

Emotional Intelligence of Adolescents: An Interventional Approach

J. Saikia¹, Anshu² and A. Mathur³

*¹Department of Human Development & Family Studies, College of Home Science, Assam
Agricultural University, Jorhat, Assam, India*

*^{2,3}Department of Human Development & Family Studies, Halina School of Home Science,
Sam Higginbottom Institute of Agriculture, Technology and Sciences, Allahbad,
Uttar Pradesh, India*

KEYWORDS Socio-cultural Settings. Intrapersonal Awareness Interpersonal Awareness. Intrapersonal Management. Interpersonal Management

ABSTRACT The present study was conducted to study the emotional intelligence levels of male and female adolescents of different sociocultural settings and to assess the efficacy of intervention programs. The total sample comprised of 325 adolescents from five different institutions of urban, rural and tribal areas of Jorhat district of Assam. A standardized questionnaire named MEII was administered to measure the Emotional Intelligence of the adolescents. An intervention package had been prepared by the researcher to enhance the emotional intelligence levels of adolescents. Study revealed that majority of adolescents of urban culture projected more efficiency in all the dimensions of emotional intelligence than the adolescents of rural culture barring interpersonal management before intervention. The adolescents of tribal culture possessed low level of emotional intelligence in all its dimensions before intervention. The results of intervention program emphasized that emotional intelligence can be elevated significantly when intervened appropriately.