



EMOTIONAL INTELLIGENCE AND EMOTIONAL STABILITY AMONG NURSING STUDENTS DURING COVID 19

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ABSTRACT

Emotional intelligence is the capability of individuals to recognize the own emotions and emotional stability is the capacity to maintain emotional balance under stressful circumstances. The study was undertaken to assess the emotional intelligence and emotional stability among Post B.Sc students and to identify the association between emotional intelligence and emotional stability with sociodemographic variables. Convenient sampling techniques were used to select 36 Post B.Sc. students in M.O.S.C. College of nursing in Ernakulam district for the study. Structured rating scale for emotional intelligence and emotional stability were used to collect the data. The results indicated there is no significant relationship between emotional intelligence and emotional stability among nursing students during Covid 19 and there is a significant association of age ($p < 0.001$), religion ($p = 0.042$), residential area ($p = 0.041$), marital status, ($p < 0.001$) with emotional intelligence..

Key Words: Emotional intelligence, Emotional stability.

INTRODUCTION

The global spread of a Corona virus (COVID-19) affected millions of lives physically and emotionally. The disease outbreak has triggered an exceptional level of stress among the students, academic staff, and employees in everywhere. This pandemic-associated stress may also result in unfavorable outcomes for learning and psychological wellbeing of students. Students have been sent off-campus to overcome the coronavirus outbreak, however, thousands of college students have reacted to the coronavirus outbreak with poor emotional Intelligence and emotional stability.

Objectives

1. To assess the emotional intelligence and emotional stability among nursing students
2. To find the association of emotional intelligence and emotional stability with socio demographic variables among nursing students

Operational definitions

Emotional intelligence

Emotional intelligence is the ability to understand, use and manage emotions in positive ways to relief stress which is measured using structures rating scale for emotional intelligence.

Emotional stability

Emotional stability is the capacity to withstand difficult situations and remain productive which is measured using structures rating scale for emotional stability.

Delimitations

This study is delimited to post basic nursing students who are studying in M.O.S.C. College of nursing, Kolenchery, Ernakulum district.



Assumptions

Emotional intelligence and stability may influence on emotional awareness, expression, creativity, tolerance, trust and integrity.

Research hypotheses

H₁: There is a significant relationship between emotional intelligence and emotional stability among nursing students during COVID 19 in M.O.S.C. College of Nursing, Kolenchery.

Research approach:

Quantitative research approach

Research design

Descriptive cross sectional design variables

Research variables

Emotional intelligence and Emotional stability.

Socio demographic variables

Age in years, Religion, Residential area, Type of family, marital status

Setting of the study

M.O.S.C. College of nursing

Population

Target population

Nursing students in M.O.S.C. College of nursing

Accessible population

Post Basic B.Sc students in M.O.S.C. College of nursing

Sample and Sampling technique

Sample

Post BSc students of 1st and 2nd year in M.O.S.C. College of nursing

Sampling technique

Convenience sampling

Sample size

36 Post basic BSc students of M.O.S.C. College of Nursing, Kolenchery

Sample selection criteria

Tools and techniques

- Socio demographic proforma
- Structured emotional intelligence scale
- Structured emotional stability scale

Socio demographic proforma

- Socio demographic proforma of post BSc students of both 1st year and second year

- Age, religion, residential area, type of family, marital status.

Structured emotional intelligence scale

It is a self-structured rating scale used for assessing emotional intelligence. The scale has 25 items rated from one to five. The maximum score of the tool is 100 with a score greater than 80 indicating Emotional intelligence excellent. If the score is 61 to 80 Emotional intelligence is good. If the score is 41 to 60 Emotional intelligence adequate. If the score is 21 to 40 Emotional intelligence need improvement. If the score is 0 to 20 Emotional intelligence Underdeveloped.

Structured emotional stability scale

It is a self-structured rating scale used for assessing emotional stability. The scale has 10 items rated from zero to five. The maximum score of the tool is 40 Five positive and 5 negative questions are framed. With a score greater than 28 indicating high Emotional stability. If the score is 14 to 27 indicating moderate Emotional stability. If the score is 0 to 13 indicating low emotional stability.

Ethical clearance

Ethical clearance and approval was obtained from the institutional ethics committee of MOSC Medical College Hospital. Formal administrative permission was obtained from administrative director, M.O.S.C. Medical College Hospital and Principal, M.O.S.C. College of Nursing. A letter explaining the purpose of the study was hand over to the subjects and informed written consent was taken from them before data collection, after ensuring the confidentiality of the data.

Pilot study

Pilot study was conducted among 24 students of Post BSc students in M.O.S.C. College of nursing Kolenchery, to ascertain the feasibility of the study. After obtaining informed consent, the data were collected using the sociodemographic Performa, Structured emotional intelligence scale, structured emotional stability scale. After the pilot study, it found to be feasible in terms of time, money, manpower and resources available.

Data collection process

The study was conducted after obtaining ethics clearance from the institutional ethics committee. Formal administrative permission was obtained from Administrative Director, M.O.S.C. Medical College Hospital and Principal, M.O.S.C. College of Nursing. 40 subjects who fulfilled the inclusion criteria were selected by convenient sampling technique from the psychiatric inpatient and outpatient department of M.O.S.C. Medical College Hospital Kolenchery. After a brief introduction, the subjects were explained regarding the purpose of the study. The subjects were allowed to read the participant



information sheet and made provision to clarify their doubts. Following this, informed consent was obtained from the participants. After obtaining informed consent, the data regarding socio demographic data collected by using sociodemographic proforma and emotional intelligence of nursing students was assessed by using self-structured emotional intelligence scale and the emotional stability of nursing students was assessed by using self-structured emotional stability scale. Confidentiality was ensured during and after the study.

