

Effect of Emotional Intelligence on Resilience of Adolescents in Broken Families

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ABSTRACT:

Families with separated or divorced parents are regarded as broken families. Adolescents from broken families suffer from various psycho social problems. Resilience is the capacity to adjust to adversity and emerge stronger from it. Emotional intelligence can have a significant impact on how resilient they are in times of adversity. The aim of the study was to find out the effect of Emotional Intelligence on resilience of adolescents in broken families. Simple random sampling method was employed for data collection. The data was collected using Bharathiar University Resilience Scale (Form-A) and Emotional Intelligence Scale by Rajitha and Jayan (2003) Independent samples *t*-test, Pearson Correlation and regression analysis was used for data analysis. Findings suggest that emotional intelligence and resilience significantly positively correlated. Resilience is positively impacted by emotional intelligence and emotional intelligence is a predictor of resilience.

KEY WORDS:

Resilience, Emotional Intelligence, Adolescents, Broken family.

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I. INTRODUCTION:

The transitional period between childhood and maturity, known as adolescence, starts at age 12 or 13 and lasts until the late teens or early 20s. Because it is characterised by disagreements and mood swings, adolescence is seen as a time of crises and stressful storms (storm and stress). Adolescents need their families to guide them through difficult developmental tasks. Families are extremely important in assisting children in making the transition from childhood to adulthood. According to Berns (2003), families are where kids first learn to engage with others socially and express themselves as such. In addition, the family is in charge of providing for everyone's needs, allocating resources within the home, and nurturing children. Disrupted families will have an impact on all of the members, including the youngsters as well as the parents. Parents are more likely to have favorable personality development (Yusuf, 2004). A broken family is what happens when parents are not able to fulfil their responsibilities as well as parents in general, who are able to meet all of their children's requirements in a caring, emotional, and material way.

Children and adolescents are the ones that suffer from shattered families the most. They have been hit by the immediate effect. The children are the ones who suffer the most when a spouse divorces, leaving them with lasting physical, mental, and social scars. Children from broken homes typically grow up with low self-esteem and poor manners. Adolescents that cause conflict, rivalry, and unhappiness at school or another meeting place typically come from broken families. The majority of children who are admitted into observation homes or other social facilities as a result of serious behavior problems come from broken families with poor management and living conditions. A child's fears, lack of confidence, and self-doubt may eventually cause him to become restless.

Adolescence is a period of tremendous struggle and instability for adolescents from broken families. They could experience a sense of helplessness and stress and anxiety overload as a result. They might be wracked by intense, conflicted feelings, severely grieving what they've lost, or unsure of how to move on with their lives. They might even believe that they have no control over their life and that nothing that might happen in the future can be changed. While suffering, difficulty, or anguish cannot be avoided in life, there are techniques to ease the choppy waters and restore your composure. The ability to cope with suffering, grief, and change—aspects of life that have always been unavoidable, even before these extraordinary times—is resilience. Building resilience can aid individuals in better adjusting to life-changing events, navigating challenging circumstances, and recovering from adversity and sorrow.

Given that emotional intelligence (EI) is generally understood to be the ability to understand emotions

in one and others, manage emotions in a healthy way, and find pleasure in life, it is easy to see how EI and resilience are associated. In order to foster growth and preserve a good rapport with the other person involved in a difficult situation, an emotionally intelligent person can recognize and regulate their own emotional reaction. An emotionally intelligent person may recognize a stressful environmental factor, such as an emotionally charged fight with a partner, as a past experience linked to childhood adversity. They are seen as emotionally intelligent if resilience is broadly defined as the capacity to "bounce back" from a negative event and deal with stress by comprehending and managing one's own emotions as well as those of others. Emotionally intelligent people are capable of recognizing a potentially harmful situation for what it is, connecting it to a prior experience and coming up with solutions to get through it.

According to research, EI—the ability to understand and regulate one's own emotions as well as those of others—is crucial for overcoming pressures in the years following a traumatic event. Resilience, or the capacity to overcome adversity, has moreover been discovered in research to be a favorable predictor of an individual's wellness. When treating an adult who has had childhood trauma due to mistreatment, it's crucial to consider both emotional intelligence (EI) and resilience.

The most important discovery of the study conducted by Raskin-Li, (2017), provides evidence in favor of the theory that adults who experienced unfavourable childhood events have greater levels of emotional intelligence (EI), which is associated with resilience.

Results showed a strong association between EI and resilience, $r(125) = .534$, $p < .001$, showing that emotionally intelligent people are more able to bounce back from traumatic experiences in childhood as adults.

In order to better understand the demographics, academic experiences, emotional intelligence, social intelligence, and resilience of nursing university students, as well as the variables' correlation with resilience, Won et al. (2018) conducted a descriptive correlation study. Resilience, emotional intelligence, and social intelligence are all related, according to the study's findings. It was also proposed that emotional intelligence could predict resilience and wellbeing.

The effects of emotional intelligence and academic stress on coping, resilience, and psychological wellbeing in a collegiate population were studied by Bohrer (2021). Participants took an online survey that included two hypothetical academic stressors—one moderately difficult and one highly stressful—and a test of their emotional intelligence.

Rehman (2022) examines how emotional intelligence affects resilience in order to increase work performance). The results show a strong link between emotional intelligence and resilience. The study's findings show how crucial emotional intelligence and resilience are for corporate success and for improving employee performance. Resilience is benefited by emotional intelligence.

Magnano et al. (2016) examined the association between resilience and emotional intelligence to see whether emotional intelligence mediates the relationship between the two. 488 Italian employees, ranging in age from 18 to 55, make up the participants. The results support the idea that emotional intelligence plays a crucial role in resilience and achievement motivation. Adolescents who are raised in a serene environment with loving, attentive, and supportive.

