CHAPTER - VI\textsuperscript{th}

DISCUSSION

In the preceding chapter, a descriptive account of results obtained from different treatments presented in tabular, graphical and statistical forms were put forward. Thus, the result of the present study were presented in preceding chapter. In this chapter, a discussion of the findings and their interpretation has been attempted. The set of data collected is considered as a base upon which the structure of the research rests, the analysis and interpretation is considered as the wheel of the whole research machinery, without which data and other material have no specific function to perform. It involves breaking down existing complex factors into simplex and putting the parts together in new arrangement for the purpose of the interpretation. Thus, results and discussion give shape and form to the objective of the study. While clarifying the objectives and problems of the present study, it has been already said that the present study was undertaken with a view to understanding the impact of social and emotional intelligence on depressive tendency of respondents.
In this chapter an attempt has been made at interpreting and discussing these results as a whole in the light of various theoretical frame works evolved by different finding of present author and relevant findings of the others. This chapter is stratified in 5 sections. The first section deals with the assumptions and underlying causes as to why F and t tests have been used to analyze and interpret the data. In the second section, emphasis has been laid down on the fact that depressive tendency is a function of multiple factors, in the light of obtained data and findings of other investigators. In the third section, the role of social intelligence, on the perceived depressive tendency of respondents have been interpreted with special references to the data of present study. In the fourth section, the role of emotional intelligence on the depressive tendency of respondents has been discussed. Fifth section of the study focuses on the discussion and interpretation of the role of sex in the perception of depressive tendency.

**Statistical Analysis used**

With a view to bringing out the differential affects of social intelligence and emotional intelligence on depressive tendency of respondents and finding out their statistical significance, it was necessary to interpret and analyze the data statistically. For this purpose, parametric techniques i.e. F and t tests were used. In order to test the significance of the difference between the two means, t-values have been computed, because, according to Garrett (1966). F value furnishes a
comprehensive or overall test of the significance of the differences among means. But significant 'F' value does not tells which means differ significantly but that of least one is reliably different from others. If F is not significant, there is no reason for further testing, as none of the mean differences will be significant. But if F is significant we may proceed to test the separate differences by t-test. That is why, t-test was applied to test the significantness of mean differences.

208

Hypothesis-I

The phenomenon of depressive tendency is a function of multiple factors.

Depression is a common psychological problem which involves the body, mood and thought. It affects the way a person eats and sleep, feels about oneself and the way one thinks about the things. Depression presents a person with depressed mood, loss of interest or pleasure, feeling of guilt or low self esteem, disturbed sleep or appetite, low energy and poor concentration. These problems can become chronic or recurrent and lead to substantial impairment in an individual's ability to take care of his/her everyday responsibilities. Depression is one of the most common and potentially dangerous symptoms because it often worsens the severity of other diseases. It is an important global public health problem due to both its relatively high life time prevalence and the significant disability that it causes.

A thorough review of the previous studies related to depression revealed that investigators have studied the phenomenon of depression in relation

These investigations ascertain the influence of a member of variables on depression. Present investigation was also done to study the effect of social and emotional intelligence on depression and these variables significantly correlated to depressive tendency.

Thus, it may be convincingly argued that depressive tendency is a function of multiple factors, thus confirming the Hypothesis-I.

Social Intelligence and Depression

Hypothesis-2
It was hypothesized that respondents categorized on the basis of Social Intelligence should exhibit significant differences in their depression.

To explore the impact of different levels of different dimensions of Social Intelligence on Depressive tendency of male and female respondents, it was decided to present dimension wise discussion of every dimension of Social Intelligence. As a result of it, dimension wise impact of Social Intelligence on depression were presented in the following sections.

(i) Patience: a dimension of Social Intelligence and Depression

Term 'Patience' was operationally defined as 'Calm endurance under stressful situations'. There is no doubt that patience, persistence and perspiration make an unbeatable combination for success, Patience is bitter, but its fruit is sweet. A man who is master of patience is master of everything else. Good character is not formed in a week or a month. It is created little by little, day by day, Protracted and patient effort is needed to develop good character. So, patience is necessary for every individual and one cannot reap immediately where one has sown. It is an art of hoping and we can remove mountains with patience and deligence like faith. Patience is the best remedy for every trouble. All individual commend patience, but few are willing to practice it. The keys to patience are acceptance and faith. It is a blending of moral courage with physical timidity. Thus, we can conclude that patience have magical effect before which difficulties disappear and obstacles vanish.
Keeping these facts in mind, the investigator tried to explore the impact of different levels of patience - a dimension of social intelligence, by categorizing respondents into Above Average and Below Average on this dimension on the basis of their respective scores obtained on the Patience dimension of Social Intelligence Scale. After that, they were administered Beck Depression Inventory. Obtained Mean and S.D. values were presented in Table 5.3 in Chapter 5 of this dissertation.

Obtained Mean values in Table-5.3 indicate that respondents belonging to Below Average group on Patience dimension of Social Intelligence (M = 9.90 ± 1.88) were found more vulnerable than Above Average respondents (M = 8.25 ± 1.86) (See Fig. 5.3). Obtained F value for levels of patience dimension was found statistically significant (F = 8.12, p < .01) (See Table-5.4).

