



## EVALUATION OF EMOTIONAL INTELLIGENCE AMONGST 1ST YEAR MEDICAL STUDENTS- A CROSS SECTIONAL STUDY

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### ABSTRACT

**BACKGROUND:** Emotional intelligence is the capability of the individual to be aware of, control and express their own emotions and to handle interpersonal relationships judiciously and empathetically.

Emotional intelligence quotient is the key to become a successful leader and an INDIAN MEDICAL GRADUATE.

**AIMS & OBJECTIVES:** To evaluate the emotional intelligence quotient amongst medical students from different parts of the country with diverse cultures. To compare the responses between those who had hostel experience and those who didn't have. To evaluate gender variation.

**MATERIALS & METHODS:** The study group comprised of 150 students from 1st MBBS of 2019-20 batch. The purpose of evaluating the emotional intelligence was clearly explained. After taking informed consent, the Emotional Intelligence Questionnaire of self awareness and well being, developed by London Leadership Academy, was given to the students. It consists of 50 questions with a 5 point Likert scale. They were asked to mark the most appropriate option. The responses were evaluated and compared between those who had hostel experience and those who didn't have. Gender difference of the opinions was also illustrated.

**RESULTS:** The questionnaire for the emotional competencies is evaluated under five subheadings- self awareness, managing emotions, motivating oneself, empathy and social skill. A score of 35-40 is considered as an area of strength where the student is emotionally intelligent, a score of 18-34 is regarded as the area which needs attention and a score of 10-17 should be given priority for improving the emotional intelligence quotient. Out of 150 students, 89 were girls and 61 were boys, age ranging from 17-20 years. 86 students (57.34%) had a minimum of 1 year to maximum of 13 years hostel stay. Remaining 64 (42.66%) students never stayed in a hostel till now. The maximum score from the study was 47, for social skill given by a girl who is a hosteller. 16 was the minimum score which was also for social skill replied by a girl non-hosteller. Self awareness and social skills were the strength for girls whereas self awareness and empathy formed their strengths for boys. Attention should be paid to improve in the areas of managing emotions and motivating oneself for hostellers. Self motivation is required for girl non-hostellers according to the study.

**CONCLUSION:** The emotional intelligence quotient was evaluated from the 1<sup>st</sup> year medical students where the new curriculum of Competency Based Medical Education is being implemented. Out of the five components of emotional intelligence, majority of the students have 'self awareness', 'empathy' and 'social skill' as their strength. The other two components – 'managing emotions' and 'motivating oneself', needs attention to be improved in most of the students.

**KEYWORDS :** Emotional intelligence, medical students, Indian medical graduate, empathy, social skill, hostellers.

### INTRODUCTION

Every human being has a different intellectual composition. Gardner<sup>[1]</sup> in his book "Frames of mind" described nine different intelligence- Logical/mathematical, Linguistic, Musical, Spatial, Kinesthetic, Interpersonal, Intrapersonal, Naturalist and Existential. Emotional intelligence is the ability of a person to understand and respond to one's own and others' emotions and use this understanding to guide one's thoughts and actions<sup>[2]</sup>. Emotional intelligence is one of the crucial factors that can predict life stability, psychological well being and academic achievement<sup>[3]</sup>. The emotional intelligence is determined by five components- self-awareness, managing emotions, motivating oneself, empathy and social skill. Individuals with high emotional intelligence quotient have greater mental health, job performance and leadership skills. A study<sup>[4]</sup> showed the relation between emotional intelligence, happiness and mental health in medical students. Sunil et al described the role of emotional intelligence in managing stress and anxiety at workplace<sup>[5]</sup>. This was also evaluated by Petrides et al in his study<sup>[6]</sup>. Emotional intelligence is the emerging topic of research highly applicable in the medical field. MCI has introduced the new UG curriculum, The Competency Based Medical Education which is implemented from this academic year. The Indian Medical Graduate has to be a communicator, clinician,

leader, lifelong learner and a professional. Emotional intelligence plays a key role in to achieve the goal. Hence the study is taken to evaluate the emotional intelligence in the 1st year medical students.

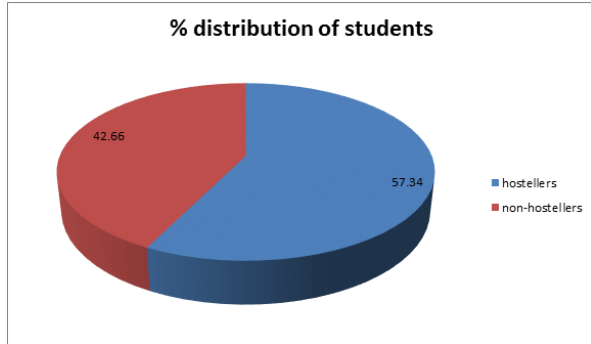
### MATERIALS & METHODS

A cross sectional survey is taken from the new batch 1<sup>st</sup> MBBS students of 2019-20, as the new curriculum of Competency Based Medical Education has been implemented from this batch. The LAL 1 emotional intelligence questionnaire of self awareness and well being with a 5 point Likert scale, developed by London Leadership Academy<sup>[7]</sup> was circulated among the students. The study group comprised of 150 medical students, 89 girls and 61 boys within age group of 17-20 years. They were well explained about the definition and importance of emotional intelligence in becoming a leader and ultimately an Indian Medical Graduate which is the goal of the new Competency Based Medical Education. The questionnaire forms were circulated amongst them. After taking an informed verbal consent, they were asked to fill them with the most appropriate answer. The questionnaire was given in the first hour of the day as they can answer perfectly with a calm mind. All the students participated in the study with enthusiasm and the answers were evaluated. Interpretation of replies was done which were given by those

