

## Alienation in relation to Emotional Intelligence of Adolescents

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### ABSTRACT

Adolescence is a period characterized by diverse changes that may be physiological, social or emotional, and inability to deal with these changes may lead to adjustment problems and psychological issues like alienation. It is important that adolescents are capable to handling their emotions effectively so as to develop the capability to deal with psycho-social problems. Thus, it is the need of the hour to develop emotional intelligence of adolescents to tackle problems like alienation that may have a reckoning effect on growth and development. The present study is an attempt to explore the relationship between emotional intelligence and alienation. The study was conducted on a sample of 200 adolescents of Punjab and findings indicated a significant negative correlation between emotional intelligence and alienation. The findings indicate need for providing conducive environment and need for developing coping strategies to help adolescents in developing emotional intelligence and overcoming alienation.

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### 1. Introduction

Adolescence is a crucial transitional period between childhood and adulthood. This development phase of an individual's life is the period of revolutionary change in which physiological, mental and emotional changes create a turmoil in an adolescent's life. This turmoil leads to uneasiness and discomfort and may take the form of alienation. Alienation is one of the most pertinent challenges of modern times and is related to issues such as increased social differentiation, breakdown of conventional norms and disintegration of communities etc. It is a psycho-social phenomenon that is gradually growing among individuals of almost every age and more prominently in adolescents. The repercussions of alienated behavior are serious and may obstruct growth and negatively influence the personality of an adolescent.

Alienated behavior may be influenced by many psychological constructs and emotional intelligence is one of the attributes that are likely to have an important influence on alienation. Emotional Intelligence is the awareness of and ability of an individual to manage one's emotions in a healthy and productive manner. It is related to constructs like empathy, attention to one's emotions and recognizing one's own moods and individuals with high emotional intelligence are believed to be able to adjust with the problems of life in a better way.

The term Alienation emerged during the 1960's (Seeman 1975) and has been employed in a variety of ways by sociologists, psychologists and psychoanalysts to refer to people who become foreigners to the world they live in. It is described as a psycho-social disorder that is characterized by loss of self, anxiety, despair, anomie, depersonalization, rootlessness, isolation, meaninglessness, pessimism and loss of belief in values. The concept has emerged due to orientations that emphasise the role of the emotions that was earlier neglected and also due to increased efforts relating to standardized assessment of individual differences in emotional intelligence.

Goleman described emotional intelligence as an individual's ability to manage his feelings and express them appropriately and effectively. He asserted that emotional intelligence is the most important predictor of success at workplace. Emotional intelligence (EI) is also defined as the ability for accurate reasoning that is focused on emotions and the capability to use emotions and emotional knowledge for enhancing thought (Mayer & Salovey, 1997).

Emotional intelligence (EI) has also been defined as the ability to monitor one's own as well as other people's emotions, to differentiate emotions and label them, using emotional information to guide thinking and behavior and includes factors such as perceiving, understanding, using, and managing emotions (Mayer & Salovey, 1997).

Goleman (1997) asserted that emotional intelligence is about being able to handle our own feelings, being creative and performing at our level best, being able to motivate ourselves to get jobs done and being sensitive in handling relationships. Emotional intelligence plays a pivotal role in shaping the personality and developing the emotional maturity suitable to age, building ability for self adaptation to solve stress related problems, deal with pressures of life and facilitates better social adjustment. Emotional intelligence of an individual is likely to have an impact on the ability to deal with issues like alienation.

Previous researches indicate significant relationship between alienation and self-concept (Kaur, 2004) and significant gender differences in alienation showing higher alienation in males (Asthana, 2007). Madhu and Jain (2008) indicated that as women were more and more exposed to education and their career maturity increases, they tend to become more reality oriented, their idealistic fantasies get shattered and inability to fulfill ambitions and to create an identity leads them to a state of purposelessness and meaninglessness in the form of alienation. Research also found that girls are emotionally more powerful/sound in comparison to

boys (Godiyal,2011). Studies found negative correlation between emotional intelligence and alienation of adolescents (Kumar,2011; Ranbir, 2007)and B.Ed students (Singh, 2015).

A study of IT sector managers investigating effect of emotional intelligence and management styles on organizational alienation found that Laissez Faire management style, interpersonal relationship and independence dimensions of emotional intelligence were statistically significantly correlated (Murat and Ulgenp, 2017). Researches also showed that male players had greater amount of emotional intelligence as compared to female counter parts and female players had greater amount of self-motivation as compared to male counter parts (Khandekar and Sharma, 2017 ). Researches also revealed significant correlation between emotional intelligence and emotional maturity. (Arasteh & Seyedoshohadaei, 2018)

The review of literature indicates that there may be a relationship between emotional intelligence and alienation and indicates the need to probe as to what extent is alienation affected by emotional intelligence of adolescents.

## 2. Research Question

1. Is there a significant relationship between alienation and emotional intelligence of adolescents ?

## 3. Method

The study was conducted on sample of 200 students selected randomly from various government and private schools of Punjab and descriptive survey method was used. Coefficient of correlation (r) was employed to find out the

relationship between Alienation and Emotional Intelligence of Adolescents. .

**Table 1. Showing Coefficient of Correlation (r) between Alienation and Emotional Intelligence of Adolescents**

Sr. No.	Variables	N	r
1.	Alienation	200	-
2.	Emotional Intelligence	200	0.396*

\*Significant at 0.05 level

Table 1 reveals that the coefficient of correlation (r) between Alienation and Emotional Intelligence is -0.396 depicting negative correlation. The value is significant at 0.05 level of confidence. It can thus be concluded that there exists a significant negative correlation between alienation and emotional intelligence

## 4. Discussion & Results

The results of the present study reveal that emotional intelligence is negatively correlated with alienation, thus indicating that individuals with high emotional intelligence will be less alienated. The findings align with findings of previous studies on adolescents (Kaur & Singh,2015) and emphasize the need of development of emotional intelligence. The findings have important implications that conducive environment needs to be developed in educational institutions and mentoring should ensure that adolescents are made capable of dealing with psychological issues like depression, isolation and identity crises that usually occur in the period of adolescence. This will help in reducing alienation and foster proper growth of personality.

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