A high depression among Below Average respondents on Patience dimension can be accounted for the fact that Below Average respondents lack the quality of endurance, tolerance, faith, courage, grace, openness, love, perseverance and dedication. They have no systematic pattern of patience, compassion and diligence. That is why they were found more vulnerable to depressive tendency. Whereas Above Average respondent were considered as self-assured, ambitious, sociable, competitive, risk-taking, hard-working,
determined, accepting, shrewed and positive. These personality traits of Above Average (more confident) helps them to reduce their depressive tendency. Thus, we can conclude that, "Even a happy life can not be without a measure of darkness, and the word happy would loose its meaning if it were not balanced by sadness. It is for better take things as they come along with patience and equanimity- Carl Jung.

(ii) Cooperativeness - a dimension of Social Intelligence and Depression

Cooperativeness is a personality trait concerning the degree to which is generally agreeable in their relations with other people as opposed to aggressively self-centered and hostile (Cloninger 1993). It is one of the "character" dimension in Cloninger's Temperament and Character Inventory. Cloninger (1993) described it as relating to individual differences in how much people identify with and accept others. Cloninger's research found that low cooperativeness is associated with all categories of personality disorder. Cooperativeness is conceptually similar to and strongly correlated with agreeableness in the five factor model of personality (De Fruyt, Wiele & Heeringen 2000).

Cloninger (1993) described cooperative individuals as socially tolerant, empathic, helpful and compassionate as opposed to intolerant, callous,
unhelpful and vengeful. He compared cooperativeness to Carl Roger's description of facilitiative people who show unconditional acceptance of others, empathy with others' feelings and willingness to help without a desire for selfish domination. Cloninger (1993) regarded high cooperativeness as a sign of psychological maturity and of advanced moral development as described by Kohlberg (Cloninger, Surokic, Przybeck 1993). Thus, cooperativeness is the affirmation of faith in human beings, in work, in integrity, in human coexistence, all of which are facing constant and progressive improvement.

Researches have explored cooperativeness in relation to other personality traits e.g. aggression, hostility, psychoticism, self-directedness but they have omitted to investigate the functional relationship between cooperativeness and depression. As a result of it, the present study was designed to explore the relationship between these two variables by administering Beck Depression Inventory over Above Average and Below Average respondents categorized on the basis of their respective scores obtained on Cooperativeness Sub-scale- a dimension of Social Intelligence Scale. Obtained Mean and S.D. values were presented in Table-5.6 in 5th Chapter.

Obtained mean values, presented in Table-5.6 reveal that respondents belonging to Above Average dimension of cooperativeness of Social Intelligence have obtained comparatively low mean score ($M = 7.85 \pm 1.74$) than Below Average ($M = 9.90 \pm 1.83$) respondents ($F = 7.24 > .01$) (See Table 5.7)
indicating more vulnerability for depressive symptoms among Below Average groups (Fig. 5.5).

It is evident from the mean table that respondents belonging to Above Average group on Cooperativeness dimension of Social Intelligence Scale have obtained comparatively lower mean score on BDI than Below Average respondents meaning thereby that Above Average respondent 214 were found less vulnerable to depressive symptoms because they possess the characteristics of self-directedness, social tolerance, empathy, helpfulness and compassion. They show unconditional acceptance of others, empathy with others' feelings and willingness to help without a desire for a selfish domination. They show a sign of psychological maturity and of advance moral development. Where as Below Average respondents have expressed more symptoms of depression because of intolerance, callous, unhelpfulness, vengefulness, social disinterest, revengefulness and self-advantage.

Thus, we may conclude that "The more generous we are, the more joyous we become. The more cooperative we are, the more valuable we become. The more enthusiastic we are, the more productive we become. The more serving we are, the more prosperous we become."

(iii) Confidence - a dimension of Social Intelligence and Depression
Confidence is the most attractive quality in a man. For most women, a man with a strong head on his shoulders is more important than superficial factors like looks or money. Although, it's hard to believe but it's definitely true.

Confidence is generally described as a state of being certain either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Self-confidence is having confidence in one self. Confidence can be a self-fulfilling prophecy as those without it may fail or not try because they lack it and those with it may succeed.

Studies have found link between confidence and several traits of psychological importance but no systematic effort was made to study the impact of different levels of confidence on depressive symptoms of respondents. Consequently, the present study explored this functional relationship by administering Beck Depression Inventory over Above Average and Below Average respondents categorized on the basis of their obtained scores on confidence dimension of Social Intelligence Scale. Obtained Mean and S.D. values were presented in Table-5.9.

