



A Study of Effectiveness of Emotional Intelligence Training Programme on the Emotional Intelligence of Juvenile Delinquents

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A Study of Effectiveness Of Emotional Intelligence Training Programme On The Emotional Intelligence Of Juvenile Delinquents Abstract Emotional intelligence is a set of qualities and competencies that captures a broad collections of individual skills and dispositions referred as inter and intra personal skills. Emotions are intrinsic part of our biological makeup and effects the behavior of all types of individuals of all age group.

Abstract

Emotional intelligence is a set of qualities and competencies that captures a broad collections of individual skills and dispositions referred as inter and intra personal skills. Emotions are intrinsic part of our biological makeup and effects the behavior of all types of individuals of all age group. Juvenile delinquency refers to antisocial and criminal behavior committed by persons under the age of 18 years. The paper aims to find effect of Emotional Intelligence Training program on emotional intelligence of juvenile delinquents. Objectives and hypothesis were framed for the study, the hypothesis which were as: 1. There is no significant difference between the mean scores of pre test and post test of the control group with regard to their emotional intelligence. 2. There is no significant difference between the mean scores of pre test and post test of the experimental group with regard to their emotional intelligence. Emotional Intelligence Scale and Emotional Intelligence training program propounded by Dr. J.C. Ajwani, Dr. A. Sethi, Ku. G. Bhatphadi, Ku. M. Hussain was used to collect data. Results revealed that, it indicates that there was significant difference in emotion intelligence score of control and experimental group. It was also found that there was significant effect of the emotional intelligence training program on Experimental group. It was also seen that there is no significant difference in emotion intelligence score of pre test and post test of control group. Finally it was found that there was significant effect of training program on experimental group.

Keywords

Emotional Intelligence, Training Program, Juvenile Delinquents.

Introduction

Emotional intelligence refers to the abilities based on which a person may discriminate and monitor his /her own emotions and others emotions as well as to his / her to use the information held in order to guide his / her own thinking and actions (Salovey and Mayer 1990). According to Medinnus and Johnson “Delinquency, as a social problem, appear to be on the increase”. Juvenile delinquency refers to the behavior of children or minors that is in violation of the law and is therefore subject to legal or criminal action (Agnes, 1996). The emotional intelligence training program has 15 dimensions under 5 main heads i.e. intrapersonal realm, adaption realm, stress management realm and mood management realm. Emotional intelligence scale and emotional intelligence training program is propounded by Dr. J.C. Ajwani, The research study Dulewic and Higgs (2004) revealed the effectiveness of emotional intelligence training program in improving the five of the seven elements of emotional intelligence.

Thus from the above researches it is clear that the emotional intelligence training program is effective in increasing the level of emotional intelligence of Juvenile Delinquents.

Scope and Significance of the Study

1. The Major area behind taking this study to find out the effectiveness of emotional intelligence training program on emotional intelligence of juvenile delinquents.
2. The training program helps in enhancing emotional intelligence of juvenile delinquents.
3. The 15 dimensions of the training program include self- actualization , self- regards, stress tolerance, happiness , optimism, emotional self- awareness, assertiveness, independence, empathy, social responsibility, reality testing, flexibility are helpful in enhancing personality .
4. Some other variables are also included to make it more effective and can enhance their personality more effectively.
5. Some other life problems such as rigidity can also be tested.

Statements of the Problem

“A study of effectiveness of emotional intelligence training programme on the emotional intelligence of Juvenile delinquents”.

Objective of the Study

1. To find no significant difference between the mean scores of pre test and post test of the control group with regard to their emotional intelligence.
2. To find no significant difference between the mean scores of pre test and post test of the experimental group with regard to their emotional intelligence.

Hypothesis

- H₁** There is no significant difference between the mean scores of pre test and post test of the control group with regard to their emotional intelligence.
- H₂** There is no significant difference between the mean scores of pre test and post test of the experimental group with regard to their emotional intelligence.

Independent variable involved in this research work is “Emotional Intelligence Training Program” and Dependent variable is Emotional Intelligence of juvenile delinquents.

