

A Study on Emotional Intelligence and Adjustment in Adolescents

Rashmi Singh*

Abstract

The present study was planned to find out the emotional intelligence level of adolescents and its relation with their adjustment. A total of 100 adolescents (50 boys and 50 girls) falling in the age group of 12 to 18 years were selected on non-random basis for the present study and were administered on measures of emotional intelligence and adjustment. Data were analyzed using t test and correlation. Result revealed significant differences and relationship among overall emotional intelligence, its dimensions and adjustment of adolescent boys and girls. Adolescent boys revealed greater adjustment levels than girls as well as greater abilities in expressing and appraising emotions, ability to utilize emotions, and exhibiting greater overall emotional intelligence as compared to the adolescent girls.

Key Words: Emotional intelligence, adjustment and adolescence.