It is evident from Mean values, presented in Table-5.9, that respondents belonging to Above Average group have scored comparatively lower mean score ($M = 6.85 \pm 1.81$) than the respondents of Below Average group ($M = 9.25 \pm 1.96$). Obtained F ratios for Level of confidence was found statistically significant ($F = 6.85 > .01$) (See Table 5.10). Respondent of Below Average
group (M = 9.25 ± 1.96) have exhibited more symptoms of depression because they lack several personality traits e.g. self-assured, ambitions, sociable, competitive, risk-taking, hardworking, determined, accepting, shrewd and positive. That is why they were more prone to depressive systems. Whereas respondents belonging to Above Average group (M = 6.85 ± 1.81) (See Fig. 5.7) on Confidence dimension of Social Intelligence believe in themselves, and they believe that their life fulfills a special purpose in the world. They know their strengths and have accepted their weaknesses. They know what they want. They easily define their goals and strive to achieve them. They are adept at navigating various social situations with seeming ease. They know how to endear themselves to others and how to take compliments and criticisms gracefully. They love competition. They love to test their mettle against the best efforts of others. They take risk because they are not afraid to lose, or to be wrong. They are confident in their abilities because they believe that they can win. They know the best path to achieving their goals is through putting in hard effort. Hard working people are confident, and confident people are hardworking. It is a chicken-egg thing. They never give up on their goals, even when it seems some times impossible. They know it is better to try and fail and try again and then to give up and let doubt take over. Confident people are often the most accepting people, taking others as they come, no matter their shortcomings. Often, awareness and cleverness breed confidence. Confident people are often good at quickly sizing up other people and figuring out social hierarchies and situations. Confident people are, simply put, positive people. They know how to assuage doubts, conquer fears and life, even in failure fresh starts are always possible. These are the reasons of paramount importance contributing the important role in diminishing the level of depression. That is why the respondents belonging
to Above Average level were found less prone to depression.

It is not out of place to mention some other qualities of Above Average respondents. Above Average respondents on confidence dimension of Social Intelligence knows to apologize when he's wrong, speaks the truth and doesn't go back on his world, knows how to be a gentleman, takes responsibility for his actions and doesn't blame others, has many interests and is passionate about them, takes the initiative, leads with charisma and self-assurance, stands up for his values and what he believes in, has his emotions under control and keeps his cool even in most tense situations, smiles often and brightens other people's day, speaks slowly, clearly and with purpose, gets excited to meet new people and personalities, expresses his feelings openly, gives strong eye contact when talking, makes the tough-decisions when he has to, respect and considers the opinions of others, open minded about new ideas, enjoys good challenge, has a great sense of humour, encourages others to succeed and is excited for their accomplishments, accept criticism and doesn't take things personally, and, happy with himself and doesn't hide who he really is. These characteristics of Above
Average (confident) respondents helps to them to reduce the symptoms of depressive tendency and to lead a happy and prosperous life.

(iv) Sensitivity: a dimension of Social Intelligence and Depression

The sensitivity or insensitivity of a human, often considered with regard to a particular stimulus, is the strength of the feeling, it results in, in comparison with the strength of the stimulus. The concept applies to physical as well as emotional feeling. Stimulus may consist of any or all types of stimuli, including political, nationalistic, religious, physical, mental, emotional etc. In the political sense, perception of and reaction to stimuli is often inculcated by-and-and for the benefit of power holders.

Sensitivity refers to be acutally aware, of and responsive to human behaviour (Chadha & Ganesham 2003). The characteristics of being a highly sensitive person is often inherited a sensitive nervous system that affects every aspect of the Highly Sensitive People’s life. The sensitive nervous system of highly sensitive people mean that they have strong emotions and empathetic natures. High Sensitive People (HSP) intensity can make relationship difficult. Their desire for deep conversation can be uncomfortable to non HSPs.

Keeping these facts in mind, the present study was designed to investigate the impact of different levels of sensitivity- a dimension of Social
Intelligence on depressive tendency of respondents. For this purpose, Beck Depression Inventory was administered over the respondents belonging to Above Average and Below Average groups. Having established that there are two groups namely - Above Average and Below Average on Sensitivity dimension of Social Intelligence. Obtained Mean and S.D. values were presented in Table-5.12 in the chapter of Results. The mean value presented in Table-5.12 highlights that respondents belonging to Below Average (M = 9.75 ± 1.60) have obtained comparatively higher scores on Beck Depression Inventory than the respondents belonging to Above Average group (M = 7.80 ± 1.40) meaning thereby the respondents of Below Average group were more vulnerable to depression (F = 7.82, p < .01) (See Table-13 Fig. 5.9).

It is evident from the Mean table-5.12 that Below Average respondents were found generally intuitive and introverted because they are very sensitive to all forms of energy, electromagenetic, interpersonal etc. That is why respondents belonging to Below Average group on Sensitivity dimension of Social Intelligence were exhibiting and feeling more depressive systems.

(v) Recognition of Social Environment - a dimension of Social Intelligence and Depression

'Recognition of Social Environment' refers the ability to perceive the nature and atmosphere of the existing situation (Chadha & Ganeshan). People recognize their environment in a variety of settings to decide their task. Recognition often is a valid one to the structure of the environment
giving high rates of informational accuracy. Generally people are sensitive to this power of recognition to influence others. Social scientists have acknowledged the physical environment as an important contextual consideration for practice but perceived its importance in terms of only social aspects, assessing that the physical environment, "becomes part of the Social Environment" to the extent that it "frequently has its social aspects". It is beyond doubt that human growth and development constantly change in relation to social environment and the social environment changes in response to human factors. There is transaction between people and the social environment. People affect their social environments and likewise, the physical and social environment affects the people. The recognition of social environment focus on social functioning, so that individual can maintain adequate balance between coping efforts and the demands of social environment.

