DISCUSSION

Emotional intelligence a concept rooted in the theory of social intelligence (Rehfield, 2002) is defined in a number of ways. One definition denotes emotional intelligence as the combination of factors that allow a person to feel, be motivated, regulate mood, control impulse, persist in the face of frustration and thereby succeed in day-to-day living (Goleman, 1995). Emotional intelligence is the collection of a person’s success oriented traits. Emotional intelligence is the ability it sense, understand and effectively apply to power and acumen of emotions as a source of human energy, information, connection and influence (Cooper and Sawaf, 1997).

Handfield considers that “in general terms we may say that mental health is the full harmonious functioning of the whole personality”. In us there are various urges, impulses, motives, tendencies, interests, attitudes, etc. Some of which are inborn and some are acquired. When these urges are allowed to function harmoniously in co-ordination with each other and getting full expression, we have a personality which we may call as wholesome and which is essential for healthy mental life.

In the present study it was planned to ascertain the impact of locale, gender and emotional intelligence upon mental health of adolescents.

It was further thought worthwhile to study impact of locale and gender on emotional intelligence to find out certain additional information about it. For this purpose a sample of 400 adolescents were taken from rural and urban areas of Varanasi. Equal numbers of male and female adolescents were taken. Emotional intelligence scale (Hyde etal
2002) and Mithila mental health status inventory (Kumar and Thakur, 1986) were administered to the total sample. Impact of locale and gender were ascertained by using appropriate statistical techniques.

Further, to assess impact of emotional intelligence on mental health, two extreme groups of high and low emotional intelligence adolescents were formed using Q1 and Q3 as cutting points. Mental health scores of these two groups of adolescents were compared by using t-tests. Findings have been presented in the preceding chapter. In the following paragraphs the obtained quantitative findings will be discussed qualitatively.

**Locale, Gender and Mental Health (Egocentrism):**

The result of the present investigation indicates that impact of locale on egocentrism ($f = 6.952, p > 0.05$) is significant (table-2). Rural adolescents are significantly higher on egocentrism scale of mental health as compared to urban adolescents. It may be said that rural adolescents are more concerned about their own needs, feeling, opinions and ideas. They also have difficulty in identifying or sympathizing with other people. Higher score on egocentrism is also indicative of withdrawl tendency and difficulties in maintaining interpersonal relationship. Though rural adolescents score higher than urban adolescents on egocentrism, but scores of both groups are under the category of better mental health hence it cannot be said that rural adolescents have poor mental health.

Thus hypothesis 1.a that, “There will be no difference in egocentrism dimension of mental health of rural and urban adolescents” may be rejected.
Gender has no impact on egocentrism. It means that male and female adolescents score similar on this dimension of mental health. When we compare with the norms we find that both the groups score lower than average. It reveals that both male and female adolescents have better mental health. Adolescents egocentrism, which includes a belief by teenagers that they are special and unique accompanies the attainment of new mental abilities.

Thus hypothesis 2.a that “there will be no difference in egocentrism dimension of mental health of male and female adolescents” may not be rejected.

Locale, Gender and Mental Health (Alienation):

Table 4 shows that the impact of locale on alienation is significant. Rural adolescents are significantly higher on alienation scale of mental health as compared to urban adolescents. It is therefore, quite clear that rural adolescents are significantly more suspicious and oversensitive in comparison to urban adolescents. Though rural adolescents score higher than urban adolescents on alienation but scores of both groups are under the categories of better mental health. Hence it can not be said that rural adolescents have poor mental health.

Thus the hypothesis (1.b) that “there will be no difference in alienation dimension of mental health of rural and urban adolescents” may be rejected.

As for as analysis of gender Vs alienation is concerned no significant variation was observed. It is therefore concluded that both male and female show similar characteristics on the alienation scale of mental health. Alienation is the state of being an outsider of feelings
which detached from society. A state in which one’s emotions are experienced as foreign so that the self and the outside world appear unreal.

Thus the hypothesis (2.b) that “there will be no difference in alienation dimension of mental health of male and female adolescents” may not be rejected.

