A Study on Emotional Intelligence for Women's with Special Reference to Erode District

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ABSTRACT *The study entitled "EMOTIONAL INTELLIGENCE FOR WOMEN'S" with special reference to Erode District will be done with the objectives to identify the human emotional state and their behavior at various circumstances.*

In this world, people are much considered about others and not aware of themselves. They possess core abilities like Self-awareness, Self-management, Social Awareness and Relationship Management.

Thus the study deals with the human Emotions, Self-mastery, Empathy management, Motivation, Self-assessment, Visualizations and various traits and attitudes in their behavior. On the basis of the respondents' views, certain findings will be provided and suggestions can be given to progress.

The research has been conducted with 100 samples which are collected on the basis of simple random sampling technique. In the research both primary and secondary source of data are used in which questionnaire was used to collect primary data. The secondary data was collected from the journals, book.

Statistical tool such as Percentage Analysis and Chi-square method are used for the analysis of data.

INTRODUCTION OF THE STUDY
EMOTIONS
'There can be no transforming of darkness into light and of apathy into movement without emotion'- **Jung**

It is interesting that Jung uses the word 'movement' when he talks of transformation, as Daniel Goleman points out that the word 'emotion' comes from the Latin 'e' or out of' and 'motere' meaning motion. The concept 'emotional' impels a person to 'do' something physical, whether it is to hit someone across the face with a wet fish or simply to start sweating and it would appear that emotions are the most basic and powerful tool we possess to make us do things.

EMOTIONS GENERALLY
We are looking for a balance between emotionality and rational thought. George Orwell was spot on when he satirized pendulum swingers- i.e. Leaders who fastened onto a theory, which immediately took precedence over the previous one- 'Two legs bad, four legs good,' or the other way round depending on which way the wind is blowing.

Our modern, educated, rational society has seemingly dismissed emotions, giving credibility only to rational thought. Think of the stiff upper lip mentality, which causes so many breakdowns in later life.

Thankfully, during the last several years or so, with the plethora of self-help manuals and spiritual guides in circulation we have seen a sea change, and more and more people are reassessing their feelings about feelings and are seeing them as a potential source of value.

The new thought processes are,
- If I don't deal with feelings now, they will cause me problems later in life.
- Feelings are a valuable guide in decision-making.
- There is more to life than the mind. Where does spirituality fit in?

WHY IS EMOTIONAL INTELLIGENCE IMPORTANT?
'No man is an island…I am involved in mankind'

It is true that none of us lives in isolation and to progress in every way in the world, which is made up of mankind, we must fit in with each other. Think about what makes us get on with other people. We constantly make judgements about people; about whether we like them or not. These judgements are mainly really emotional reflexes, (or gut feelings) of which we are rarely conscious but are nonetheless so powerful that they motivate many of our choices in life. When they are triggered we can either react to people and situations in a negative way or we can respond with awareness, sensitivity and balance.

Being aware of these emotional reflexes and using them in a positive and healthy way can make the difference between an emotionally intelligent person and who is not. However, when making judgements, just remember what, Arnold Bennet said,

'It is well, when judging a friend, to remember that he is judging you with the same godlike and superior impartiality.'

REVIEW OF LITERATURE
The emotional/rational dichotomy approximates the folk distinction between heart and head; knowing something is right "in your heart" is a different order of conviction- some- how a deeper kind of certainty-then thinking so with your rational mind. There is a steady gradient in the ratio of rational-to-emotional control over the mind; the more intense the feeling, the more dominant, the emotional mind becomes-and the more ineffectual the rational.

This is an arrangement that seem to stem from eons of evolutionary advantage to having emotions and intuitions guide our instantaneous response in situations where our lives are in peril- and where pausing to think over what to do could coat us our lives.

