

EMOTIONAL INTELLIGENCE AND MENTAL HEALTH AMONG GOVERNMENT AND PRIVATE DOCTORS

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ABSTRACT

The present study examine the relationship between emotional intelligence and mental health among Government and private doctors belonging to Jaunpur and Varanasi headquarters. The

sample comprised of hundred medical practitioners in which 50 Government and 50 private doctors. The respondents were used by emotional intelligence test and mental health inventory. It was found that emotional intelligence is highly correlated with mental health. The obtain results food that emotional intelligence are significantly among the respondents and sound the positively correlated with emotional intelligence and mental health functioning. The finding support and discussed the relationship between emotional intelligence and mental health .

Key Words: *emotional intelligence, mental health, Government and private doctors.*

I. Introduction

Emotional Intelligence is a broad term which is used in huge amount of researchers in the organisations. Now a days the word emotion is used on a very wide scale industrial setup. Researches are used to it why does scope among improve attitude and behavioural approaches rather than the influences of verbal, performance, IQ and other primary academic abilities (Goleman,1995; Baron,1997; Cooper and Sawaj,1997; Mayer and Salovey,1990) stated that emotional intelligence does not perceiving, understanding and regulating emotions. They Indicated that emotional intelligence is a kind of Intelligence which involves the ability to monitor one's own and others feeling and emotions to discriminate among them and use the information to guide the thinking and action of the persons. Goleman (1998) stated that emotional intelligence is the capacity for recognition of our own feelings and motivating ourselves and managing emotions in ourselves and own relationship. Emotional intelligence are the most awakened interest among the researchers. Emotional in Telugu the interaction between emotion and cognition which leads to adoptive functioning. As per the definition of Goleman (1998) the emotionally intelligent persons have been skilled as personal competence and social competence. In personal

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competence when can manage themselves and in social competence persons can manage their relationships with others. In aggregate meaning of emotional intelligence indicates that it is the process of emotional information which are the integral part of the intelligence. It is the ability to perceive, express, understand and manage with emotions. (Bar-On 1972,2000, Goleman,1995, Mayer and Carvso,2002). On the basis of the theories of emotional intelligence, it has been explained that emotions advance life goes, there is a relationship between emotional intelligence and interpersonal relation, empathetic feeling, perspective-taking, self monitoring in social situations, social skills, cooperativeness, healthy coping strategies, adaptive behaviours etc. (Bastain,Burns,Netterbeck,2005, Campbell and Ntobedzi,2007, Taylor,2001). Singh(2002) stated that emotional intelligence is the ability of an individual who respond appropriately and successfully with variety of emotional stimuli being elicited from the inner self and environment. Singh(2001) elaborate some dimensions of emotional intelligence like emotional competency, emotional maturity and emotional sensitivity, which motivate and individual to recognise truthfulness, interpret honesty and handle the tactful human behaviour. Emotional intelligence is a healthy psychosocial development of an individual in which people with mental health problem had an over score for emotional intelligence. They help some specific weakness in understanding emotional information and regulate it in proper manner. Psychological well being includes positive and negative mental health in which satisfaction with life includes in positive mental health and stress,depression, anxieties are negative aspects of mental health. Researchers suggests that emotional intelligence contribute to good physical and mental health (Salovey et al.1999, Salovey et.al 2000, T. Saousis,and Nikolaou,2005).

Mental health is related to emotional competencies like self-monitoring, having high self esteem and ability to relate with others. This emotional competencies regulate the moods and emotions, related to mental health of employees working in an organisation. (Verma and Alka 2003). Emotional maturity evaluates emotion as and as well as others. It is the identification and expression of feelings, balance between adaptability and flexibility. The other factor of emotional intelligence ine emotional sensitivity which deals with emotional arousal, managing the environmental harmony and comfort with others. It is the insight which evaluate related with you.

Medical belonging to government and private practice challenges in their professional lives. They are relatively high risk due to frequently social interaction among patients and their relatives. The profession of doctors are but challenging due to demand among the society. (Cords and Dougherty, 1993). Their job demands are increasing day by day and they have lots of pressure of expectations and performance.Any failure in treatment may cause stress. It is found that the government and private medical practice nurse with the high E.Q. mental health butter or private medical practitioner can cope better with stressful situation which develop effective coping strategies to manage the situation effectively. They can cope with stress due to their optimistic and resilient behaviour.

OBJECTIVES OF THE STUDY

- To assess the significant difference between Government and private medical practitioner on emotional intelligence.

- To assess the significant difference between Government and private medical practitioner on mental health.
- To Find out the relationship between emotional intelligence and mental health among Government and private medical practitioners.