Keeping these facts in mind the present study explored the impact of "Recognition of Social Environment" - a dimension of Social Intelligence on depressive symptoms of respondents. For this purpose, BDI was administered over Above Average and Below Average respondents and the obtained Mean and S.D. values were presented in Table No. 5.15.

The results, presented in Table 5.15 clearly indicate that respondents belonging to Below Average group (M = 9.80 ± 1.84) on 'Recognition of Social Environment' dimension were exhibiting and feeling
comparatively more symptoms of depression than the Above Average respondents \((M = 8.20 \pm 1.82)\) (See Fig. 5.11). Obtained F value \((F = 7.32, p < .01)\) was found statistically significant. Thus, the hypothesis is confirmed.

It is evident from the obtained results that Below Average respondents have scored comparatively higher mean score on Beck Depression Inventory than Above Average respondents meaning thereby that former types of persons were found more prone to depression because they are not able to quickly take decisions on any issue of their lives and possess low degree of dominance emotional stability, ego strength and, do suffer from tension and frustration, which if persists, leads to a state of depression. That is why respondents belonging to Below Average group were found more prone to depressive symptoms than Above Average respondents.

(vi) Tactfulness - a dimension of Social Intelligence and Depression

Tact is the intelligence of the heart. It is tact that is golden not silence. Tact is the ability to describe others as they see themselves. Perseverance and tact are the two great qualities most valuable for all those who would climb, but especially for those who have to step out of the crowd. Without tact we can learn nothing. Tact teaches us when to be
silent. Persons who are always questioning, never learn anything. Thus, tact is the ability to see others as they wish to be seen.

For the assessment of the impact of Tactfulness- a dimension of Social Intelligence on depressive tendency of respondents, Beck Depression Inventory was administered over the respondents belonging to Above Average and Below Average groups. Here different levels of Tactfulness were taken as the independent variable and level of depression as a dependent variable.

For this purpose, obtained Mean and S.D. values were noted down in Table-5.18. From this table, it is obvious that respondents belonging to Above Average and Below Average groups on Tactfulness dimension of Social Intelligence differ significantly on the measure of depression \( F = 7.18, p < .01 \). Since mean value of the respondents belonging to Below Average group \( M = 9.90 \pm 1.84 \) is greater than the mean score of Above Average respondents \( M = 8.55 \pm 1.69 \) it can be said that persons possessing low degree of Tactfulness are more prone to depression \( \text{(See Fig. 5.13).} \text{ Thus, it is clear that tactfulness seem to be negatively correlated to depression.} \)

On the basis of obtained mean values we can arrive at safe and reliable conclusion that respondents belonging to Above Average Group on Tactfulness dimension of Social Intelligence were found comparatively
less prone to the symptoms of depression because they remember to say right thing in right place and leave unsaid the wrong things at the tempting movement, they possess the ability to describe others as they see them selves and they possess the qualities of perseverance and tactfulness. That is why they were found less prone to depression in comparison to Below Average respondents.

It is evident from Table-5.19 that respondents belonging to Below Average and Above Average groups differ on the measure of depression. The mean score on Beck Depression Inventory of respondents possessing low degree of Tactfulness is lower than the mean score of respondents possessing high degree of Tactfulness. Thus, it can be said that respondents possessing low degree of Tactfulness are prone to depression.

Respondents belonging to Below Average group on Tactfulness dimension of Social Intelligence Scale are not able to deal situations effectively, unable to describe others, unable to say right thing in the right place, unable to step on one's toes and possess a hole in their mind. If these characteristics persists, leads to a state of depression. That is why, respondents belonging to Below Average group were found more prone to depression than Above Average respondents.
(vii) Sense of Humour: a dimension of Social Intelligence and Depression

People of all ages and cultures respond to humour. The majority of people are able to experience humour i.e. to be amused, to laugh or smile at some thing funny and thus they are considered to have a sense of humour. Humour is the tendency of a particular cognitive experiences to provoke laughter and provide amusement. There are many qualities important for human. But a good sense of humour is one of the most important human qualities.

Humour is the quality of being laughable or a "comical" or a "state of mind, mood and spirit". Humour is flowing, involving basic characteristics of the individual, expressed in the body, emotions and spirit (Patty Wotten 1996). Humour resources are abundant and the ability to create humour in our lives has no limit. Humour works well against depression. Good feeling replace the bad ones. Humour distracts us and gives us a different perspective on our problems, and with an attitude of detachment, we feel a sense of self-protection and control in our environment (Wooten 1996). Laughter combats stress. Laughing freely with others can be a natural and powerful antidote to stress. Our sense of humour gives us the ability to find delight, experience, joy and to release tension (Fry 1993). Laughter has positive effects on the body. A healthy sense of humour helps, combat depression and boosts mental and physical health.
As a result of it, the present study was designed to explore the impact of different levels of Sense of Humour on depression by categorizing the subjects into Below Average and Above Average group on this dimension of Social Intelligence. Below Average and Above Average respondents were then, administered Beck Depression Inventory and the obtained Mean and S.D. values were presented in Table-5.21 in the chapter of Results.

The data indicate apparently that there is significant difference between the scores of Above Average and Below Average respondents (F = 8.12, p < .01) indicating less proneness among Above Average and more proneness among Below Average respondents towards depressive symptoms (Fig. 5.15).

