

THE RELATIONSHIP BETWEEN DEPRESSION AND EMOTIONAL INTELLIGENCE QUOTIENT AMONG THE MEDICAL AND DENTAL STUDENTS OF NISHTAR COLLEGE MULTAN

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ABSTRACT: *The present research was designed to investigate the relationship between Depression and Emotional Intelligence Quotient among the medical and dental students of Nishtar Medical College Multan. The sample consisted of 200 students (100 males & 100 females) of age range of 18 to 26 years from Nishtar Medical and Dental college Multan. The data were collected with the Beck Depression Inventory (Beck and Steer & Brown, 1996) BDI-II and EQ-i developed by BarOn (1997). The data was analyzed by using means standard deviation t test and Correlation. The results revealed that there is a negative correlation between emotional intelligence Quotient and depression. The results further indicated that those who have a high level of emotional intelligence Quotient have low level of depression. The results also showed that female research participants score low as compared Male research participants on Emotional Intelligence Quotient and high on Depression Scale*

Keywords: Emotional Intelligence Quotient, Depression, medical and dental students, Male and Female

INTRODUCTION:

Emotional intelligence (EI) may be a capability to comprehend one's What's more other's feelings. It helps in differentiating and labeling the emotions properly. This emotional information guide in thinking and behavior [1]. Emotional intelligence is the capability to make sense, control and react according to the emotions [2]. Emotional Intelligence is an inborn ability to recognize, remember, describe, identify learning, feel, use, communicate, manage, understand and explain the emotions [3]. Whereas Depression Beck defines "the negative thoughts one has about himself, the others and the future"[4]. Which are in charge of clearing up the encounters, occasions and estimations. Depression is a typical mental issue, portrayed by pity, loss of interest or delight, sentiments of blame or low self-esteem, exasperates rest or hunger, sentiments of tiredness and poor fixation. It is the second most across the board mental issue after anxiety. The issue demonstrates indications on numerous people who look for mental administrations. The side effects of wretchedness show up in all ages, specifically to the people in youthfulness, and more in females. The level of discouragement reaches from straightforward misery to extreme sorrow [5]. Various studies which investigated the relationship of EI and sadness, exhibited that the general population who scored high on EI scale demonstrated satisfaction with their life [6]. According to Ciar-rochi *et. al*, [6], a bizarre state of understanding, and low sorrow levels.

Rationale of the study:

The rationale of the study is to find out the relation of Emotional Intelligence and depression.. Mental health experts are giving more noteworthy accentuation to EI as a connect of mental issue. The intelligent utilization of feelings is viewed as crucial for one's physical well being and mental adjustment. As indicated by earlier studies, individuals with higher emotional aptitudes are more effective in numerous parts of life, higher scholarly accomplishment, response to sorrow and controlling depressive circumstances. This study will assess the relationship between EI and depression. This

will enhance preparing projects on EI aptitudes to lessen depression and enhance life in general. This will be helpful in student's bright future.

Operational Definitions

Emotional Intelligence Conceptually the term emotional intelligence is defined by Vandervoort [8], that EI is not just about feelings; it is a mix of feelings, sentiments, contemplations and practices. Operationally the term Emotional intelligence is defined on the premise of the score on Baron Emotional Quotient Inventory (EQ-i). The Baron EQ-i was originally designed by Baron.,[9].

Depression Conceptually Depression is a state of feeling sad [10]. Operationally the term depression is alluded to students score by using the Beck Depression Inventory -II Beck, Steer & Brown, [11].

Objectives of the study

The main objective of the study:

1. To measure the level of Emotional Intelligence of medical and dental college students.
2. To determine the level of depression of male and female students of medical and dental college.
3. To determine the relationship between emotional intelligence and depression among medical and dental college students.
4. To determine the gender differences between level of emotional intelligence and depression.

Hypotheses of the study

Hypothesis formulated in present research to achieve the objectives. 1. The level of emotional intelligence will be high among those who have low level of depression. 2. There will be a negative correlation between emotional intelligence and depression. 3. Male research participants will score low as compared to female research participants on Emotional Intelligence and Depression Scale.