HYPOTHESES

- There Would be significant difference between Government and private practitioners on emotional intelligence.
- There would be significant difference between Government and private practitioners on mental health.
- There would be positive relationship between emotional intelligence and mental health among the respondents.

II. RESEARCH METHODS

Sample:

The present study belongs to single whose cross-sectional technique based on correlational study. This study consisted of hundred doctors in which 50 belongs to private practices and 50 belongs to government practices from Jaunpur and Varanasi districts. The age of the respondents are in between 30 -60 years with mean age of 35 years.

Tools:

Personal Information Blank:

A personal information Bank was prepared to seek information relating to age, experience, mode of the practice etc.

Emotional Intelligence Test:

This test was developed by N.K. Chadha (2001) for measuring the level of emotional intelligence. This test contains 15 situations measuring different emotional responses. This test consists of three psychological responsive of emotional intelligence e.i. emotional maturity, emotional competence and emotional sensitivity. The test retest reliability was found to be 0.94 and it's split half reliability for odd and even items was 0.92.

Mental Health Inventory:

Mental health of doctors was measured with mental health inventory developed by Jagdish and Srivastava(1983). It consists of 56 items and measures mental health in 6 dimensions namely positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitude and environmental mastery. The reliability Coefficient are found 0.73 and positively correlated with moderate validity with the score of 0.57.

III. RESULT AND DISCUSSION

Significance of difference between Govt. and Private medical practitioner on emotional intelligence.

Table-1

Dimensions of Emotional Intelligence		Govt. Doctors		Pvt Doctors		
		Mean	S.D.	Mean	S.D.	t
1	Emotional Intelligence	37.97	10.41	39.28	9.75	1.12
2	Emotional Competency	38.81	10.73	41.41	10.20	2.16**
3	Emotional Maturity	28.97	4.93	25.83	3.57	2.83**
4	Emotional Sensitivity	28.60	3.82	31.43	6.59	2.04**

Table-1 shows that the significance of difference between government and private practitioners on emotional intelligence indicates that there are significant difference between emotional competency ($t= 2.16$). This suggests that Government and private medical practitioners are working in different patterns on some extent. the private medical practitioners are found in study more competent rather than Government medical practitioners. In the dimension of emotional maturity the mean suggests that the Government medical practitioners are found emotionally mature then their counterpart. There scores also suggest that there is a significant difference between Government Medical practitioners and private medical practice nurse on the dimension of emotional maturity. It shows that the government doctors are found more emotionally matured. It shows that government doctors daily face is different challenges in their professional life with creates differences in their ethical values. It also suggest that the personality characteristics of government doctors determine the ethical conduct and sincerely follow on their emotional agenda. On that instance the proposed hypothesis that there would be a significant difference between government medical practitioner and private medical practitioners are found significantly differ. Thus the present hypothesis is accepted. The third dimension of emotional intelligence is emotional sensitivity. The mean and SD of private medical practitioners shows that they scored highest mean value which suggest that private medical practitioners are found more emotionally sensitive on emotional intelligence. The private medical practitioner are much more careful with their patients. private medical practitioner scored the highest mean value all over all emotional intelligence this suggest that they have high level of emotional intelligence than their counterparts. they adopt smoothing and collaborative strategies to deal with their patients, and feel high competency to organise himself or herself within the groups. Singh (1996) found that the personality characteristics of managers working in public and private sector are found that private sector managers precedes information logically, rationally and systematically and they are appeared to be non emotional, fact oriented and objecting. Further he describes the public sector managers were found to be low on affiliation as compared to their counterparts in private sectors. In this study it

was also found that government doctors are less emotionally intelligent than private doctors so result indicates that private doctors ranked higher in behaviour related to analysing their own and other motives and feelings, observing with others and understanding how others felt about their problems.

Table- 2

Mean, SD and t value of government and private medical practitioners on mental health.

