



“A STUDY TO ASSESS THE CORRELATION BETWEEN EMOTIONAL INTELLIGENCE AND SELF-ESTEEM AMONG NURSING STUDENTS IN BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM”

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ABSTRACT

The research work undertaken was "A study to assess the correlation between emotional intelligence and self-esteem among nursing students in Bishop Benziger college of nursing, Kollam". The objective of the study was to a) assess the emotional intelligence among nursing students in Bishop benziger college of nursing, Kollam, b) to assess the self-esteem among nursing students in Bishop benziger college of nursing, Kollam, c) to assess the correlation between emotional intelligence and self-esteem among nursing students in Bishop benziger college of nursing, Kollam, d) to find the association between emotional intelligence and selected demographic variables such as age, sex, education among nursing students in Bishop benziger college of nursing, Kollam, e) to find the association between self-esteem and selected demographic variables such as age, sex, education among nursing students in Bishop benziger college of nursing, Kollam. A quantitative approach was used in the study. Convenient sampling technique was used. Sample consisted of 100 nursing students of Bishop Benziger college of nursing, Kollam. The researcher collected the data using standardized tools such as Rosenberg's self-esteem scale and emotional intelligence scale. The study result shows that 14% of students have high level of emotional intelligence, 86% of students have moderate level of emotional intelligence and no one has low level of emotional intelligence, 28% have high level of self-esteem, 72% were in moderate level and 0% was in low level self-esteem. There was a significant moderate positive correlation between emotional intelligence and self-esteem score, with Pearson correlation coefficient ($r=0.970$). When emotional intelligence increases self-esteem also increases and no association was found between self-esteem or emotional intelligence with selected demographic variables such as age, sex, educational status of father, educational status of mother, economic status, type of family and religion.

KEYWORDS: assess, knowledge, self-esteem, emotional intelligence, nursing students.

INTRODUCTION

Emotional intelligence skills include the ability to demonstrate empathy and self-awareness, along with motivating others and demonstrating excellent interpersonal skills. Emotional intelligence is tactical and helps to predict success because it reflects how a person applies knowledge to the immediate situation revealed that the emotional intelligence and self-esteem are positively correlated. The five elements of emotional intelligence in nursing can determine a nurse's success and health, as well as affect the well-being of patients and co-workers. The five elements are self-awareness, self-regulation, motivation, empathy, social skills.^[1]

Self-esteem is an important element of a person in which people with healthy self-esteem perceive

themselves as a worthy person. The feeling of worthiness will influence a person to be confident, manage their work and show respect to others. Self-esteem is the level of approval, acceptance and self-worth in relation to self. Self-esteem includes four dimensions: personal self-esteem, social self-esteem, academic self-esteem, parental self-esteem.^[2] Self-esteem of individuals could lead to their self-confidence, socialization and good relationships with other people. Self-esteem will also influence a person's professional behaviour. Self-esteem is a necessary parameter of the development of one's personality and professional identity.^[3]

Nursing students are required to manage numerous clinical situations and adapt to the different teaching styles

and expectations of instructors. Work independently, towards objectives and manage conflicts. In addition, some aspects of academic work may be considered highly stressful, such as taking exams and practising nursing in health care settings. These situation require high level of emotional management.^[4]

The health care environment is rapidly changing, and there is an increasing demand for accountability by nurses in the interest of patient's safety. Enhancing quality of care provided within the clinical setting in contingent on improving the education provided in the undergraduate and post graduate nursing programs.

PROBLEM STATEMENT

A study to assess the correlation between emotional intelligence and self-esteem among nursing students in Bishop benziger college of nursing, Kollam.

OBJECTIVES

- To assess the emotional intelligence among nursing students in Bishop benziger college of nursing, Kollam.
- To assess the self-esteem among nursing students in Bishop benziger college of nursing, Kollam.
- To assess the correlation between emotional intelligence and self-esteem among nursing students in Bishop benziger college of nursing, Kollam.
- To find the association between emotional intelligence and selected demographic variables such as age, sex, education among nursing students in Bishop benziger college of nursing, Kollam.
- To find the association between self-esteem and selected demographic variables such as age, sex, education among nursing students in Bishop benziger college of nursing, Kollam.

