Correlational analysis between emotional intelligence and adjustment problems during Covid-19

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Ever since Coronavirus shook the world, life in general have been exceedingly difficult and new. People reported increase in anxiety and fears related to uncertainty. The present study examined the relationship between emotional intelligence (EI) and adjustment problems (AP) during the time of COVID-19. A total of 105 (Male 47 and Female 58) participants, age ranging between 18-55 yeas, participated in the online questionnaire. Emotional Intelligence was assessed with the help of Emotional Intelligence Scale (BEIS-10) developed by Davies and Lane, et al., (2010) andAdjustment problems were assessed with the help of Brief Adjustment scale-6 (BASE-6) developed by Cruz et,al., (2019) along with personal data sheet. Data was collected through online Google Form. Results revealed non-significant differences in emotional intelligence and adjustment problems were obtained based on demographic information (gender, age group, marital status, socioeconomic status, and education). Correlational analysis revealed that appraisal of others' emotions was significantly positively correlated with anxiety. Regulation of own emotions was significant negatively correlated with irritability, anxiety, depression and total adjustment problems. Utilization of emotions and total EI was significantly negatively correlated with depression. Emotional intelligence is an acquired skill. Like all crises, the coronavirus epidemic has put pressure on personal and professional lives. In this context, individuals have to act with restraint and extraordinary self-control. These situations have to be dealt in a highly effective way, but if one merges between stress and strain of a crisis, it would be difficult to face the circumstances, especially during this COVID-19 pandemic.

Biography

Dr. Shikha Verma is Assistant Professor, Department of Psychology, Acharya Narendra Dev Nagar Nigam Mahila Mahavidyalaya (affiliated to Chhatrapati Shahu Ji Maharaj University) Kanpur, Uttar Pradesh. She received her Bachelor of Arts, Master of Arts, Diploma in Counseling, Guidance and Psychological Intervention and Ph.D from the Dept. of Psychology, Banaras Hindu University,Varanasi. She got Punam Memorial Gold Medal for securing highest marks in B.A. (Hons.) Psychology, Pt. Radheshyam Sharma Smriti Scholarship and Let. Shiv Mangal Pandye Pratibhanveshi Scholarship during graduation and U.G.C. JRF and SRF fellowship during her Ph.D. She has published 15 research papers in various reputed national and international journals. Her areas of interest are Health Psychology, Clinical Psychology, Guidance and Counselling Psychology, Positive Psychology, Psychotherapy and Psychological Interventions, Research Methodology, HIV/AIDS, Vulnerable youth and children.

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