SUMMARY

Despite the horror and uncertainty of terrorism and normal disasters, India of the 21st century is prosperous stable and poised for peace. At such a positive point in its evolution, now-a-day's the researches in the field of Psychology are focusing on such issues as how to enhance well-being and happiness of people and what factors are related to determine happiness? Happiness is a universally desired human state. It is based on a lifelong pursuit of meaningful developmental goal and is the key to good life. The pursuit of happiness is just as important as our inalienable rights of life and liberty. Happiness is determined by one's emotional intelligence and social intelligence. There is lot of empirical evidence emphasizing emotional intelligence as predictor of happiness but a little work has been undertaken to explore social intelligence as the predictor of happiness. So the investigator decided to explore these two types of intelligence and their role in predicting happiness in adolescents. The following problem was selected:

Problem:

To assess and explore emotional and social intelligence as predictors of happiness in adolescents.

Objectives:

On the basis of above problem the following objectives were formulated.

1. To assess the degree of emotional and social intelligence and happiness among adolescents.
2. To explore the orthogonality of the constructs of emotional and social intelligence.
3. To find out the association between emotional intelligence and happiness.
4. To examine the association between social intelligence and happiness.
5. To investigate emotional intelligence as a predictor of happiness in adolescents.
6. To explore social intelligence as a predictor of happiness in adolescents.
On the basis of objectives mentioned above the following hypothesis were formulated.

Hypotheses:

1. Emotional and social Intelligence would emerge as orthogonal constructs.
2. There would be a positive significant correlation between emotional Intelligence and happiness in adolescents.
3. There would be a significant association between social Intelligence and happiness in adolescents.
4. Emotional Intelligence would emerge as a predictor of happiness in adolescents.
5. Social Intelligence would emerge as predictor of happiness in adolescents.

Sample:

A correlational design was used to carry out the present investigation. A sample of 200 (100 males and 100 females) adolescents was selected on the basis of incidental sampling technique from schools and colleges of Rohtak city (Haryana), with the age range of 17-22 years.

Tools:

The following tools were used in the present investigation:

Mangal Emotional Intelligence inventory.
N.K. Chadha and Ganesan's social Intelligence scale.
Happiness scale by Petlove.

Analysis:

The obtained data were analyzed by using descriptive statistics, Pearson Product Moment Method of correlation and Stepwise Multiple Regression Analysis with the help of SPSS software.
Main Findings:

Results indicated that adolescents have average emotional intelligence while below level of social Intelligence. Emotional and social intelligence did not emerge as fully orthogonal constructs. There is overlapping of some dimension. So the first hypothesis stating “Emotional and social Intelligence would emerge as orthogonal constructs” is partially verified. Further results revealed there exist a positive significant correlation of all the four dimensions of emotional Intelligence with happiness in adolescents. The second hypothesis “There would be a positive significant correlation between emotional intelligence and happiness in adolescents” is verified. The third hypothesis “There would be a significant association between social Intelligence and happiness in adolescents” is verified to a little extent, because out of eight dimensions of social Intelligence, only one (patience) dimension has been found to be a positively significantly correlated with happiness. Emotional Intelligence also emerges out as a predictor of happiness. Two out of four dimensions such as Intra Personal Awareness and Inter Personal Management are capable of predicting happiness in adolescents. The fourth hypothesis “Emotional Intelligence would emerge as a predictor of happiness in adolescents” is verified. While only one dimension (Patience) out of eight dimensions of social Intelligence appeared to be a predictor of happiness. The fifth hypothesis stating “Social Intelligence would emerge as predictor of happiness in adolescents” is confirmed to a very little extent.

To sum up the present study suggests that out of the two types of Intelligence, emotional Intelligence emerges out to be more potent predictor of happiness in the life of adolescents than social Intelligence. Because engagement in emotional server leads to be better and deeper living. Being a social is not enough for one’s survival, as T.S. Eliot an eminent poet has rightly said that we feel lonely even in a crowd. So the world of feelings matter much not only for survival but also for flourishing life.