Locale, Gender and Mental Health (Expression):

Expression scale of mental health is a measurement of level of interaction of individual at social level. The analysis on expression has thrown open a very interesting result which shows that urban adolescents are less expressive than their rural counterparts. Urban adolescents would therefore show significant in consistency of relationships in various social situations. Their rural counterparts however would have lesser degree of feeling of insecurity and would also be more comfortable at social disclosure.

Thus the hypothesis (1.c) that “There will be no difference in expression dimension of mental health of rural and urban adolescents” may be rejected.

The same expression scale if analyzed with respect to gender variation we find no significant difference. It can be conveniently inferred that male and female do not show variation in their level of interaction at social level.

Thus the hypothesis (2.c) that “There will be no difference in expression dimension of mental health of male and female adolescents” may not be rejected.
Locale, Gender and Mental Health (Emotional Unstability):

Emotional unstability scale is a very important parameter in defining the mental health of an individual. Ever growing is uses such as nervousness, anxiety, unhappiness and depression among todays youth are related to this important aspect of mental health. Analysis on emotional unstability shows clearly that urban adolescents score high on this scale and therefore are subjected to potential personality problem in comparison to rural youth. We can also safely decipher that urban adolescents have definite adjustment problems than rural adolescents. Hence it may be said that rural adolescents have better mental health in comparison to urban adolescents.

Thus the hypothesis (1.d) that “There will be no difference in emotional unstability dimension of mental health of rural and urban adolescents” may be rejected.

Emotional unstability does not show significant variance with respect to gender. Data analysis reveals that male and female both are approximately similar is emotional unstability dimension of mental health. Emotional unstability score indicate that the gender would be emotionally labile, fearful and serious personality.

Thus the hypothesis (2.d) that “There will no difference in emotional unstability dimension of mental health of male and female adolescents” may be rejected.

Locale, Gender and Mental Health (Social Non-conformity):

Analysing social non conformity is an important part of determining mental health of an individual. It shows that willingness of an individual in aligning with the existing social system or against it. It
would also show the desire of a person to effectively participate in ordinary social situation. Social non conformists would like to cut them off from the same. Data analysis, however shows no significant variance on this scale among urban and rural adolescents.

Thus, it may be said that rural and urban adolescents score same on this dimension. So rural and urban adolescents have same level of mental health regarding social non conformity.

Thus the hypothesis (1.e) that “There will be no difference in social non conformity dimension of mental health of rural and urban adolescents” may not be rejected.

Gender has also insignificant impact on social non conformity. The male and female both show low score on this scale and therefore can be less susceptible to social non conformity. It reveals that both male and female adolescents show alignment with existing norms.

So hypothesis (2.e) that “There will be no difference in social non conformity dimension of mental health of male and female adolescents” may be rejected.

**Locale, Gender and Mental Health:**

Among all the five dimension of mental health gender shown no influence, so it may clearly be said that males and females do not differ significantly on any of the dimension of mental health.

Locale (rural and urban) has shown its significant impact on four out of the five dimension of mental health. On social non conformity dimension the rural and urban both adolescents score similarly. It has been observed that on two dimension of mental health namely egocentrism and alienation, rural adolescents score higher and on the
other two dimensions, expression and emotional unstability the urban adolescents score higher.

**Mental health of high and low emotionally intelligent adolescents:**

It can be seen from the above table 13 that mental health scores differ significantly an all the five subscales and on the total scale for low and high emotional intelligence groups.

Among all the five dimension of mental health observed that high emotional intelligence group scores lower on egocentrism, alienation, emotional unstability and social non-conformity show in better mental health.

High emotional intelligence is associated with feelings of general happiness. A research on emotional intelligence has revealed that people high on emotional intelligence are happier, healthier and more successful in their relationship. A high emotional intelligence leads to positive feelings such as motivation, satisfaction and fulfillment.

Low emotional intelligence is likely to lead to general unhappiness as seen in the feelings to anger, frustration emptiness and like others.

Thus the hypothesis 3 that “There would be no difference in mental health of high and low emotionally intelligence adolescents” may be accepted.