These two minds, the emotional and the rational, operate in tight harmony for the most part, intertwining their very different ways of knowing to guide us through the world. Ordinarily there is a balance between emotional and rational minds, with emotion feeding into and informing the operations of the vetoing the inputs of the emotions. Still, the emotional and rational minds are semi-independent faculties, each, as we shall see, reflecting the operation of distinct, but intercon-

nected circuitry in the brain.

RESEARCH METHODOLOGY
STATEMENT OF THE PROBLEM
➢ To raise the emotional stability by application of various skills
➢ To find out the various attitudes and traits of people at different circumstances

OBJECTIVES OF THE STUDY
• To identify the human emotional intelligence level.
• To analyze the self-awareness of individuals.
• To raise the emotional stability by application of various skills.
• To find out the various attitudes and traits of people at different circumstances.

LIMITATIONS OF THE STUDY
• Respondents are in the state of ambiguity while responding to the questions.
• People are unable to identify their own "self" which possess various traits and attitudes at different situations.

ANALYSIS AND INTERPRETATIONS
Table 1
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR EDUCATIONAL QUALIFICATION

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Below Graduation	16	16
Graduate	44	44
Post Graduate	20	20
Professional Qualification	20	20
TOTAL	100	100

INTERPRETATION
The table 1 implies that 44% of the respondents are graduate, 20% of respondents are post graduate, and 20% of respondents are professional qualification and 16% are below graduation as their qualification.

Table 2
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR
APPROACH TO CHILD

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Scold	37	37
Suggest idea	42	42
Punish	21	21
TOTAL	100	100

INTERPRETATION
The table 2 implies that 42%of the respondents suggested ideas, 37% of respondents scolded, and 21% punished when their child went against their warnings.

TABLE 3
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR ANGER STATE

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Refusal	56	56
Walking	23	23
Revenge	31	31
TOTAL	100	100

INTERPRETATION
The table3 implies that 56%of the respondents refused to speak, 31% of respondents revenged in future, and 23% went out for a walk when they are infuriated by their colleague

TABLE 4
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR PREFERENCE ON TALES

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Fairy	31	31
Educational	29	29
Historical	40	40
TOTAL	100	100

INTERPRETATION
The table 4 implies that 40%of the respondents preferred historical books, 31% preferred fairy books and 29% preferred educational books for children's success.

TABLE 5
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR EARLY MORNING MOOD

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Tetchy and impatient	24	24
Jolly and encouraging	48	48
Tranquil and purposeful	28	28
TOTAL	100	100

INTERPRETATION
The table 5 implies that 48%of the respondents described jolly and encouraging, 28% described tranquil and purposeful and 24% described tetchy and impatient as their early morning mood.

TABLE 6
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR CROWDED ROOM APPROACH

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Sneak and Skulk	23	23
Bright and Active	46	46
No Problem	31	31
TOTAL	100	100

INTERPRETATION
The tables 6 implies that 46%of the respondents resolved to sneak in, 31% are bright and active and 23% had absolutely no problem when they entered in a crowded room.

TABLE 7
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR COLLEAGUE INVITATION ABROAD

OPINION	NO.OF RESPONDENTS	PERCENTAGE
Delighted	37	37
Resentful	22	22
Store recriminations	41	41
TOTAL	100	100

INTERPRETATION
The table 7 implies that 41% of the respondents stored recriminations, 37% delighted and 22% are resentful and travel on own account, by their colleague's invitation on a company trip abroad

TABLE 8
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF OTHERS MOCKING

OPINION	NO. OF RESPONDENTS	PERCENTAGE
Scowl	29	29
Inspect clothing	21	21
Smile broadly	12	12
Not consider	38	38
TOTAL	100	100

INTERPRETATION
The table 8 implies that 38% of the respondents not consider, 29% scowl defiantly,21% inspect their clothing and 12% smile broadly at others when they hear a mocking laughter.