OPERATIONAL DEFINITIONS

Assess: In this study assess refers to determining the correlation between emotional intelligence and self-esteem among nursing students using emotional

Demographic data – Emotional Intelligence

- In the study the data showed that

Table 1: Age of The Student.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	18-20	10	39	0
2	21-22	2	44	0
3	23-24	2	3	0

- Table 1 shows that 49 nursing students have age of 18-20. Among this 10 have high, 39 have moderate level emotional intelligence. Among the 46 students with age 21-22, 2 had high and 44 have moderate

intelligence scale and Rosenberg self esteem scale(standardized).

Correlation: In this study correlation refers to relationship between emotional intelligence and self-esteem.

Emotional Intelligence: As the ability to, recognize, understand and manage our own emotions.

Self Esteem: It is defined as confidence in one's own worth or abilities, self-respect.

Nursing students: Students who are studying in college of nursing under the medical university.

MATERIALS AND METHODS

The research design adopted for this study was correlational research design. The present study was conducted among nursing students in Bishop Benziger college of nursing, Kollam, the sample consisted of 100 nursing students from Bishop Benziger college of Nursing, Kollam who met the inclusion criteria for the study. Non probability convenient sampling technique was used in this study.

The data analysis were done under following headings :-

Section A: Demographic proforma was developed after extensive review of literature and receiving suggestions and opinions from experts. Demographic data included age, sex, educational status of the father, educational status of the mother, Type of family, economic status and religion.

Section B

Tool 1: Emotional intelligence scale(Standardized)

Tool 2: Rosenberg Self Esteem Scale(Standardized)

RESULTS AND DISCUSSION

Section A: Description of sample characteristics Description of demographic variables under study.

This section deals with the result of the sample characteristic under study. It included age, sex, educational status of the father, educational status of the mother, Type of family, economic status and religion.

level of emotional intelligence. Among remaining 5 students in the age group 23-24, 2 had high and 3 have moderate level of emotional intelligence.

Table 2: Sex of the Student.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	Male	2	2	0
2	Female	12	84	0

- Table 2 shows that 4 male nursing students, 2 have high and 2 have moderate level of emotional intelligence. Among the 96 female students, 12 have high and 84 have moderate level of emotional intelligence.

Table 3: Educational Status of Father.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	Lower Primary	0	0	0
2	Upper Primary	2	3	0
3	High School	3	16	0
4	Graduate	8	21	0
5	Post Graduate	1	2	0

- Table 3 shows that 5 father's who had Upper primary education, 2 had high and 3 had moderate level of emotional intelligence. Among the 19 fathers who are high school level education, 3 had high and 16 had moderate level of emotional intelligence. Among the 29 fathers who are graduates, 8 had high and 21 had moderate level of emotional intelligence. Among the 3 fathers who are post graduates, 1 had high and 2 had moderate level of emotional intelligence.

Table 4: Educational Status of Mother.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	Lower Primary	0	0	0
2	Upper Primary	4	1	0
3	High School	8	55	0
4	Graduate	1	28	0
5	Post Graduate	1	2	0

- Table 4 shows that 5 mothers who had Upper primary education, 4 had high and 1 had moderate level of emotional intelligence. Among the 63 mothers who are high school level education, 8 had high and 55 had moderate level of emotional intelligence. Among the 29 mothers who are graduates, 1 had high and 28 had moderate level of emotional intelligence. Among the 3 mothers who are post graduates, 1 had high and 2 had moderate level of emotional intelligence.

Table 5: Type of Family.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	Nuclear	10	79	0
2	Joint	4	6	0
3	Extended	0	1	0

- Table 5 shows that 89 nursing students belongs to nuclear family, 10 have high and 79 have moderate level of emotional intelligence. Among 10 students belongs to joint family, 4 have high and 6 have moderate level of emotional intelligence. There is 1 student belongs to extended family have moderate level of emotional intelligence.