Plan for data analysis

The data were analyzed by using R software. For emotional intelligence median and interquartile range were reported as the data not follows normal distribution. For emotional stability mean and standard deviation reported as the data follows normal distribution. For categorical variable frequency and percentage were reported. Normality assessment was done using Kolmogorov Simonov test. To find the association between emotional intelligence and emotional stability with sociodemographic variables among nursing students we performed chi square test. The P value <0.05 was considered statistically significant.

Description of sociodemographic variables

Description of socio demographic proforma of nursing students

Most of the students (66.67%) belonged to the age group of 23 - 27 years. among the students (52.78%) are followed Hindu religion and most of them (91.67%) coming from rural area. Majority of the students (88.89%) were unmarried and (69.44%) from nuclear family. Most of the students (61.11%) succeed with good scholastic achievements and most of the student’s birth order was second. Table:1

Table:1 Frequency and percentage distribution of socio demographic proforma of nursing students.

Sociodemographic Proforma	Frequency	Percentage (%)
Age In Years		
18 - 22	12	33.33
23 - 27	24	66.67
28 and above	22	00.00
Religion		
Hindu	19	52.78
Christian	17	47.22
Muslim	00	00.00
Others	00	00.00
Residence		
Rural	33	91.67
Urban	03	08.33
Type of family		
Nuclear family	25	69.44
family	11	30.56
Extended family	00	00.00
Marital status		
		Joint

To assess the emotional intelligence among nursing students

Median and inter quartile range were performed to assess the Emotional intelligence among nursing students as the data were not following the normality.

To assess the emotional stability among nursing students

Median and inter quartile range were performed to assess the Emotional stability among nursing students as the data were not following normality.

To find the association between emotional intelligence and emotional stability with demographic variables among nursing students.

Fishers exact /chi square test were performed to find the association between emotional intelligence and emotional stability with demographic variables among nursing students.

Association between emotional intelligence with demographic variables among nursing students

Fishers exact test were performed to find the association between emotional intelligence and emotional stability with demographic variables among nursing students.

Association between emotional intelligence with demographic variables among nursing students

Fishers exact /Chi square test were performed to find the association between emotional stability with demographic variables among nursing students.



Married	04	11.11
Unmarried	32	88.89
Separated	00	00.00
Widow	00	00.00
Scholastic achievements (latest records)		
Succeed with excellence (above 80%)	04	11.11
Succeed with good (50-80%)	22	61.11
Succeed with satisfactory (40-50%)	10	27.78
Birth order		
First	11	30.56
Second	22	61.11
Three and above	03	08.33

Table :2 Median and Inter Quartile Range of Emotional Intelligence Score Among Nursing Students n= 36

Emotional Intelligence	MEDIAN	Q1	Q3
	89	74	92

N = 36

Emotional Intelligence	MEDIAN	Q1	Q3
	34	30	35

Table :3

Sociodemographic variable	Emotional intelligence				P value
	Scoring			Fisher's exact /chi-square value	
	Adequate	Good	Excellent		
Age					
18-22	3	7	3	17.880(chi-square value)	<0.001*
23-27	0	2	21		
Religion					
Hindu	3	2	14	6.353 (chi-square value)	0.042*
Christian	0	7	10		
Residential area					
Rural	2	7	24	6.909 (chi-square value)	0.041*
urban	1	2	0		
Type of family					
Nuclear family	1	6	18	2.225 (chi-square value)	0.263
Joint family	2	3	6		
Marital status					
Married	3	1	0	27.000(chi-square value)	<0.001*
unmarried	0	8	24		
Scholastic achievement					
Succeed with excellence	0	0	4	3.031 (fisher's exact)	0.559
Succeed with good	2	5	15		
Succeed with satisfactory	1	4	5		
Birth order					
First	0	2	9	7.482 (fisher's exact)	0.079
Second	2	5	15		
Three and above	1	2	0		



Sociodemographic variable	Emotional stability				
	Scoring			Fisher's exact /chi-square value	P value
	Low	Moderate	High		
Age					
18-22	1	6	6	1.834 (chi-square value)	0.556
23-27	0	11	12		
Religion					
Hindu	0	9	10	1.174 (chi-square value)	0.883
Christian	1	8	8		
Residential area					
Rural	1	4	18	3.658 (chi-square value)	0.179
urban	0	3	0		
Type of family					
Nuclear family	0	11	14	3.042 (chi-square value)	0.245
Joint family	1	6	4		
Marital status					
Married	0	4	0	5.029 (chi-square value)	0.066
unmarried	1	13	18		
Scholastic achievement					
Succeed with excellence	0	1	3	4.949 (fisher's exact)	0.315
Succeed with good	0	10	12		
Succeed with satisfactory	1	6	3		
Birth order					
First	0	4	7	3.173 (fisher's exact)	0.701
Second	1	12	9		
Three and above	0	1	2		

*significant at $p < 0.05$

Limitations

- The study was carried out in a single setting
- Study was carried out only in post B.sc students those who are studying in M.O.S.C. college of nursing.

Recommendations

- A descriptive study regarding emotional intelligence and emotional stability among B.Sc. nursing students can be conducted

A qualitative study can be conducted to assess the emotional stability and emotional intelligence among nursing students.

Summary

The study results showed that there is a significant association is identified between emotional intelligence and Age ($p < 0.001$), Religion ($p = 0.042$), Residential area ($p = 0.041$), Marital status, ($p < 0.001$) but no significant association was identified between emotional stability and socio demographic proforma of nursing students.

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