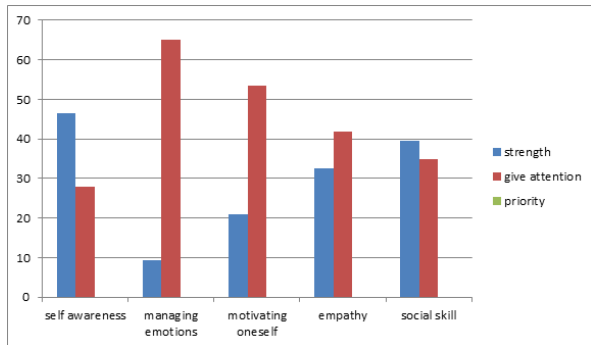
who stayed in hostel for more than a year and those who never stayed in a hostel. Gender difference of the opinions given by the students was also evaluated.

**RESULTS**

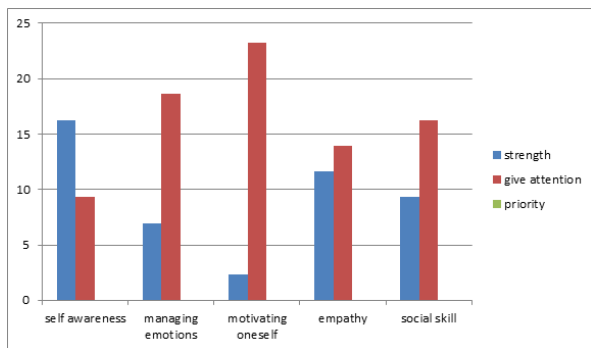
Out of 150 students, 89 were girls and 61 were boys. The responses were compared between 86 students who stayed in hostel for more than a year and 64 students who never stayed in a hostel till now. The results were depicted as follows. Gender wise variation of the report is also illustrated.



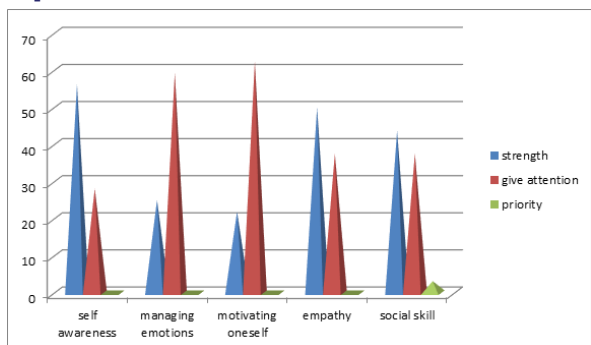
**Graph 1: % distribution of students of 2019-20 batch**



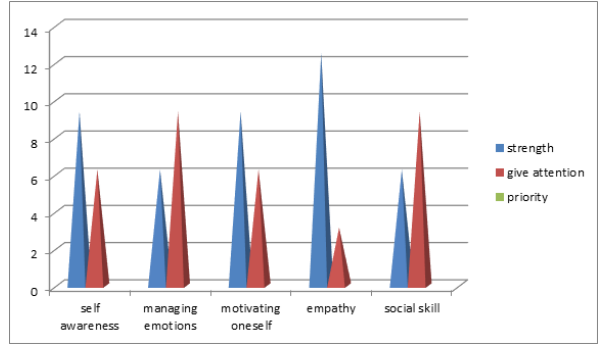
**Graph 2: % distribution of responses among hostellers-girls**



**Graph 3: % distribution of responses given by hostellers-boys**



**Graph 4: % distribution of replies among non-hostellers-girls**



**Graph 5: % distribution of answers given by non-hostellers-boys**

**DISCUSSION**

Emotional intelligence quotient is one among the nine intelligences described. This is gaining importance in the recent times as it is associated with many other psychometric factors. Studies show the association of emotional intelligence in business communication<sup>(8)</sup>. Palmer described the role of emotional intelligence in the leadership<sup>(9)</sup>. Another study<sup>(10)</sup> explained the compassion amongst the nurses in relation to emotional intelligence. There is every need for an Indian Medical Graduate to have high emotional intelligence quotient. The present study has been taken to evaluate the same in the 1<sup>st</sup> year medical students. The five components are studied. 57.34% students stayed in a hostel for a period ranging from 1 year to 13 years. 42.66% of students never stayed in a hostel till now. The emotional intelligence quotient varied among these two groups. Self awareness and social skills were far better in hostellers than the other two components – managing emotions and motivating oneself. Social skill was good in the girl hostellers. Empathy was found to be the strength of non- hosteller boys. The maximum score from the study was 47 and the minimum was 16. The study by Jenny<sup>(11)</sup> concluded that there was no difference in the emotional quotient between hostellers and non- hostellers and between boys and girls. The present study showed a marked difference. Study by Ciarrochi<sup>(12)</sup> illustrated females are more emotionally intelligent among adolescents. The present study reports that attention to be paid to improve the emotional intelligence more in number for girls. Further research can be done in this area to evaluate more.

**CONCLUSION**

Emotional intelligence quotient has been evaluated in the 1<sup>st</sup> year medical students who are the first batch for the new curriculum of MCI, the Competency Based Medical Education. 'Self awareness', 'empathy' and 'social skills' were best in the students. 'Managing emotions' and 'motivating oneself' need attention to enhance the emotional intelligence quotient. Boys seemed to have more emotional intelligence quotient when compared to girls. The results were explained to the study group and advised to improve in their weak areas.

**CONFLICT OF INTREST:** none

**SOURCE OF FUNDING :** nil

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