

Impact of Depression on Emotional Intelligence among Indians in Late Adolescence

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Abstract— *In today's ever-changing world, there is a magnanimous shift in our philosophies, cognition and our social structure. With acculturation making a strong impact on Indian society, the current Indian society is a metamorphosed version of amalgamation of its authentic attributes and its Western counterparts' attributes. The shift in societal structure along with advancement in technology has a great influence on our life, our holistic well-being and happiness and our emotional intelligence. The study aims at establishing the correlation between depression and emotional intelligence.*

Keywords— *adolescence, depression, emotional intelligence, Indians.*

I. INTRODUCTION

In today's time, humans are constantly bombarded with a lot of happenings; resulting in various psychological issues like anxiety, stress, depression, etc. These negative emotions are quite important from evolutionary perspective- they are quintessential for survival and striving. Various studies have been conducted to analyze the influence of depression on various facets of life, but this study aims to find the impact of depression on emotional intelligence.

1.1 Depression

Depression word has its root in the Latin word *depressare* and *deprimerre* meaning to press down. Depression is defined as a condition where in a person experiences utmost despair, lethargy and varied symptoms analogous to it. Other symptoms associated with depression is the loss of affinity in various chores which at one time brought happiness. For instance a person suffering of depression wouldn't like indulging in desserts, had he been a sweet tooth prior to it. Depression is a very common disorder.

1.2 Emotional Intelligence

We every day encounter mammoth of emotions be it fury, rage, envy, ecstasy or loathe. Emotions are defines as feeling states that involves physiological, cognitive and behavioural reactions to instances (Passer & Smith, 2011)[1]. The term emotional intelligence was coined by Salovey and Mayer in 1990 (Salovey & Mayer, 1990; Mayer & Salovey, 1993, 1995). Salovey and Mayer (1990)[2][3] defined emotional intelligence as a version of social intelligence that inculcates the capability to access

one's own and others' emotions, to differentiate among these emotions and to utilize these judgment to influence one's actions and thoughts. A study conducted by Guerra-Bustamante et al. (2019)[4] aimed to analyze the link between various dimensions of emotional intelligence- attention, clarity and repair; and different level of perceived happiness in adolescents. The tools used comprised of the Spanish version of Trait Meta Mood Scale-24 Questionnaire, for EI and the Oxford Happiness Questionnaire for various levels of perceived happiness- low, medium and high. The results show that as adolescents' capacities of emotion regulation and comprehension is proportional to their subjective happiness.

As the paper deals in formulating a link between depression and emotional intelligence in Indians falling in the late adolescence category, it is essential to get insight into Indian view of emotional intelligence. It is an interesting observation, that the concept of emotional intelligence finds its roots in ancient Indian texts like Bhagwad Gita, Upanishads and Vedas. Concepts like 'Vasudhaiv Kutumbakam'- treating everyone like a family, surpassing biases and prejudices; and 'Atma bodha', i.e. aligning oneself with the universe in order to partake social outcomes rather than materialistic goals, are reiterated by Indian ancient texts, instilling in Indians the concept of Emotional Intelligence and making them aware about the social values (Gopraj & Sharma, 2011)[5]. Emotional Intelligence when viewed from Indian perspective includes traits like respecting elders, empathy for others, fulfilling one's duties along with morals of benevolence, kindness

and Ahimsa (non-violence), which provide a framework for emotional responsibility and expression along with dealing with socio-cultural and emotional scenarios (Anand, 2017)[6]. The cultural practices in India induces the concept of emotional intelligence in Indians (Sibia, Srivastva and Mishra, 2005)[7].

Late adolescence is an age where the individuals have a great potential and they have a sense of self-esteem. It has been found that for life success, 80% contribution is by emotional intelligence and the rest 20% is contributed by intelligence (Goleman, 1995)[8]. As research states the importance of EI, so the findings of the research may help in influencing or developing a methodology to train adolescents with hefty emotional intelligence.

II. SUBJECTS AND METHODS

2.1 Sample

The subjects of this research are Indians in the late adolescence. State Adolescent Health Resource Center defines late adolescence or young adulthood as the period of frequent change and discovering various aspects ranging from home, family, school, resources, work and life. The age bracket is from 18 years to 24 years (Teipel)[9]. The sample size (n) is 70. These 70 subjects are Indians from the age group 18-24 years and gender is not a parameter.

2.2 Hypothesis

There is a negative correlation between depression and emotional intelligence among Indians in late adolescence.

2.3 Instruments

Two tools were used in this study,

2.3.1. Beck Depression Inventory: The tool used to evaluate depression is Beck Depression Inventory (BDI)-II, which is a 1996 revised version of original version created by Aaron T. Beck. The inventory is a self-report inventory having total of 21 items. Each question has a score ranging from 0 to 3 and takes from 5 to 10 minutes to be completed. The BDI-II has a positive correlation with Hamilton Depression Rating Scale where $r = 0.71$. It has a test-retest reliability of $r = 0.93$. The internal consistency of BDI-II is $\alpha = 0.91$.

2.3.2 Emotional Quotient Test: The tool used to measure EI is Emotional Quotient Test developed by Dr Dalip Singh and Dr NK Chadha (2001) for Indian population. The test measures three psychological dimensions such as emotional maturity, emotional sensitivity and emotional competency. The test has 22 situations followed by 4 options, among which the participant has to choose. This EQ test has a validity of

0.89 and a test-retest and split-half reliability of 0.94 and 0.89 respectively.

III. PROCEDURE

The present research was conducted to find the impact of depression on emotional intelligence among Indians in late adolescence. So the targeted age group was between 18 to 24 years having Indian nationality. First, a consent form was signed by the participants where after the participants were given two questionnaires to fill. The first was a questionnaire on evaluating depression and the second questionnaire is an Indian scale for measuring emotional intelligence.

IV. DATA ANALYSIS

Once the data was collected, the correlation was evaluated using IBM SPSS Statistics v23x64. It was used to evaluate the effect of independent variable (depression) on dependent variable (emotional intelligence).

V. RESULTS

Table.1 Correlation between depression and emotional intelligence

Model	R	R ²	Adjusted R Square	Std. Error of the Estimate
1	.512a	.262	.251	33.11590

Note: Significant at $p < 0.005$

There is high negative correlation between authentic happiness and emotional intelligence of 0.512 (R). The R square tells the dependency of dependent variable on independent variable, which can be converted into a percentage. It states that the influence of depression on emotional intelligence is 0.262%, and the rest percentage is influenced by other factors, not included in the study.

VI. DISCUSSION

The research establishes a strong negative correlation between depression and emotional intelligence. It states that a depressed person's tendency to understand his own or other's emotion is lowered. There is an inverse relationship between two. A study titled 'The Relationship between depression and emotional intelligence among a sample of Jordanian children' (Tannous, Matar, 2010)[10] found that in Jordan, depressed male had higher EQ score as

compared to females. The participants of this research were kids between 11-12 years.

Similarly, a study titled "Emotional intelligence and depression: The moderator role of gender" (Jose, Extremera, Fernandez-Berrocal, 2012)[11] found that lower level of EQ resulted in men getting depression whereas the findings were contrary in case of women. Another study titled 'The Role of Emotional Intelligence in Anxiety and Depression among Adolescents' (Jose, Extremera, Fernandez-Berrocal, 2006)[12] found that adolescents who were able to disintegrate between their various emotions showed less susceptibility to depression and anxiety.

VII. CONCLUSION

The above study shows a high negative correlation between depression and emotional intelligence, i.e. a person experiencing higher levels of depression would have lower emotional intelligence and vice versa. The research was conducted on 70 Indian adolescent subjects.

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