

A Comparative Study of Emotional Intelligence, Adjustment and Self Perception of Boy Hostellers and Day Scholars

Sharma, O.P.*, Tiwari, R. and Poonia, U.****

Abstract

A student's transition from school life to college life is exciting, challenging as well as demanding. It requires adjustment on the part of all students. Emotions play an important role in our life. It is seen that those who manage their emotions well that is those who are high in emotional intelligence are better able to adjust to their surroundings. They also know 'who' they are and 'what' they are capable of that is they show adequate level of self perception. Hostel students are exposed to much greater challenges as they don't have the cushion of emotional comfort that a day scholar still has. Hostellers have no choice than to master their emotions and adjustment skills. Hence they are expected to score higher on emotional intelligence, adjustment and self perception as compared to the day scholars. The present study was conducted on 100 graduate male students from Jaipur, 50 hostellers and 50 day scholars. Data were analyzed by 't' test. Findings revealed that hostellers displayed significantly higher level of emotional intelligence, adjustment and self perception than day scholars.

* Assistance Professor, Department of psychology, University of Rajasthan, Jaipur

** Research Scholars, Department of Psychology, University of Rajasthan, Jaipur