Table-5.21 indicates that Below Average respondents on Sense of Humour dimension of Social Intelligence were exhibiting and feeling more depressive tendency than Above Average respondents because Above Average respondents use humour for positive, playful, uplifting, healing and loving purposes, they take their work in life seriously (Peter & Bill 1982), they laugh generously at other’s attempts to be humourous, they use humour to cope, to survive, to heal, to grow, and to pass on loving-kindness and they lookback and know that they laughed lovingly, fully and well (McWilliams 1994).
Thus, we can conclude that quality of good sense of humour is very beneficial because it helps us to look the reality of life from optimistic way, keep ourselves younger, and influence other people in good way, good sense of humour can make a person to accept the harsh realities of life. We confront with a lot of daily problems. Some of them we can not solve easily and on time. A person who has a sense of humour does not become serious because of these problems. They look the problem from different angle and find solutions immediately. That is why respondents belonging to Above Average group on dimension of Sense of Humour of Social Intelligence Scale were found less prone to depressive symptoms.

(viii) Memory - a dimension of Social Intelligence and Depression

In psychology, memory is the process in which information is encoded, stored and retrieved. Memory is but one of suite of higher or executive brain functions. The loss of memory is described as forgetfulness, or as a medical disorder, amnesia. Brain areas involved in the neuroanatomy of memory such as the hippocampus, the amygdala, the straiatum, or the mammillary bodies are thought to be involved in specific types of memory. Damage to certain areas in patients and animal models and subsequent memory deficit is a primary source of information.
It is also well known that depression impairs the ability to create long-term memories. It really comes down to a lack of attention and concentration. Many people suffering from this chronic illness lose their appetites, their ability to sleep normally, and the very ability to enjoy the simplest pleasures. Among the more conspicuous of the casualties is memory. Scientists are probing the connection between depression and memory—some in hopes of improving treatments, others to improve understanding of the deep connections between mind, mood and memory. A depressed person may be too inattentive and focussed to file passing events in short-term memory.

However, there seems to be an important issue which as, strongly enough, not received due attention. It is indubitable that depression impair the ability to create long-term memories. The movement, known as new look in memory has convincingly shown that one of the cardinal signs of depression is memory impairment. When the individual's level of depression impairs the memory of respondent, it is quite safe to infer that level of memory would (and should) influences the depressive symptoms of respondents. Having such argument in view, the present study was designed to explore the impact of level of memory on depression of respondents by categorizing them into Above Average and Below Average respondents on the basis of their respective scores obtained on Memory dimension of Social Intelligence. After that Beck Depression Inventory
was administered over them. Obtained Mean and S.D. values were presented in 5.24.

A close inspection of Table-5.24 indicates that mean scores of Above Average (M = 7.95 ± 1.65) and Below Average (M = 10.00 ± 1.73) respondents show wide variations. It is evident that as the level of memory increases, symptoms of depression decreases orderly. Mean scores in Table 5.24 show that Above Average students have shown normal symptoms whereas students belonging to Below Average group were more prone to depression (F = 8.16, p < .01) (See Table 5.24). These characteristics of data become quite clear when the means are represented graphically showing the performance of Above Average and Below Average Respondents on BDI in Fig. 5.17.

There were two comparable groups-Above Average and Below Average, showing the Level of Memory through their respective scores on Memory Dimension of Social Intelligence Scale. The result of this study confirms the superiority of Above Average respondents than Below Average respondent on BDI because Above Average respondents were found less prone to depression.

Below Average respondents have showed marked increase in symptoms of depression because depression decreases memory recall in humans. The reason behind this finding is that memory was never
stored appropriately and systematically in the proper place. Since depressed people generally have decreased levels of serotonin which may responsible for the reduced brain-cell activity. It is fact that serotonin is involved in regulating the arousal-the ability to feel interested in or stimulated by normally pleasurable activities. There is no doubt in accepting that depression leaves few corners of the human mind unscattered because people suffering from illness lose their appetites, they can not sleep normally, they can not enjoy the simplest pleasures, they feel trouble in initiating tasks, making decisions planning future actions or organizing thoughts while in the grip of melancholy, a depressed person tends to recall mostly the negative and unhappy experiences whereas a normal person tend to remember happy events when they are happy and sad events when they are sad. Depression impairs the memorization. It really comes down to a lack of attention and concentration.

Since depression is a psychiatric condition, characterized by persistent feelings of sadness, guilt or worthlessness, often accompanied by difficulty in concentrating, remembering or making decisions, loss of interest in people and activities that once brought pleasure for them, change in eating and sleeping habits, feeling tired all time, feeling restless, and irritation and concern with the thoughts of death/suicide. That is why depressed people (Below Average) have decreased level of memory because memory is impaired by depressive symptoms.
Where as the respondents belonging to Above Average group on Memory dimension of Social Intelligence were found less prone to depressive symptoms because they learn rapidly, possess extensive vocabulary and excellent memory, good sense of humour, compassion for others, vivid imagination, senstivity, wide range of interest, social and emotional maturity and reasons well. They were found more concerned with justice and fairness. That is why, they were found comparatively less prone (normal) to depression.