**Locale, Gender and Emotional Intelligence (Self Awareness):**

The impact of locale on self-awareness dimension of emotional intelligence is not significant. The result indicates that the candidates of rural and urban areas are able equally to recognize to understand and to
accept one’s own moods, emotions drives strengths and short comings as well as see how they affect other people. Rural and urban adolescents are more sensitive to their own attitudes and dispositions self-awareness includes the emotional awareness, Accurate self-assessment and self confidence.

So the hypothesis (4.a) that “There will be no difference in self-awareness dimension of emotional intelligence of rural and urban adolescents” may not be rejected.

Gender has also insignificant impact on self-awareness dimension of emotional intelligence. The findings reveal that male and female behave almost similar on this scale of emotional intelligence. These people are decisive, assertive and have a strong sense of one’s self worth. The adolescents recognize one’s emotions that becoming aware of how their feelings and emotions affect their as well as other’s performance. Persons with this ability are clear, reflective, eager to learn from experience. Show interest for self-development.

Thus the hypothesis (5.a) that “There will be no difference in self-awareness dimension of emotional intelligence of male and female adolescents” may not be rejected.

Locale, Gender and Emotional Intelligence (Empathy):

The result of present investigation indicates that impact of locale on empathy is insignificant. Rural and urban adolescents both show same empathy. It reveals that rural and urban adolescents are more sensitive. They have very vicarious experience of anthers feeling. So finding based on the above. Empathy refers to the ability to put oneself into another’s shoes and look at things or think from his point of view. They provide
useful feedback and offer challenging assignments. They have also a deep understanding of the importance of cultural and ethnic differences.

Thus the hypothesis (4.b) that “There will be no difference in empathy dimension of emotional intelligence of rural and urban adolescents” may not be rejected.

Gender has significant impact of empathy dimension of emotional intelligence. Male adolescents are more empathy level. It can be said that male adolescents are highly sensitive person and they try to understand others by trying to know their own feelings and showing interest their own welfare. Empathy is also a motive for altruistic behaviour.

Thus the hypothesis (5.b) that “There will be no difference in empathy dimension of emotional intelligence of male and female adolescents” may not be rejected.

Locale, Gender and Emotional Intelligence (Self-Motivation):

Impact of locale on self-motivation dimension of emotional intelligence is insignificant. No difference in self-motivation on was observed in rural and urban adolescents. Both groups of adolescents are found to be more responsible, better able to focus on task at hand and pay attention, less impulsive and more self-controlled. Generally their optimistic view encourages others. It refers to striving to improve or meet a standard of excellence. They are result oriented. They take calculated risks and ready to face any type of challenges.

Thus the hypothesis (4.c) that “There will be no difference in self-motivation dimension of emotional intelligence of rural and urban adolescents” may not be rejected.
Gender has no impact on self-motivation dimension of emotional intelligence. It means that male and female adolescents’ score are same. Motivation helps in the achievement of goals. It is the ability to pursue goals with energy and persistence. Self-motivation provides the drive and zeal to shape one’s thoughts and actions. All these characteristics are equally found in male and female adolescents.

Thus the hypothesis (5.c) that “There will be no difference in self-motivation dimension of emotional intelligence of male and female adolescents” may not be rejected.

**Locale, Gender and Emotional Intelligence (Emotional-Stability):**

The analysis on emotional stability shows that the score of rural and urban adolescents are similar. It is observed that there is no impact of locale on emotional stability dimension of emotional intelligence.

Thus the hypothesis (4.d) that “There will be no difference in emotional stability dimension of emotional intelligence of rural and urban adolescents” may not be rejected.

As for as analysis of gender Vs emotional stability is concerned no significant variation was observed. The scores of male and female adolescents are almost equal in this dimension. So it can be said that male and female both adolescents are found to be similarly stable.

Thus the hypothesis (5.d) that “There will be no difference in emotional stability dimension of emotional intelligence of male and female adolescents” may not be rejected.
Locale, Gender and Emotional Intelligence (Managing-Relations):

A view of table 23 makes it clear that locale has significant impact on managing relations dimension of emotional intelligence. Urban adolescents are significantly higher on managing relation scale of emotional intelligence as compared to rural adolescents. Urban adolescents are more friendly and skilled in handling negotiations. Managing relations is increased ability to analyze and understand relationships, better at solving problems in relationships, more assertive and skilled at communication. These abilities are found in higher amount in urban adolescents.