Dimensions of Mental Health		Private.Med.Practitioners		Govt. Med. Practitioners		
		Mean	S.D.	Mean	S.D.	t
1	PSE	26.10	3.18	27.67	5.18	1.41
2	PR	22.50	3.23	24.35	2.52	4.96*
3	IP	16.10	3.82	17.72	5.34	1.76
4	Autonomy	18.65	5.92	18.34	5.51	0.42
5	GOA	22.33	3.70	23.43	4.60	2.04**
6	EM	23.61	3.51	22.27	4.12	2.72**
7	OVERALL	56.45	17.89	58.39	17.61	0.52

Table-2 depicts the mean, SD and t- values of government and private medical practitioners on mental health. It may be noticed from table 2 to that the dimension of positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitude and as well as overall mental health, suggest that private medical practitioners have better mental health. Among all six dimensions of mental health only one dimension environmental mastery shows that government medical practitioners found better on that. The comparisons reveals that private doctors were scored lowest mean value which suggests better mental health on this inventory. A table- 2 shows that private doctors are more positively evaluated with their counterparts. Higher scores on the scale used in this study indicate poor mental health status, hence it is clear that government doctors feel poor mental health status. It means that they experience much more mental health problem as compared to the private doctor. In order to check the significance of difference between the means of all the dimensions it is found that t- ratios obtained for this comparison are found significantly differ. It means that Government and private doctor differ significantly in mental health inventory. The t-ratio of positive self evaluation and autonomy are not found significant. It means that the differences between means of Government and private doctors is attributed to chance factor. Autonomy is an important factor for mental health point of view. The obtained result indicate that Government and private doctors feel almost equal autonomy and

experiencing relatively similar autonomy but obtained you are not found significant. This suggest that the differences between the means are not real, hence attributed the chance variables.

Table-3(a)

Pearson's product moment correlation coefficient of emotional intelligence with the six dimensions of Mental Health in government medical practitioners.

Dimensions of Emotional Intelligence	Dimensions of Mental Health						
	PSE	PR	IP	Autonomy	GOA	EM	Overall
Emotional Intelligence	.257	.294	.223**	-.275**	-.249**	-.183*	.223*
Emotional Competency	.152	0.414*	0.240*	.192	0.378*	0.478*	0.544**
Emotional Maturity	.665**	0.379**	0.457*	0.92	0.509*	-.053	.651**
Emotional Sensitivity	.268	.517**	.218	-.064	.141	.218	.454*

Table-3(b)

Pearson's product moment correlation coefficient of emotional intelligence with the six dimensions of Mental Health in private medical practitioners.

Dimensions of Emotional Intelligence	Dimensions of Mental Health						
	PSE	PR	IP	Autonomy	GOA	EM	Overall
Emotional Intelligence	.291**	.221**	.073	.145	-.388**	.284**	.392**
Emotional Competency	-.277**	-.060	-.089	-.198	.421**	.313**	.401**
Emotional Maturity	.741**	0.119	0.129	.308**	.335	.342**	.450**
Emotional Sensitivity	0.115	-0.08	.055	.095	.068	.087	.293**

Besides t-ratio the correlational coefficients found positively correlated with emotional competency, emotional maturity, emotional sensitivity and as well as overall emotional intelligence. Obtained results given in table 3. It shows that all six dimensions of mental health were found to have significant positive correlation with emotional intelligence. It suggests that private doctors whose emotional intelligence is higher and they have better mental health status due to their autonomy in working condition, no pressure of government indicates that

they have better mental health and emotional intelligence. The obtained results correlated with Campbell and Ntobedzi (2007), Verma and Alka(2003). Some studies have shown the emotional intelligence is related with job satisfaction and problem solving behaviour (Bastain et al. 2005), better adjustment (Chap[man 2000).

Association between emotional intelligence and mental health indicate better performance and reduce the level of stress. Jensen (2008) stated that increasing attention to acetylene Health Care personal emotional intelligence evaluate with better mental health. emotional intelligence is a important resource of every society and it is usually associated with societal relationships. In this reference it suggests that emotional intelligence is highly associated with mental health. Table-4 described in two parts which this the correlation between emotional intelligence and mental health among Government and private doctors. and it is found that emotional intelligence is highly significant in relation to mental health of doctors belonging to government and private sectors. The positive relationship is obtained show the dimensions of emotional intelligence i.e. emotional competency, emotional maturity emotional sensitivity and over all emotional intelligence is correlated with the dimensions of mental health including positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitude, environmental mastery and as well as their Global mental health And it is found that there will be a positive correlation between emotional intelligence and mental health among the government and private doctors. It show that private doctors have ability to manage and monitor their emotions, to motivate themselves towards the goal to have sympathy for others and to handle stress and relationship well.

IV. CONCLUSION

In the present study, it is demonstrated the significance of emotional intelligence and its dimension of emotional maturity, emotional competency and emotional sensitivity is positively correlated with mental health. To conclude the evidence provided by the present work suggest that the concept of emotional intelligence is positively correlated and likely more closely related to emotional maturity emotional competency and emotional sensitivity. The Result Review that emotional intelligence and mental health influences the way in which we control, regulate and manage with proper balances.

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