TABLE 9
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR
SOLITUDE PREFERENCE

OPINION	NO. OF RESPONDENTS	PERCENTAGE
Media	56	56
Brain fresher	17	17
Sense of failure	20	20
Yoga, Dhyana	7	7
TOTAL	100	100

INTERPRETATION
The table 9 implies that 56% of the respondents intolerable without media20% as sense of failure, 17% as brain fresher and 7% as Practice of Yoga,Dhyana when referred to solitude for a day.

TABLE 10
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF THEIR
BEHAVIOURAL CHANGE WHILE ADMIRING OTHERS

OPINION	NO. OF RESPONDENTS	PERCENTAGE
Amused	17	17
Furious	20	20
Disturbed	42	42
Here we go again	21	21
TOTAL	100	100

INTERPRETATION
The table 10 implies that 42% of the respondents are disturbed, 21% go again20% furious and 17% amused when their partner admires a member of opposite sex in the street.

TABLE 11
DISTRIBUTION OF RESPONDENTS ON THE BASIS OF EFFECTIVE UTILIZATION OF TIME

OPINION	NO. OF RESPONDENTS	PERCENTAGE
Sleep extension	47	47
Action	22	22
Relax, touch up	18	18
Prepare Maggi	13	13
TOTAL	100	100

INTERPRETATION
The table 11 implies that 47% of the respondents extended their sleep, 22% gets an excuse, and 18% involved in relaxation and touch up and 13% would be involved in preparation, if 2 minutes of time is given to them.

TABLE 12
CHI-SQUARE ANALISIS
SIGNIFICANCE BETWEEN EDUCATIONAL QUALIFICATION AND BEHAVIOURAL CHANGE TOWARDS ADMIRATION

Educational qualification	Behavioural change towards admiration				
	Amused	Furious	Disturbed	Here we go again	Total
Below graduation	4	4	4	4	16
Graduation	0	10	26	8	44
Post graduation	10	0	10	0	20
Professional qualification	3	6	2	9	20
Total	17	20	42	21	100

Null Hypothesis (Ho)-There is no significance between experience and the level of Motivation

Alternative Hypothesis (H1)-There is significance between experience and the level of Motivation

Level of Significance = 5%

Degree of Freedom = 9

Table Value = 16.919

Calculated Value = **34.0851**

INTERPRETATION
Calculated value is more than table value. Null Hypothesis is rejected. There is association between educational qualification and behavioural change towards admiration. The graduate employees have high behavioural change towards admiration when compared to other qualified individuals.

FINDINGS
1. 42% of the respondents suggested ideas when their child went against their warnings.
2. 56% of the respondents refused to speak when they are infuriated by their colleague.
3. 40% of the respondents preferred historical books, for children's success.
4. 48% of the respondents described jolly and encouraging as their early morning mood.
5. 46% of the respondents resolved to sneak in, when they entered in a crowded room.
6. 41% of the respondents stored recriminations, by their colleague's invitation on a company trip abroad.
7. 38% of the respondents not consider when they hear a mocking laughter.
8. 56% of the respondents intolerable without media when referred to solitude for a day.
9. 42% of the respondents are disturbed when their partner admires a member of opposite sex in the street.
10. 47% of the respondents extended their sleep if 2 minutes of time is given to them

SUGGESTIONS
• Women's can learn to be more patient while dealing with others.
• Adaptability is much necessary for all individuals to attain success.
• Proactive thinking will help rather than being reactive at all situation
• Anger and rigidness can be reduced to gain recognition.
• It is better to avoid tetchy and impatient mood early in the morning so that they make sure the day will begin with enthusiasm and ends in happiness.
• Women's should be more responsible if they are involved in any monetary terms settlement to sustain a good image in society.

CONCLUSION

It is also clear that many of the individuals are highly emotional and being sensitive leads them to decline at typical situations. They can be more practical and rationalistic in their approach rather than being emotional which could be the commanding task to be achieved in one's life.

The study also taught that afemale could read the people's behavior and response which may vary at times based on the existing situations and also it reveals it's easy to say anything and tedious to do when it comes to actions.

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