depth of feeling aspect of emotional competence.

4.2 Emotional Competence – Adequate expression and control of emotions

Table 2: Adequate expression and control of emotions component of adolescents of Nagpur City

Emotional Competence	No. of Adolescents	Percentage
Competent	108	54.0
Average	64	32.0
Incompetent	28	14.0
Total	200	100.0

Chi-Square: 48.174; df: 2; Table Value: 5.99; p<0.05

Above Table 2 shows results pertaining to emotional competence traits (Adequate expression and control of emotions) of adolescents of Nagpur City. The results indicate that 54.0% adolescents are competent with respect to adequacy of expression and control of emotions, while 32.0% are showed average level of Adequacy of expression and control of emotions and further 14.0% adolescents appear to be incompetent with respect to adequacy of expression and control of emotions aspect of emotional competence.

4.3 Emotional Competence – Ability to function with emotions

Table 3: Ability to function with emotions component of adolescents of Nagpur City

Emotional Competence	No. of Adolescents	Percentage
Competent	98	49.0
Average	75	37.5
Incompetent	27	13.5
Total	200	100.0

Chi-Square: 39.38; df: 2; Table Value: 5.99; p<0.05

Above Table 3 shows results pertaining to ability to function with emotions of adolescents of Nagpur City. Study results show that 49.0% adolescents of study area are competent however 37.5% indicated average level in view of ability to function with emotions. Moreover, 13.5% adolescents appear to be incompetent with respect to above mentioned aspect of emotional competence.

4.4 Emotional Competence – Ability to cope with problem emotions

Table 4: Ability to cope with problem emotions of adolescents of Nagpur City

Emotional Competence	No. of Adolescents	Percentage
Competent	59	29.5
Average	106	53.0
Incompetent	35	17.5
Total	200	100.0

Chi-Square: 39.126; df: 2; Table Value: 5.99; $p < 0.05$

Above Table 4 shows result pertaining to adolescent’s ability to cope with problem emotions. Study results show that 29.5% adolescents are competent however 53.0% have average level of competence vis-à-vis ability to cope with problem emotions. And lastly, 17.5% adolescents of study area appear to be incompetent with respect to above mentioned aspect of emotional competence i.e. ability to cope with problem emotions.

4.5 Emotional Competence – Enhancement of positive emotions

Table 5: Enhancement of positive emotions of adolescents of Nagpur City

Emotional Competence	No. of Adolescents	Percentage
Competent	42	21.0
Average	99	49.5
Incompetent	59	29.5
Total	200	100.0

Chi-Square: 25.683, df: 2; Table Value: 5.99; $p < 0.05$

Above Table 5 shows results of the enhancement of positive emotions (an emotional competence factor) of adolescents of Nagpur City. Study results indicated that only 21.0% adolescents are competent with respect to enhancement of positive emotions, while 49.5% have average level of competence in view of enhancement of positive emotions. Moreover 29.5% adolescents were observed to be incompetent with respect to enhancement of positive emotions of emotional competence.

5.0 Conclusions

5.1 Emotional Competence – Adequate depth of feeling

- In view of the study results it is evident that significantly ($p < 0.05$) high numbers of adolescents of Nagpur City have average level of competence with respect to the adequate depth of feeling aspect of emotional competence.

5.2 Emotional Competence – Adequate expression and control of emotions

- On the basis of the study results it is evident that significantly ($p < 0.05$) high numbers of adolescents of Nagpur City are competent with respect to the adequate expression and control of emotions aspect of emotional competence.

5.3 Emotional Competence – Ability to function with emotions

- From the study results it is clear that that significantly ($p < 0.05$) high numbers of adolescents of Nagpur City are competent with respect to the ability to function with emotions aspect of emotional competence.

5.4 Emotional Competence – Ability to cope with problem emotions

- In view of the study results it is evident that significantly ($p < 0.05$) high numbers of adolescents of Nagpur City have average level of competency with respect to their ability to cope with problem emotions aspect of emotional competence.

5.5 Emotional Competence – Enhancement of positive emotions

- From the study results it is evident that significantly ($p < 0.05$) high numbers of adolescents of Nagpur City have average level of competency with respect to the enhancement of positive emotions aspect of emotional competence.

6.0 Bibliography

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