Table 6: Economic Status.

SL.NO	Variable	Emotional Intelligence		
		High	Moderate	Low
1	Below 10000	7	14	0
2	Between 10000-50000	4	55	0
3	Above 50000	3	17	0

- Table 6 shows that Among the 21 nursing students who had family income below 10000, 7 had high and 14 had moderate level of emotional intelligence. Among the 59 nursing students whose family income lies between 10000 to 50000, 4 had high and 55 had moderate level of emotional intelligence. Among the 20 nursing students who had family income above 50000, 3 had high and 17 had moderate level of emotional intelligence.

Table 7: Religion.

SL.NO	Variable	Emotional intelligence		
		High	Moderate	Low
1	Christian	5	77	0
2	Hindu	7	8	0
3	Muslim	2	1	0
4	Others	0	0	0

- Table 7 shows that among the 82 nursing students were Christian, 5 have high and 77 have moderate level of emotional intelligence. Among 15 students were hindu, 7 have high and 8 have moderate level of emotional intelligence. There is 3 students were Muslim, 2 have high and 1 have moderate level of emotional intelligence.

Table 8: Association between emotional intelligence and demographic variables among nursing students in Bishop Benziger college of nursing, Kollam.

Variables	High	Moderate	Low	Chi square value	Degree of freedom	Table value	Level of significance
Age 18 -20 21-22 23-24	10 2 2	39 44 3	0 0 0	8.01	4	9.49	NS
Sex Male Female	2 12	2 84	0 0	4.7057	2	5.99	NS
Educational status of father Lower primary Upper primary High school Graduate Post graduate	0 2 3 8 1	0 3 16 21 2	0 0 0 0 0	12.644	8	15.51	NS
Educational status of mother Lower primary Upper primary High school Graduate Post graduate	0 4 8 1 1	0 1 55 28 2	0 0 0 0 0	1.77	8	15.51	NS
Type of family Nuclear family Joint family Extended family	10 4 0	79 6 1	0 0 0	6.3	4	9.49	NS
Economic status Below 10000 Between 10000-50000 Above 50000	7 4 3	14 57 15	0 0 0	9.7	4	9.49	NS
Religion Christian Hindu Muslim Others	5 7 2 0	77 8 1 0	0 0 0 0	25.765	6	12.59	NS

0.05 level of significance
NS = Not significant

S = Significant

Table 8 shows that there was no association found between emotional intelligence and selected demographic variables.

Demographic data: Self esteem

- In the study the data showed that

Table 1: Age of The Student.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1	18-20	13	33	0
2	21-22	12	37	0
3	23-24	3	7	0

- Table 1 shows that 46 nursing students have age of 18-20. Among this 13 have high, 33 have moderate level self esteem. Among the 49 students with age 21-22, 12 had high and 37 have moderate level of self esteem. Among remaining 10 students in the age group 23-24, 3 had high and 7 have moderate level of self esteem.

Table 2: Sex of the Student.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1.	Male	2	2	0
2	Female	26	70	0

- Table 2 shows that 4 male nursing students, 2 have high and 2 have moderate level of self esteem. Among the 96 female students, 26 have high and 70 have moderate level of self esteem.

Table 3: Educational Status of Father.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1	Lower Primary	0	0	0
2	Upper Primary	3	2	0
3	High School	14	49	0
4	Graduate	10	19	0
5	Post Graduate	1	2	0

- Table 3 shows that 5 fathers who had Upper primary education, 3 had high and 2 had moderate level of self esteem. Among the 63 fathers who are high school level education, 14 had high and 49 had moderate level of self esteem. Among the 29 fathers who are graduates, 10 had high and 19 had moderate level of self esteem. Among the 3 fathers who are post graduates, 1 had high and 2 had moderate level of self esteem.

