



Emotional Intelligence and Aggression: Relationship

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Abstract:

Any destructive and hurtful behaviour towards others is considered as aggression. It is opposite to the basic component of emotional intelligence .Objective here is to study the contribution of emotional intelligence in aggression and also find gender difference between these two variables. Results supported that there is individual difference between the levels of emotional intelligences and aggression. Males are more aggressive and females showed more emotionally intelligence. The level of aggression in males is influenced by emotional intelligence.

Keywords: Emotional Intelligence, male, female, aggression.

Introduction

“Emotional Intelligence the ability to monitor one’s own and others feelings and emotions, to discriminate among them and to use this information to guide ones thinking and actions” (Saloveyand Mayer,1990). Cooper and Sawaf(1997) defined “Emotional intelligence as the ability to identify, assess, and control the emotions of oneself, of others, and of groups”. Emotional intelligence has important components - empathy, social skills, self -awareness, motivation and self- regulation Goleman (1995). It has four important components: Perception of emotion, reasoning with emotions, comprehending emotions and management of emotions. Self -awareness, social awareness, self -management, and relationship management are the important

traits of emotional intelligence). The phrase "core of emotional intelligence" refers to the intricate capacity to control our inspirations, comprehend and experience others' feelings, and endure or bounce back swiftly from trying circumstances (Moradi & Ardahaey, 2011).

Akinboye (2002) defined that "no human action, whether good or bad, is emotion free." Happiness, surprise, anger, fears, sorrow are some basic emotions. Emotions and their expression are linked to aggression and determine personality. Aggression is also considered as a defense mechanism. Researches showed that there is a significant correlation between aggression and emotional intelligence which results in variation in level of satisfaction in interpersonal relationships plays a remarkable impact in all spheres of life.

Objectives

1. To explore role of emotional intelligence in aggression.
2. To enquire the gender difference in aggression in relation to emotional intelligence.

Sample

Randomly 90 students (between 18-24 years) from various colleges of Haryana constituted sample, this included 42 were male and 48 were female.

Tools

Standardized psychological questionnaires are used here for data collection. The Emotional Intelligence Scale (Anukool Hyde, Sanjyoi Pathe and Upinder Dhar). It is a 5 point scale, consists 34 items and scores are 170 -34. The scale is scored (5) for strongly agree, to (1) for strongly disagree.

The Aggression Scale standardized by Roma Pal and Tasneem Naqvi, is also used. It is also a 5 point likert scale, has 30 items and the score range is 30 to 150.

Procedure

Both the questionnaires were distributed one by one. The instructions were clearly explained and it was ensured that participants understand them before giving response. All were suggested to clear doubts if any, before they start answering the questions.

They were asked to complete the questionnaire without any time limit and without hesitation as responses are confidential.

Results

Figure (1.1) Emotional Intelligence in Male (Sample)

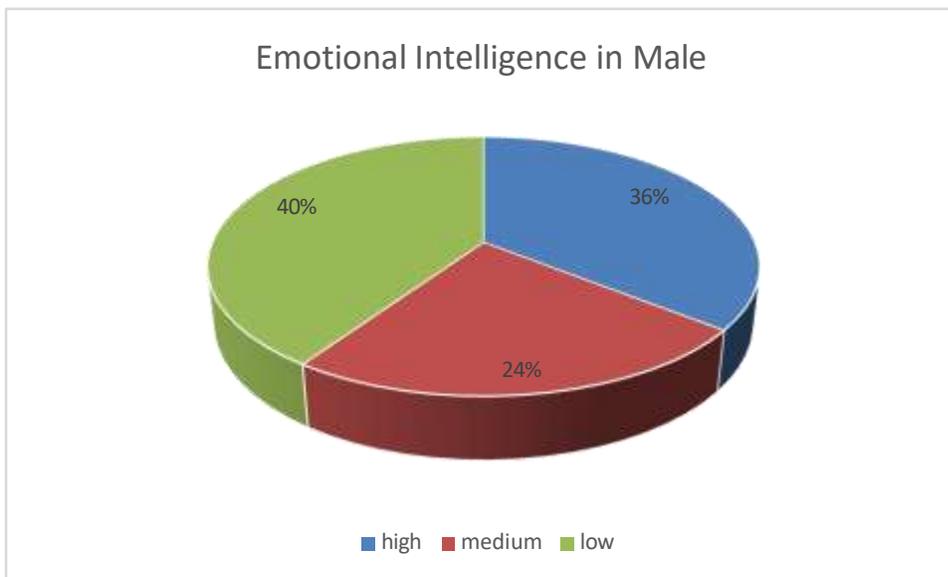
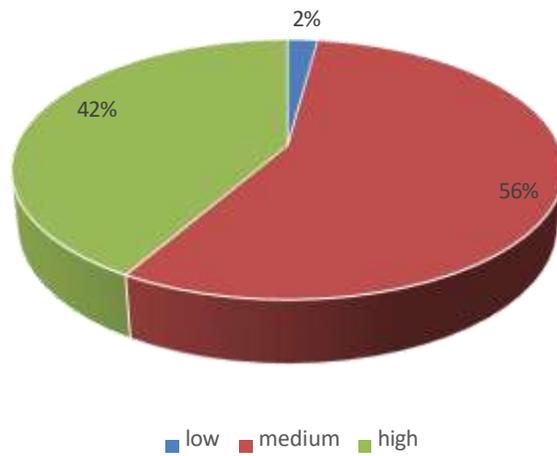
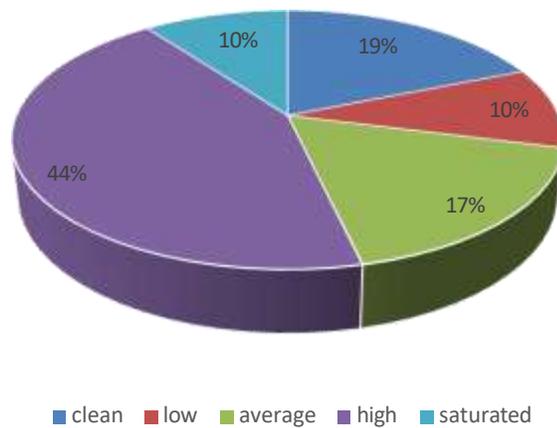