Thus the hypothesis (4.e) that “There will be no difference in managing relations dimension of emotional intelligence of rural and urban adolescents” may be rejected.

Gender has not shown its impact on managing relationship dimension of emotional intelligence. The result shows that male and female both adolescents score almost equal on this dimension. The findings suggest that the male and female both are friendly and involved with peers, more sought out by peers, more concerned and considerate, more ‘prosocial’ and harmonious in groups, more sharing and cooperating.

Thus the hypothesis (5.e) that “There will be no difference in managing relations dimension of emotional intelligence of male and female adolescents” may not be rejected.
Locale, Gender and Emotional Intelligence (Integrity):

Results related to integrity dimension of emotional intelligence indicate that locale has no significant impact on it. Rural and urban adolescents both show same integrity. Integrity refers to a quality of a person's characteristics. Integrity is also attributed to various parts or aspect of a person's life. It is a quality defined by a person's care of the self. Integrity is a matter of persons integrating various parts of their personality into a harmonious, intact whole. This dimension of emotional intelligence is found same in both rural and urban adolescents.

Thus the hypothesis (4.f) that "There will be no difference in integrity dimension of emotional intelligence of rural and urban adolescents" may not be rejected.

Gender does not show its impact on integrity dimension of emotional intelligence. The finding reveals that male and female adolescents' score are same. Ordinary discourse about integrity involves two fundamental intuitions one first that integrity is primarily a formal relation one has to oneself, or between parts or aspects of one's self, and second that integrity is connected in an important way to acting morally, in other words, there are some substantive or normative constraints on what it is act with integrity.

Thus the hypothesis (5.f) that "There will be no difference in integrity dimension of emotional intelligence of male and female adolescents" may not be rejected.

Locale, Gender and Emotional Intelligence (Self-Development):

The result of present investigation indicates that impact of locale on self-development dimension of emotional intelligence is insignificant.
Rural and urban adolescents score are all most similar. Rural and urban adolescents are investigating new perspective, attitudes, and behaviours, and taking steps to evaluate and improve one’s own performance. People with this competency are willing to try new things and are motivated to translate new ideas or concepts into action. They are open to perspectives or attitudes different from their own. Self development also involves being open to feedback and being able to learn from failures and setbacks.

Thus the hypothesis (4.g) that “There will be no difference in self-development dimension of emotional intelligence of rural and urban adolescents” may not be rejected.

Gender is also insignificant impact on self-development dimension of emotional intelligence. It means that male and female adolescents score are same. Male and female adolescents can perceived talent, success expectancies, values (intrinsic, utility) and task perceptions. Male and female adolescents are observing and giving feedback, listening and encouraging.

Thus the hypothesis (5.g) that “There will be no difference in self-development dimension of emotional intelligence of male and female adolescents” may not be rejected.

Locale, Gender and Emotional Intelligence (Value Orientation):

The table 29 shows that the impact of locale on value orientation is significant. Urban adolescents are significantly higher on this dimension in comparison to rural adolescents. It may be said that urban adolescents have a more caring value orientation. Value orientated adolescents should be regarded essentially education for becoming and self-exceeding. It will
not only provide information on values to students, but also for enabling them to grow into beings and transcend narrowness, selfishness and partial ideas and attitudes.

So the hypothesis (4.h) that "There will be no difference in value orientation dimension of emotional intelligence of rural and urban adolescents" may be rejected.

The impact of gender on value orientation is insignificant. It was found that the male and female are concerned with his own good. No one is interested in the welfare of all the members. The value orientation should become the main focus of our educational system. In providing for values whole of the society should be involved. The emphasis should be on moral development of the adolescents.

Thus the hypothesis (5.h) that "There will be no difference in value orientation dimension of emotional intelligence of male and female adolescents" may not be rejected.

Locale, Gender and Emotional Intelligence (Commitment):

It is clear from table 31 that locale has no significant impact on commitment dimension of emotional intelligence. The finding suggests that the rural and urban adolescents show same commitment. Commitment refers to aligning oneself, identifying oneself with the goals of a group of organization. They did not yield to any pressure or threat. Commitment the act of binding your self (intellectually or emotionally) to a course of action, they felt no loyalty to a losing team.

