

Understanding the Role of Emotional Intelligence in Karma-Yoga and Time Management Skills of College Students

Shivangi Agarwal*, Nidhi Udgirkar**, Neera Pant***

Abstract

The present research aims to understand the role of some aspects of Emotional Intelligence (EI) and Karma Yoga on the Time Management skills of college students. For this the Indian Scale of Emotional Intelligence (Pant & Prakash, 2004), Karma-Yoga (Mulla & Krishnan, 2006) and Time Management Behaviour Scale (Macan, Shahani, Dipboye and Philips, 1990) were used. Data was collected from the Undergraduate students of Delhi University in the age range of 17 to 22. To understand the time management skills of college students, semi-structured interviews were also conducted. It is suggested that those students who are high on EI would be better at Time management skills. Similar trends are suggested for students high on Karma-Yoga as well. Results indicate gender differences in EI following already established trends in EI with women scoring higher than men. The implications of research are in suggesting ways of managing time to college going students.

Keywords: Emotional Intelligence, Karma-Yoga, Time Management, students, gender differences

*Shivangi Agarwal, Department of Psychology, University of Delhi,

**Nidhi Udgirkar, Department of Psychology, University of Delhi,

***Neera Pant, Department of Psychology, Gargi College, University of Delhi,