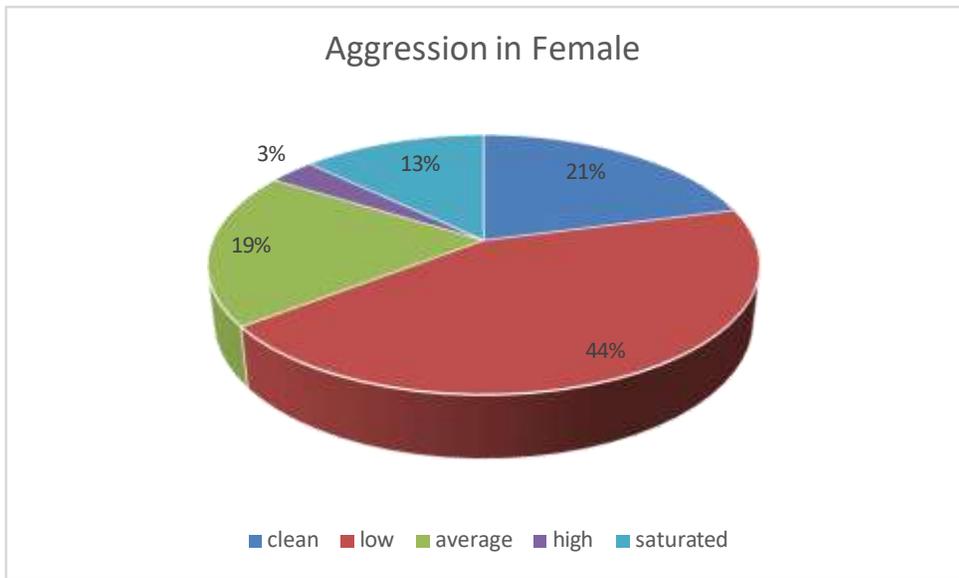
Figure (1.2) Emotional Intelligence in Female(Sample)

Emotional Intelligence in Female



Aggression in Male





Graphical Representation of emotional intelligence in male and female shows that 36% Male population of this sample is having low emotional intelligence whereas female comprises only 2% of the sample. 24% of the sample of male population is having medium emotional intelligence level and 56% of the females are having medium emotional intelligence level. As far as high emotional intelligence is concerned female (42%) and male (40%) are in this category.

Chart also shows that 10% male 21% female of this sample are categorised as clean (no aggression) on aggression scale, 10% male and 44% female are having low level of aggression, 17% male and 19% female are having average level of aggression, 44% male and 3% female are having high aggression and 10% male and 13% female are on the extreme level of aggression which is categorised at saturation level. General notion is this that female are less aggressive than male but female of this sample has showed higher percentage (13%) as far as saturation level is concerned.

Comparison of mean score for aggression (male=81.40, Female=71.20) and mean score for emotional intelligence (male=70.64, female=82.66) shows that male is more aggressive than female and female has more emotional intelligence than male.

Table (1.1)Correlations between aggression and Emotional Intelligence			
		AGGRESSION	EMOTIONAL INTELLIGENCE
Pearson Correlation	AGGRESSION	1.000	-.547
	EMOTIONAL INTELLIGENCE	-.547	1.000
Sig. (1-tailed)	AGGRESSION	.	<.001
	EMOTIONAL INTELLIGENCE	.000	.
N	AGGRESSION	90	90
	EMOTIONAL INTELLIGENCE	90	90

Table (1.1) explains that relationship between aggression and emotional intelligence is negative. It means if emotional intelligence increases then aggression decreases or vice versa. Relationship between the two is-.547. It is a high correlation and significant (<.001) between these two factors.

Table (1.2)Effect of Emotional Intelligence on Aggression among Male

AGGRESSION (MALE)					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14359.569	24	598.315	2.465	.019
Within Groups	5339.750	22	242.716		
Total	19699.319	46			

D.V. is aggression

Analysis of variance(One -way Anova)is run on emotional intelligence and aggression and found that there exists significant effect of emotional intelligence on aggression for male F (2.465), p =.019.

Table (1.2) Effect of Emotional Intelligence on Aggression among Female

AGGRESSION FEMALE					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	32720.939	28	1168.605	1.381	.284
Within Groups	10155.500	12	846.292		
Total	42876.439	40			

D.V. is aggression

Table (1.2) reveals, emotional intelligence has insignificant effect on aggression for female(sample)(F =1.381), p =.284. So there exists insignificant difference among females regarding aggression score.

Concluding we can say that Emotional intelligence (Independent Variable)and aggression (Dependent variable) are found negatively correlated and second important finding for this sample is that emotional intelligence (Independent variable) has significant effect on (Dependent variable)aggression in male group.

Limitations

This study is conducted on a small sample, so based upon these results we cannot generalise or formulate a theory that emotional intelligence and aggression are significantly correlated or emotional intelligence impacts aggression in males not in females. Future studies should include larger sample as well as from a larger geographical areas so that results can help in the formulation of theory.

Future Implications

Results may suggest that we should work on the aggression trait of personality, which is correlated with emotional intelligence .So we should introduce different programmes at school and college level to develop emotional intelligence which will help to reduce aggression in adolescence. This will result in less aggressive and emotionally intelligent society.

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