Table 4: Educational Status of Mother.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1	Lower Primary	0	0	0
2	Upper Primary	2	3	0
3	High School	10	38	0
4	Graduate	16	30	0
5	Post Graduate	0	1	0

- Table 4 shows that 5 mothers who had Upper primary education, 2 had high and 3 had moderate level of self esteem. Among the 48 mothers who are high school level education, 10 had high and 38 had moderate level of self esteem. Among the 46 mothers who are graduates, 16 had high and 30 had moderate level of self esteem. Among remaining 1 mother were post graduate who had moderate level of self esteem.

Table 5: Type of Family.

SL.NO	Variable	Self Esteem
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		High	Moderate	Low
1	Nuclear	24	65	0
2	Joint	4	6	0
3	Extended	0	1	0

- Table 5 shows that 89 nursing students belongs to nuclear family, 24 have high and 65 have moderate level of self esteem. Among 10 students belongs to joint family, 4 have high and 6 have moderate level of self esteem. There is 1 student belongs to extended family have moderate level of self esteem.

Table 6: Economic Status.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1	Below 10000	8	13	0
2	Between 10000-50000	12	49	0
3	Above 50000	8	10	0

- Table 6 shows that Among the 21 nursing students who had family income below 10000, 8 had high and 13 had moderate level self esteem. Among the 61 nursing students whose family income lies between 10000 to 50000, 12 had high and 49 had moderate level of self esteem. Among the 18 nursing students who had family income above 50000, 8 had high and 10 had moderate level of self esteem.

Table 7: Religion.

SL.NO	Variable	Self Esteem		
		High	Moderate	Low
1	Christian	5	77	0
2	Hindu	7	8	0
3	Muslim	2	1	0
4	Others	0	0	0

- Table 7 shows that among the 82 nursing students were Christian, 5 have high and 77 have moderate level of self esteem. Among 15 students were hindu, 7 have high and 8 have moderate level of self esteem. There is 3 students were Muslim, 2 have high and 1 have moderate level of self esteem.

Table 8: Association between self esteem and demographic variables among nursing students in Bishop Benziger college of nursing, Kollam.

Variables	High	Moderate	Low	Chi square value	Degree of freedom	Table value	Level of significance
Age							
18-20	13	33	0	2.83	4	9.49	NS
21-22	12	37	0				
23-24	3	2	0				
Sex							
Male	2	2	0	0.99	2	5.99	NS
Female	26	70	0				
Educational status of father							
Lower primary	0	0	0	3.67	8	15.51	NS
Upper primary	3	2	0				
High school	14	49	0				
Graduate	10	19	0				
Post graduate	1	2	0				

Educational status of mother							
Lower primary	0	0	0				
Upper primary	2	3	0	3.013	8	15.51	NS
High school	10	38	0				
Graduate	16	30	0				
Post graduate	0	1	0				
Type of family							
Nuclear family	24	65	0	1.14	4	9.49	NS
Joint family	4	6	0				
Extended family	0	1	0				
Economic status							
Below 10000							
Between 10000-50000	8	13	0	6.74	4	9.49	NS
Above 50000	12	49	0				
	8	10	0				
Religion							
Christian	5	77	0				
Hindu	7	8	0	11.76	6	12.59	NS
Muslim	2	1	0				
Others	0	0	0				

0.05 level of significance

NS = Not significant

S = Significant

Table 8 shows that there was no association found between self esteem and selected demographic variables.

Section B: Correlation between emotional intelligence and self esteem among nursing students of Bishop Benziger college of nursing, Kollam.

Emotional intelligence

Low	0%
Moderate	14%
High	86%

Self esteem

Low	0%
Moderate	72%
High	28%

There was a significant positive correlation between emotional intelligence and self esteem score, with Pearson correlation coefficient ($r=0.970$).