**Dimensions of Emotional Intelligence and Depression**

Emotional Intelligence (EI) is the ability to recognize and express emotions in yourself, and the ability to understand the emotions of others. Emotional Intelligence is now widely used in management and teaching to improve client outcomes. EI is a type of social intelligence that involves monitoring one's own and other's feeling, to discriminate among them, and to use this information to guide one's thinking and responses (Bar-on 2006; Reis et.al. 2007).

Saklofske et.al. (2003) reported negative correlations between EI and depression-proneness and positive correlation between EI and subjective happiness and life satisfaction among undergraduate students. Ciarrochi et.al. (2002) showed that subjects that can manage others emotions seen to respond less intensively to stressful situations and exhibited less suicidal ideation, less depression and less hopelessness, they express.
more empathy and they have better social support that protects them from negative feelings. In contrast, subjects higher on emotional perception reported greater depression, hopelessness and suicidal ideation.

Depression is one of the top four largest causes of global disease burden in terms of its impact on the individual sufferer, the family and society in general terms of lost productivity. Review of researches indicate that no study exists that examines EI as a possible predictor of younger adults, that is why the present study was designed to explore the impact of EI on depressive tendency of respondents.

Dimension wise impact of EI on depression were analyzed and presented in the following section.

(i) Intrapersonal Awareness - a dimension of EI and Depression

'Intrapersonal awareness' means 'awareness towards existing or occurring within the individual self or mind'. Intrapersonal awareness and skills are the foundations of a successful career. This is emotional intelligence, the ability to know, understand and manage your emotions. Intrapersonal is also defined as self-awareness. People that are intrapersonal know what their strengths and weaknesses are and what makes them unique.
Since Intrapersonal Awareness is defined as the ability to understand feeling in one self and to use these feelings as informational guide, may influence the symptoms of depression because of emotional self-awareness and self-actualization. Keeping these facts in mind, the investigator tried to explore the impact of Intrapersonal Awareness on depressive symptoms of Above Average and Below Average groups categorized on the basis of their respective scores obtained on Intrapersonal Awareness dimension of Emotional Intelligence by administering BDI. Obtained Mean and SD values were presented in Table-5.27.

A thorough analysis of Table-5.27 enables to compare the depressive tendency of respondents belonging to Above Average and Below Average groups, it is observed that respondents belonging to Below Average group (M = 9.80 ± 1.65) have exhibited and felt comparatively more symptoms of depression than Above Average respondents (M = 8.20 ± 1.78) on BDI (See Fig.-5.19), F ratio for level of Intrapersonal Awareness was found statistically significant at respectable level of significance (F = 7.53, p < .01).

To establish relation between Intrapersonal Awareness and depression, it would be preferable to look for the common causal factors of both these variables.
The obtained Mean value obtained on BDI by Above Average and Below Average respondents indicate that Above Average respondents were found less vulnerable to depression because they know their strengths and weaknesses, they start their performance with 'acute self-awareness', they know what drives, angers, motivates, frustrate and inspire them, they are able to control unexpected emotions like anger and frustration, they possess the characteristics of persistence, perseverance, resilience, self-confidence, responsibility and initiativeness, they possess the ability to bounce back from setbacks, to forgive and forget and to stay calm and balanced in stressful situations. These are the important reasons that make Above Average respondents less prone to the symptoms of depression.

(ii) **Interpersonal awareness - a dimension of EI and Depression**

Interpersonal awareness is the process of being aware of one's true intrinsic qualities like behaviours, attitude, perception, skills etc. by himself/herself or by the other members of the group. Thus, Interpersonal Awareness is a naturally gained understanding of the social relations of one's personal contacts. This awareness is vital for the micro-coordination of society. Interpersonal awareness is largely predicted on one's existing interpersonal relationships.
The maintenance of interpersonal awareness is centered on knowing specific items of information about one's social contact, depending on the individual and his or her context. In general, a strong need for interpersonal awareness equates to the desire to know very specific low-level details about one's social contacts: a more discretionary need for interpersonal awareness equates to the desire to know only high-level awareness information. Thus, interpersonal awareness—one of the four domains of EI, is a key skill in Emotional Intelligence. A high score on Interpersonal Awareness shows an ability to express one's thoughts and feelings in an easy and comfortable way to others. A low score on this scale shows some of the problems in comfortably expressing how one think and feel.

It is evident from reviews that the functional relationship between Interpersonal Awareness and depression employing younger adults was not investigated. As a result of it, the present study was designed to explore this quantitative and functional relationship by administering BDI over Above Average and Below Average respondents categorized on the basis of respective scores obtained on Interpersonal Awareness dimension of Social Intelligence. Obtained Mean and S.D. values were presented in Table-5.30.
A thorough study of mean values presented in Table-5.30 indicate apparently that mean performance of Below Average respondents \( (M = 11.10 \pm 1.59) \) was greater than the Above Average respondents \( (M = 8.70 \pm 1.65) \) indicating later group tend to be less depressive (See Fig. -5.21). The data presented in Table-5.30, evinced by the visual inspection of Fig.-5.21 emphasize the fact that the two variables Interpersonal Awareness - a dimension of EI and depression seem to be negatively correlated. The obtained F-ratio = 8.01, \( p < .01 \) was found statistically significant at respectable level of significance.