Population

For the present study the researcher has made study about the “Effectiveness of emotional intelligence

training program emotional intelligence of Juvenile Delinquents” the researcher has chosen Durg district area as the population for the study. It includes only one Juvenile centre situated in Pulgoan.

Sample

In the present study the researcher has taken 40 male J.D. as sample. And adopted purposive sampling technique. The researcher has taken his samples from the Juvenile centre of Durg Pulgaon.

Research Procedure

In the present study the researcher has taken emotional intelligence scale and emotional intelligence training program as its tool or instrument. Sample taken for the study is 40 Juvenile Delinquents from Juvenile centre of Durg Pulgaon. All delinquents are male from age group of 12 to 18 years. The researcher has used purposive sampling technique. There is pre test and post test and in between their emotional intelligence training program is given to the Juvenile Delinquents for 10 days. It covered 15 dimensions of their personality five major dimensions are intrapersonal realm, interpersonal realm, adaptation realm, stress management realm and mood management realm, under this 5 main dimensions there are 15 more points they are emotional self – awareness, assertiveness, independence, self – regard, self – actualization, empathy, social responsibility, interpersonal relationship, problem solving, reality testing, flexibility, stress tolerance impulse control, happiness, optimism. In the present study emotional intelligence of Juvenile Delinquents is assessed by computing dependent t – test.

Research Instrument

In the present study the researcher has used emotional intelligence scale and emotional intelligence training program propounded by Dr. J.C. Ajwani, Dr. A. Sethi, Ku. G. Bhatphadi, Ku. M. Hussain.

Statistical Treatment

In the present study the researcher has used Dependent t – test for paired sample to find out the significance of the hypothesis.

Result & Interpretation

H₁ There is no significant difference between pre test scores of control and experimental group with regard to emotional intelligence.

Table 1

S. No.	Group	Mean	t- Value	Significant Level
1	Control	96.15	2.1498	S**
2	Experimental	108.65		
df = 38		S**	Significant at 0.05 level	

(Source : Primary Data)

The result of the normal t-test in table I showed that the t-value for pretest score of control and experimental group is 2.1498 which is found to be significant at 0.05 level. It indicates that there is significant difference in emotion intelligence score of control and experimental group.

H₂ There is no significant difference between the post test scores control and experimental group with regard to their emotional intelligence.

Table 2

S. No.	Group	Mean	t- Value	Significant Level
1	Control	90.85	5.246	S**
2	Experimental	121.75		
df = 38		S**	Significant at	0.01 level

(Source : Primary Data)

The result of the normal t-test in table 2 showed that the t-value for post test, scores of control and experimental group is 5.246 which is found to be significant, at 0.01 level. It indicates that there is significant effects of the emotional intelligence training program on Experimental group.

Discussion

Similar results was observed in the findings of Jonh, R.B. (2011) that significant positive correlation exit between emotional intelligence and self-esteem; a positive correlation between emotional intelligence and task- oriented coping; a negative correlation between emotional intelligence and emotion-oriented coping. Similar result was observed in the finding of Walsh Patricia (1996) that there was significant difference between the two samples in level of punishment, attachment, supervision, family size and structure but no difference in times of delinquency. Similar result was observed in the finding of Dulewicz and Higgs (2004) that their statistically significant improvement on five of the seven elements of emotional intelligence. The result of present study also revealed that there is significant effect of training program on emotion intelligence. In the findings of Cavin, Clark (2000) similar result was found that their was a significant differences between the MBTI scores of juvenile delinquents and general population on dichotomous scale temperament, function pairs and types. Similar result was found on the tin dings of Malek T. Jdailawi et.al (2005) that the raining program was effective in significantly raising the level of emotional intelligence.

Conclusion

Hence it can be concluded that emotional intelligence training affects the emotional intelligence among juvenile delinquents. Hence the emotional intelligence of a person can be enhanced by giving him training to control his emotions for others and also manage his or her self emotion. this control of emotion will help the juvenile delinquents to recover from their past background and to restrain themselves from any future crime.

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