THE PRESENT STUDY:

To date, no research has investigated effect of emotional intelligence on resilience of adolescents of broken families. Therefore, the present study attempted to bridge the gap by examining the effect of emotional intelligence on resilience of adolescents of broken families.

THE OBJECTIVES OF THE STUDY:

1. To examine the relationship between emotional intelligence and resilience of adolescents in broken families.
2. To predict resilience from the emotional Intelligence of Adolescents in broken families

HYPOTHESES:

1. There is a significant relationship between emotional intelligence and resilience of adolescents in broken families.
2. Resilience can be predicted by Emotional Intelligence of Adolescents of broken families

METHOD:

The participants include 60 adolescents who are inmates of residential Child Care Institutes of Malappuram, Thrissur, Kannur and Calicut Districts in Kerala. They were between the ages of 13 and 18. The current investigation used simple random sampling technique.

MEASURES:

Bharathiar University Resilience Scale (Form-A)

Bharathiar University Resilience Scale (Form-A) was developed and standardized for measuring resilience. The

seven domains covered in the scale are:

Time it takes to return to normalcy, response to adverse events, reaction to risk factors (particularly an unfavorable environment) in life, perception of the impact of previous unfavorable events, definition of "problems," optimism and confidence in one's ability to handle the future, openness to new experiences, and flexibility is all taken into consideration. The reliability coefficients of the scale are as follows: -

Spearman-Brown reliability is 0.812, Guttman Split-Half reliability is 0.812 and Cronbach Alpha is 0.876

Emotional Intelligence Scale by Rajitha and Jayan (2003)

The scale is composed of the following five core domains, which are based on Goleman's (1995) theory of emotional intelligence: Self-awareness, Self-regulation, Motivation, Empathy and Social Skills.

The test-retest method is used to calculate the emotional intelligence scale's reliability, which is found to be 0.82 overall and 0.50 for each subtest (self-awareness), 0.66 for self-regulation, 0.74 for motivation, 0.75 for empathy, and 0.65 for social skills (0.63). The scale's estimated split-half reliability coefficients for the various categories are 0.76 for self-awareness, 0.68 for self-regulation, 0.71 for motivation, 0.97 for empathy, and 0.87 for social skills overall. Face Validity has been established.

ADMINISTRATION:

Adolescents between the ages of 13 and 18 were chosen as inmates of residential Child Care Institutes of Malappuram, Thrissur, Kannur and Calicut Districts in Kerala. The investigator made appointments with the authorities at each institution. The Investigator submitted a request letter to head of the institutions for data collection. The authorities worked together and adjusted their schedule as necessary. Informed consent was acquired before the study began. The significance and aim of the study were briefly explained to the participants. Participants provided their informed consent and were given assurances of privacy during data collection.

SCORING:

A score of 5, 4, 3, 2, 1 is assigned to the responses "strongly agree," "agree," "undecided," and "disagree," respectively, for the responses to the positively worded items on the Emotional Intelligence Scale and the Bharathiar University Resilience Scale (Form-A). For the negatively worded items, the scoring procedure is in reverse order. For additional investigation, the collected data was imported into an Excel file.

II. RESULTS AND DISCUSSIONS:

Table 1: -Correlation Coefficients between Emotional Intelligence and Resilience of adolescents in broken families.

Variables	Emotional Intelligence
Resilience	0.444**

LINEAR REGRESSION

Regression analysis of emotional intelligence on resilience of adolescents in broken families.

REGRESSION COEFFICIENTS

Model	Unstandardized Coefficients		Standardized Coefficients	t	P Value
	B	Std. Error	Beta		
Constant	30.156	19.084	-----	1.58	0.12
Emotional	0.707	0.187	0.44	3.77	<.001

a. Dependent variable: Resilience

Model Summary:

Model	R	R Square	Adjusted R Square	Std. Error of the estimate
1.	0.444	0.197	0.183	14.323

a. Predictors: (Constant), Emotional

Regression gives R squared value. This value indicates how good our model is. The values range from 0 to 1, with 0 indicating a bad model and 1 indicating an excellent model. The value of r is 0.444 and r squared value is 0.197. The equation for this will be Resilience = 30.156 + 0.707 * Emotional Intelligence. The standardized coefficient (β) is 0.444. $r =$ (Correlation between observed and predicted values of dependant variable) is 0.444. Proportion of variance in the dependant variable is 0.197. If the p value of F is lesser than .05, we can conclude that independent variable will predict dependant variable. Regression analysis indicated that emotional intelligence is a predictor of resilience ($\beta = 0.444, p < .01$). Coefficient of determination ($r^2 = 0.197$) showed that variation of emotional intelligence can explain 20% variation in resilience. The model is fit ($F = 14.234, p < .01$). In a descriptive correlation study conducted by Won et al (2018) the results suggested somewhat favourable association between emotional intelligence and resilience. The findings of another study conducted by Sehrawat and Simon (2021) revealed a strong relationship between emotional intelligence and

resilience. The result of the present study agrees with the previous study.

The current study found out that emotional intelligence is a predictor of resilience. The impact of emotional intelligence on university students' resilience was examined by Trigueros et al. in 2020. The effects of emotional intelligence and academic stress on coping, resilience, and psychological well-being in a collegiate population were studied by Bohrer (2021). Resilience and were found to be significantly predicted by emotional intelligence. The conclusion of present study agrees with these findings.

III. CONCLUSION:

This study looks at the impact of emotional intelligence on the resilience of adolescents from broken families. The results show that emotional intelligence and resilience have a good link. Resilience benefits from emotional intelligence and emotional intelligence is a predictor of resilience. Adolescents of broken families can overcome the crisis due to breakdown of their families caused by parental divorce, separation or death.

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