To establish a relation between Interpersonal Awareness and Depression, it would be preferable to look for the common causal factors of both these variables. There are certain aspects, which together constitute the phenomenon of EI as a whole. Thus, a person scoring low on Interpersonal Dimension - a dimension of EI is likely to possess several negative qualities such as egocentric, concerned more about their own needs, feeling, ideas and opinions. They can not relate, coordinate or develop a rapport with others easily. They are likely to have less sympathetic attitude towards others. Due to their withdrawal tendency, they find difficulty in maintaining interpersonal relationship. That is why respondents belonging to Below Average group were found more prone to the symptoms of depression. Thus, we may conclude that EI is a precipating factor in depression (Agmilar, Bedan & Authory 2009).
Respondents belonging to Above Average group on Interpersonal Dimension of Emotional Intelligence are interested in knowing specific details about outcome of activities that have already happened, they desire to have a general understanding of social upcoming events, the outcome of past activities and knowledge about one's health and personal relationship and they generally desire to know about past activities or events but at a much higher level of detail where major life events or changes are shared. That is why they were found less prone towards the symptoms of depression.

(iii) Intrapersonal Management - a dimension of EI and Depression

Intrapersonal management refers to intrapersonal awareness and skills of the individual which include active listening, non-violent communication and conflict resolution. Awareness and self-knowledge are not enough to assure success in our relationships with others. Being with others in nonviolent, empowering, compassionate or creative ways requires specific skills and their proper management. Our developed social system calls us to develop skills in coping with diversity and multiculturalism. Intrapersonal management takes place within a single person, often for the purpose of maintaining appropriate relationship with others. Intrapersonal skills and management enables the person to form an accurate picture. One self, access one's own feelings and draw upon the emotions to guide
behaviour. Intrapersonal abilities includes knowing, controlling and managing one's own emotions.

To explore the impact of Intrapersonal Management - a dimension of Emotional Intelligence on depression, respondents belonging to Above Average and Below Average groups were administered BDI and obtained Mean and S.D. values were presented in Table-5.33.

The results presented in Table-5.33 depict that mean score of Below Average respondent (M = 9.35 ± 1.68) is greater on BDI than those of Above Average respondents (M = 7.65 ± 1.61). The obtained F ratio (F = 7.77, p < .01) is significant at respectable level of significance. It is obvious that Intrapersonal Management - an important dimension of EI is significant in relation to depression (See Fig.-5.23). Meaning thereby that Intrapersonal Management has significant impact over depressive symptoms of respondents.

The low scorers on the factor in question i.e. Above Average scorers on Intrapersonal Management dimension of Emotional Intelligence, tend to be self-aware and form an accurate picture of one self, they recognize feelings as it happens, they control their own emotions, they respond to situations appropriately, and they possess the capacity of marshalling their emotions, they known what inspire them, they control unexpected emotions like anger and frustration, they know their strengths and limitations, and they possess the ability to stay calm and balanced in
stressful situations. That is why they were found less prone to the symptoms of depression.

(iv) **Interpersonal Management - a dimension of EI and Depression**

Interpersonal management refers the management of interpersonal skills necessary to understand and to deal other people. It is important for a person to gain an awareness of their skills and understand that an awareness of the interpersonal skills of others can help us enormously in dealing with the work tasks. Much of what is most important about management is interpersonal, how we deal with others. Awareness of our own and others interpersonal skill can help the individual in managing their interpersonal skills. Informations relating to interpersonal awareness is typically gathered using one or more techniques - face-to-face interaction, mediated interaction, and visual cues. People also maintain a high need for interpersonal awareness of intimate socials. This need is simply for the more desire to know how an intimate's social life is progressing be it in terms of social or work related activities. Thus, we can conclude that interpersonal management helps the individual to recognize and make distinctions about others' feelings and intentions. The role of interpersonal management is relevant to several typical professions e.g. teachers, politicians and sales persons. Thus, we can conclude that interpersonal management refers to the management of interpersonal skills that provide
the ability to understand other people and to discern, respond appropriately to moods, temperaments, motivations and desires of other people.

To explore the impact of Interpersonal Management - a dimension of Emotional Intelligence on depressive tendency of respondents, BDI was administered over Above Average and Below Average respondents. Obtained Mean and S.D. values were presented in Table-5.36.

The results contained in Table-5.36 showed significant difference between Above Average and Below Average respondent in terms of their Interpersonal Management. The mean score obtained by Above Average group of respondents (M = 7.15 ± 1.43) was less than the mean score of Below Average respondents (M = 9.05 ± 1.55) on Beck Depression Inventory. Thus, the Below Average respondents showed greater proneness towards depressive symptoms (See Fig. 5.25). The difference between these two groups irrespective of sex variable in terms of depression was statistically significant (F = 6.97, p < .01).

It is evident from Table-5.36 that respondents belonging to Below Average group were found more prone to the symptoms of depression because they find themselves unable in managing interpersonal relations and connect with other people's feelings appropriately. Conclusively, we can say that they lack the abilities of interpersonal management viz. the capacity to listen and to attuned to an other person (empathy), the capacity
to interact with others smoothly by coordinating moods and dealing effectively with other persons emotions (relate) and the capacity to live out of the creative, cooperative, positive approach of how to make things happen (optimism).