Methodology

Research design: Design of the study is descriptive in nature.

Sample The 200 students 100 and 100 female for this study was taken from Nishtar Medical and Dental College Multan. Their age ranging from 18-26 years The sample was purposive which was randomly selected the subjects for this study.

Research tools:

The data collected with the help of the following measures. (EQ-i) According to Baron [9], EQ-i is designed to assess the emotional intelligence. The inventory is based on BarOn model of Emotional intelligence and is a copy right material of Mental Health System (MHS). It has 117 items distributed into 15 subscales. Out of 117 items, 16 items also overlap with other subscales. The EQ-i have five point self-rating response pattern 55 items are positively scored and 62 items are negatively scored. Number of validity and reliability have been carried out on the EQ-i over the years. Internal consistency coefficients for the EQ-i subscales based on seven population samples show the average Cronbach’s alpha coefficient ranging from a low of .69 to a high of .86. The results show that EQ-i is a highly reliable and valid instrument

c) Beck Depression Inventory-II

Beck, Steer & Brown, [11], it is a 21 item instrument intended to survey seriousness of sadness in youths and grown-ups. BDI has ended up a standout amongst the most broadly acknowledged instruments in clinical research and psychiatry for surveying force of depression, to identifying conceivable discouragement in typical populace as well. The score ranges from 0 to 63. demonstrates seriousness.. The scale is internally consistent and reliable. The estimation of Cronbach's alpha of BDI is .93. Validity of BDI is very much recorded. Meta investigation demonstrated mean relationship .72 with different measures of depression.

Procedure:

To achieve the aim of study the Beck Depression Inventory [11], BDI-II and EQ-i developed by BarOn (1997), [9] were used. All the participants were briefed about the nature and purpose of the current research project. Informed Consent Form was administered to each of the participants individually to obtain their written consent for participation in this research. The average time to complete the inventories was 45 minutes. The completed inventories were checked when they were handed back, the data was collected in two month. After completion of data it was statistically analyzed on SPSS version 22.

RESULTS:

Table. 1 Correlation coefficients for scores of emotional intelligence and depression

Scale	Emotional intelligence	Depression
Emotional intelligence	1	-.540
Depression	-.540	1

N= 200**p < 0.05

Result depicted in table 1 is that there is strong negative correlation between of Emotional intelligence Quotient and Depression. The result of table 2 shows that no significant difference in level of Emotional intelligence Quotient among male and female medical and dental college students

Table 2 Mean, Standard deviation, t-value, p-value for the scores Emotional intelligence Quotient (N=200)

Groups	N	M	S.D	SE	t	df	p-value
Female	100	392.73	41.134	4.113	-1.557	198	.121
Male	100	401.52	38.642	3.864			

Table 3 Mean, Standard deviation, t-value, p-value for the scores Depression(N=200)

Groups	N	M	S.D	SE	t	df	p-value
Female	100	8.55	5.537	.554	2.503	198	.013
Male	100	6.71	4.835	.484			

The result of table 3 shows that there is a significant difference in Depression among male and female medical and Dental college students.

DISCUSSION

The present study was aimed to explore the relationship between Depression and Emotional Intelligence Quotient among the medical and dental students of Nishter Medical College Multan. The results revealed that Depression and Emotional Intelligence Quotient are negatively correlated, it is according to Broquard study [12], which showed statistically significant negative moderate correlation between emotional relational intelligence and depression in the population of students. The result further indicated that there

is no significant difference in level of Emotional intelligence Quotient among male and female medical and dental college students. The results indicated that there is a significant difference in Depression among male and female medical and Dental college students.

Limitations & Suggestions The study was conducted in a limited area with small sample size, for better generalization increase sample size and conducted in different cities.

Implementations: This study is an effort to help medical and dental college students to achieve their educational goals and aspirations; it is suggested that emotional intelligence can be beneficial. The relationship between depression and emotional relational intelligence may provide insight on how to support and care for medical college students who are struggling with depressive symptoms

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