DISCUSSION

The present study was intended to assess the correlation between self esteem and emotional intelligence among BSc nursing students in Bishop Benziger college of nursing Kollam. In order to achieve the objectives of the study, correlational research design was adopted. The subjects were selected by the non-probability convenient sampling. The sample consisted of 100 BSC Nursing

students. The findings of the study have been discussed in relation to objectives and other similar studies.

Discussion of findings with other studies based on objectives

- **Assess the emotional intelligence among nursing students in Bishop Benziger college of nursing, Kollam.**

The present study revealed that 14% of students had high level of emotional intelligence, 86% of students had moderate level of emotional intelligence and no one had low level of emotional intelligence.

- **Assess the self esteem among nursing students of Bishop Benziger college of nursing, Kollam.**

The present study revealed that, 28% had high level of self esteem, 72% were in moderate level and nobody with low level self esteem.

- **Assess the correlation between the emotional intelligence and self esteem among nursing students of Bishop Benziger college of nursing Kollam.**

There was a significant high positive correlation between emotional intelligence and self esteem score, with Pearson correlation coefficient ($r=0.970$). When emotional intelligence increases self esteem also increases.

- **To find the association between emotional intelligence and selected demographic variables such as age, sex, education among nursing students in Bishop Benziger college of nursing, Kollam.**

In the present study the association between emotional intelligence and demographic variables include Age, sex, educational status of father, educational status of mother, economic status, religion and type of family, were computed by chi- square test. It was inferred that the present study shows no association between emotional intelligence and demographic variables. Regarding age, the calculated values(8.011) are is less than table values(9.49) at 0.05 level of significance. Regarding sex, the calculated value (4.707) is less than the table value (5.99) at 0.05 level of significance. Regarding educational status of father, the calculated value (12.64) is less than the table value (15.51) at 0.05 level of significance. Regarding educational status of mother, the calculated value (12.77) is less than the table value 15.51 at 0.05 level of significance. Regarding economic status, the calculated value (9.76) is less than the table value 9.49 at 0.05 level of significance. Regarding religion, the calculated value is (8.48) is less than the table value (12.59) at 0.05 level of significance. Regarding type of family, calculated value(6.33) is less than thetable value (9.49) at 0.05 level of significance.

In short there was no association found between emotional intelligence and selected demographic variables such as age, sex, educational status of father, educational status of mother, economic status, type of family and religion.

- **To find the association between self esteem and selected demographic variables such as age, sex, education among nursing students in Bishop Benziger college of nursing Kollam**

In the present study the association between self esteem and demographic variables include Age, sex, educational status of father, educational status of mother, economic status, religion and type of family, were computed by chi- square. Regarding age, the calculated values(2.83) are is less than table values(9.49) at 0.05 level of significance. Regarding sex, the calculated value (0.99) is less than the table value (5.99) at 0.05 level of significance. Regarding educational status of father, the calculated value (3.67) is less than the table value (15.51) at 0.05 level of significance. Regarding educational status of mother, the calculated value (3.01) is less than the table value 15.51 at 0.05 level of significance. Regarding economic status, the calculated value (6.74) is less than the table value 9.49 at 0.05 level of significance. Regarding religion, the calculated value is (11.76) is less than the table value (12.59) at 0.05 level of significance. Regarding type of family, calculated value(1.14) is less than the table value (9.49) at 0.05 level of significance.

In short there was no association found between self esteem and selected demographic variable such as age, sex, educational status of father, educational status of mother, economic status, type of family and religion.

CONCLUSION

The present study was undertaken to assess the correlation between emotional intelligence and self esteem among the nursing students in Bishop Benziger college of nursing, Kollam. The results showed that, there was positive correlation between emotional intelligence and self esteem.

Association between emotional intelligence and demographic variables among nursing students in Bishop Benziger college of nursing Kollam was analyzed using chi- square test. There was no association between emotional intelligence and demographic variables such as age, sex, educational status of father, educational status of mother, type of family, economic status and religion. There is no association between self esteem of Bsc nursing students and demographic variables such as age, sex, educational status of father, educational status of mother, type of family, economic status and religion.

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