**Sex variable and Depression**

Depression in any form is a natural part of life. No body can go through life and never experience sadness, anxiety, or stress. Unfortunately, adolescents are more prone to depression than other age groups. Depression affects most aspects of life including physical health, participation in social activities, satisfaction with life and paid work. WHO stated that 1 in 4 adolescents thinks about suicide each year and by the end of high school 1 in 10 has attempted suicide. But more specifically, adolescent females are twice as likely to become depressed when compared to their male peers (Pearse 2004).

A group of investigators in England gave a survey to 375 females between the age of 11 to 16. In the results of the survey, the investigators found that the likliness of depression increase with age. According to these results, 3% of 11 years olds, 20% of 14 years olds, and 43% of 16 year olds could be classified as having major depressive disorder (Sands 1998).

Women are twice as likely as men to suffer from depression. Higher rates of depression in women are associated with both biological and social
factors. Depression occurs most frequently in women ages 25 to 44, and peaks during child-bearing years. Social factors such as stress from family and work responsibilities also increase the risk of depression in women.

Keeping these facts in mind, the investigator tried to explore the sex difference in depression. For this purpose, BDI was administered over male and female respondents and obtained mean and SD values were presented in Table No.-5.3, 5.6, 5.9, 5.12, 5.15, 5.18, 5.21, 5.24, 5.27, 5.30, 5.33, 5.36 and 5.39 (See Fig. nos. 5.4, 5.6, 5.8, 5.10, 5.12, 5.14, 5.16, 5.18, 5.20, 5.22, 5.24, 5.26 and 5.28). A close inspection of these tables reveals that female respondents have obtained comparatively higher mean scores than male respondents irrespective of any dimension of social and emotional intelligence. Inspite of these mean differences, all F ratios for sex variables presented in Table No. 5.4, 5.7, 5.10, 5.13, 5.16, 5.19, 5.22, 5.25, 5.28, 5.31, 5.34, 5.37 and 5.40 were found statistically significant at respectable level of significance.

It is a well established fact that there is an inherent difference in the basic tendencies of male and female, which is not only genetic but has several social and behavioural dimension also. Since time immemorable, the society has defined specific roles for males and females. Males have been projected and brought up as more independent, active, ambitions, socially mobile, career oriented, earning member of the family, while, the female are projected and nurtured as the 'homemakers', with less career-orientation, caring,
soft, tolerable and ready to face the problem of self, as well as of family members. That is why significant differences in the responses of male and female respondents have been observed in context of mental and behavioural traits (Garai & Sheinfeld 1968), facial stimuli (Levis et al. 1965), mental health (Garai 1970), creativity (Guilford 1964), mental illness (Phillips 1972), social behaviour and morality (Staub 1971), interpersonal relationships (Saxena & Sharma 1980), aggression (Prasad 1980), perception (Singh 1980), time-orientation (Seth 1986), value systems and ego-ideals (Upadhyay 1987), cognition (Rai & Prakash 1987) and parent evaluation (Sinha, Singh & Kumari 1988). In the light of these studies, we can convincingly argue that the result of the present study support the above mentioned studies, in which significant difference was observed in several psycho-social factors.

The reason for the female respondents being more depressed than the male respondents can be attributed to the fact that females show more proness to the symptoms of depression because adolescent females possess self-defeating beliefs. Self-defeating thoughts come from learned helplessness from society. Women are more likely to be abused, made to feel helpless and feel vulnerable (Myers 2004). Females respond much stronger to stress, Myers (2004) says, "When trouble strikes, women tend to think, men tend to act. Women often have vivid recall for both wonderful and horrid experiences; men more vaguely recall such experiences. This gender difference
in emotional memory may feed women's greater rumination over negative events and explain why 16% of entering American college men and 35% of entering women reported being 'frequently overwhelmed'. A woman may fret and act anxious or depressed, while a man may distract himself by drinking, acting out, involving into work, or watching sports."

Researchers have known for a long time that mood disorder tends to run in families. The risk of developing depressive symptoms increases when individual have a depressed parent or sibling. Genes direct biochemical events in the brain and eventually influence behaviour (Myers 2004).

Another biological reason that female adolescents may suffer from depression is the age of puberty. Puberty is a troubling time filled with change, and this may cause confusion and doubt in young women (Burkett 2000).

There are other factors influencing the onset of depression besides biological factors. Social expectations leave women vulnerable to depression (Sands 1998). Sands (1998) states that "women are at higher risk for depression due to such contributing variables as the societal expectations that women respond to the needs of others over their own.

Women are expected to play a stereotypical role in society. Characteristics such as passivity, low-self esteem, feelings of incompetence, self-
blame and crying are all normal for females. Unfortunately, these all are signs of depression as well (Sands 1998).

Thus, we may conclude that there are many tell-tale signs of depression. Some symptoms are much harder to spot than others, because depression seems to be a chicken and egg problem. Depression in female adolescents is a rising problem. The societal demands are constantly changing, and women will always try to meet them. Self-defeating beliefs, stronger response to stress and genetic influences contribute to the problem significantly.

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