ABSTRACT

With increasing competition and the changing definitions of success people have lost their basic desire to be happy. The emotional component is being lost day by day and medical profession is not an exception. The emotional intelligence also can be measured like normal intelligence. The stress levels can also be measured by perceived stress. The aim of the present survey was to gain some understanding of stress and an evaluation of the role that emotional intelligence (EI) plays in the experience of perceived stress (PS) in the students of third year M.B.B.S. Questionnaires were distributed to all the students of third minor M.B.B.S., there were 92 complete responses amongst all 100 students. The mean age of students in our study was found to be 21 yrs, 43(46.73%) were male and 49(53.27%) were female. Majority were from urban area 79(86%). Higher stress level were seen in 52(56.52%) students who had perceived stress score more than 20. Of the 49 females, 34(70%) had higher stress levels and of the 43 males 30 (69%) were found to have higher stress score. The emotional intelligence score ranges from 79 to 136 for females. And among males it is 79 to 153.

KEYWORDS

Emotional Intelligence, Perceived Stress, MBBS Students.
Table no 2: Correlation Of Emotional Intelligence score With Perceived Stress Score.

<table>
<thead>
<tr>
<th>Factor</th>
<th>Sex</th>
<th>Mean score</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceived stress score</td>
<td>Male</td>
<td>20.95349</td>
<td>3.65331</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>20.9518</td>
<td>3.817036</td>
</tr>
<tr>
<td>Emotional intelligence score</td>
<td>Male</td>
<td>129.6512</td>
<td>17.31229</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>124.7959</td>
<td>11.06563</td>
</tr>
</tbody>
</table>

The correlation between emotional intelligence, its components with perceived stress score shows correlation with total emotional intelligence score and managing others emotions and perceived stress score.

Figure 1: SOCIO-DEMOGRAPHIC PROFILE AND PERCEIVED STRESS GRADING

Proportion of students with higher stress score was seen more among rural students and males and students staying at home and outside than hostel.

Conclusion

- The mean stress score are high for both male and female students and indicates need for teaching stress management for medical students, especially during the exam terms.
- Students staying at home or in individual rooms may need additional support for stress management.
- EI scores were similar as in various studies and showed higher level of EI.

Discussion

In study by Joseph N et al, there were about 3% of students with low emotional intelligence, while in the current study, no student had lower emotional score. There is no sex wise significant difference among emotional intelligence score, which corresponds with similar study by Joseph. N et al. But many studies show higher EI scores in females.

Age wise differences in emotional intelligence could not be done as the study participants were from same age group. But in study by Joseph. N et al there is increase in emotional intelligence score along with increase in age.

In studies conducted by Joseph.N et al and Ebrahimi A, there is negative correlation between perceived stress and emotional intelligence but in current study there is positive correlation. Finding needs to be confirmed with a study with larger sample size. But in the study by Arora S et al, a positive correlation of PS and EI was found. Students with higher trait EI were more likely to experience stress but were also more likely to recover better compared with their lower-trait-EI peers.

**Recommendations**

- Assessment of Emotional intelligence of medical student at admission to Medical College and provision of resources and support to improve their emotional intelligence.
- Regular assessment of stress in students and help them identify their problem areas and cope up with stress.
- Provide training about stress management to undergraduates.

**Limitations**

Future research should investigate the relationships of EI and PS with impact on lifestyle behaviors, academic and clinical performance, and health outcomes As the study was conducted in small number of people the results may not be representative. The study was conducted during the exam going term so the level of perceived stress might be higher and routine times. Possibility of reporting bias.

**References**