So the hypothesis (4.i) that "There will be no difference in commitments dimension of emotional intelligence of rural and urban adolescents" may not be rejected.
Gender does not show its impact on commitment dimension of emotional intelligence. Male and female adolescents have more devotion and loyalty or allegiance to a cause or a person. Commitment your life or your time to some cherished purpose (to a service or a goal). Commitment and loyalty to the interests of your own minority or ethnic group rather than to society as a whole. They are able to do the act of sharing in the activities of a group.

Thus the hypothesis (5.i) that “There will be no difference in commitment dimension of emotional intelligence of male and female adolescents” may not be rejected.

Locale, Gender and Emotional Intelligence (Altruistic-behaviour):

Altruistic behaviour scale does not show significant variance with respect to locale. The results indicate that the rural and urban adolescents are very altruism. An altruistic person is concerned and helpful even when no benefits are offered or expected in return. Altruism is selfishness in reversed pure altruism is giving without regard to reward or benefits of recognition. Altruism can be distinguished from a feeling of loyalty and duty.

So the hypothesis (4.j) that “There will be no difference in altruistic behaviour dimension of emotional intelligence of rural and urban adolescents” may not be rejected.

Gender impact is significant. Male altruism is higher as compared to female. Altruism focuses on a motivation to help others or a want to do good without reward. Altruistic acts also increase our sense of self-worth. These characteristic are observed only in male persons. Altruism is a
motive to increase another’s welfare without conscious regards for one’s self-interests.

Thus the hypothesis (5,j) that “There will be no difference in altruistic behaviour dimension of emotional intelligence of male and female adolescents” may be rejected.

Locale, Gender and Emotional Intelligence:

As expected, overall urban adolescents is significantly higher on emotional intelligence urban adolescents score is higher comparison to rural adolescents. So urban adolescents is highly emotionally intelligence. Emotional intelligence includes traits like self-awareness, managing relation and to show empathy to wards others. Emotional intelligence leaders understand the range of choices they have in establishing relationship with others. And they choose the appropriate one depending on the situation. So he should be adept in handling relationship with others.

So the hypothesis (4) that “There will be no difference emotional intelligence of rural and urban adolescents” may be rejected.

The impact of gender on emotional intelligence is no significant. Male and female adolescents are more emotionally. Emotional intelligence can help in dealing with these by creating a culture which is more caring, giving, supportive and enriching where each is regarded as an individual and feelings are respected. It can be said that emotional intelligence can play a crucial role in the successful life of adolescents.

Thus the hypothesis 5 that “There is no difference in emotional intelligence of male and female adolescents” may be rejected.
CONCLUSION:

1. There is no gender difference in mental health of adolescents.

2. Rural and urban adolescents differ significantly on four out of five dimension of mental health. On social nonconformity they score equal. On egocentrism, alienation and expression rural adolescents score higher, and on emotional unstability they score lower than urban adolescents.

3. There is no gender difference in emotional intelligence of adolescents.

4. Urban adolescents are significantly higher, in emotional intelligence in comparison to rural adolescents on only two dimensions, namely managing relations, and value orientation. On other eight dimensions both groups are same.

5. High and low emotional intelligence group differ significantly on all the dimension of mental health. Further it is observed that high emotional intelligence group scores lower on egocentrism, alienation, emotional unstability and social non-conformity showing better mental health in comparison to low emotional intelligence group.

Limitation of the Study:

The study suffers from certain limitations which are given below:

1. Only Hindi medium schools have been taken in this study.

2. Only adolescents (13-19 years) have been taken in this study.

Suggestions:

Based on observations findings and subsequent conclusion of this study the following suggestions are given for further research—
1. Limited variables have been taken in this study. Other variables may be taken regarding mental health of adolescents.

2. Using same design other tools may be used to study the problem of present study.

3. A comparative study should be done between students of Hindi medium and English medium convent school.

4. Only adolescents have been taken in this study. Children, adults and aged may be taken as the sample for the same problem.

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