

## **TITLE OF THE ARTICLE: ASSESSING THE RELATIONSHIP BETWEEN EMOTIONAL QUOTIENT AND FRIENDSHIP QUOTIENT AMONG YOUTH OF JAMMU CITY, J&K, INDIA**

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### **ABSTRACT**

The present research was conducted to assess the relationship between Emotional Quotient and Friendship Quotient among youth of Jammu in the age group of 18-23 years. The sample comprised of 160 youth (80 males and 80 females) all of who were students. The sample was selected through multistage sampling technique where the actual sample was selected randomly from urban areas of Jammu city. Standardized scale of emotional intelligence developed by Singh and Chadha and a scale measuring friendship quotient devised by Simon Baron- Cohen and Sally Wheel Wright were used for data collection.

The results indicate that on the whole majority of the young adults (54%) had moderate level of emotional intelligence followed by 24.3% of the sample youth who had high emotional intelligence. 15% of the sample respondents had low emotional intelligence indicating that some youth had yet to achieve control and maturity over their emotions. Usually the emotional intelligence of the adolescent's ranged from moderate to high with statistically no significant difference between males and females. But at the same time significant age differences were found in emotional intelligence with the older youth showing higher levels of it. Majority of the sample youth also displayed moderate levels of emotional competency and emotional sensitivity but high levels of emotional maturity. Further, no significant sex differences were found in the level of emotional competency, sensitivity and maturity between boys and girls.

Most sample youth also had moderate friendship quotient and this trend continued for both males and females separately also. There is a positive significant correlation among not only the various dimensions of emotional intelligence but also between emotional quotient and friendship quotient, implying that those with high emotional quotient also have high friendship quotient and vice versa. Also, the three dimensions of emotional quotient were positively significantly correlated with friendship quotient. These results underscore the significant link between Emotional Quotient and Friendship Quotient for the sample youth.

**KEY WORDS:** EMOTIONAL INTELLIGENCE, FRIENDSHIP QUOTIENT, YOUTH

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## INTRODUCTION

Over the past few years researches have demonstrated the importance of emotional intelligence in determining the success one can achieve. Emotional Intelligence – EQ is a relatively recent behavioral model rising to prominence with Daniel Goleman’s 1995 Book titled “Emotional Intelligence”. Emotional intelligence is increasingly relevant to organizational development and developing people, because the Emotional Quotient principles provide a new way to understand and assess people’s behaviors, management styles, attitudes, interpersonal skills and potential. Friendship is a human relationship which involves mutual knowledge, esteem and affection. Friends welcome each other’s company and exhibit loyalty towards each other. For many, friendship is nothing more than the trust that someone or something will not harm them (Hartup and Stevens, 1999). Emotional Intelligence is the ability to identify, use, understand and manage our own emotions in positive and constructive ways. It’s about recognizing one’s own emotional state and the emotional states of others. It is also about engaging with others in ways that draw people to oneself (Goleman,1998).

Adolescence is a period of rapid change- physical, sexual, intellectual environmental changes in the nature of external demands placed by society on its developing members. Emotional Intelligence is the ability to perceive one’s emotions and to effectively manage one’s behavior in emotionally charged situations. Whereas friendship quotient is the ability to maintain a friendship with someone in spite of getting busy with life. In friendship, people are emotionally attached to each other. Humans have the capacity to form long-lasting, reciprocal friendship with unrelated individual by the means of emotional attachments (Shulman et al, 1994). As result of the growing acknowledgement of professional for the importance and relevance of emotion and friendship to workout comes, the present research on assessment of relationship between Emotional Quotient and Friendship Quotient has been designed. Though, there is a worldwide research on this topic conducted on national as well as international level but as such there are few researches conducted on this topic in Jammu region. This study attempts to fills this gap by providing information on the emotional quotient as well as finds the friendship pattern among adolescents. Most of the review available is from west hence, there is a dire need to study these aspects.

**METHODOLOGY:** Methodological framework for this study is as follows:

### 1. Sample Description:

*Sample:* The core sample for the study comprised of 160 unmarried youth in the age group of 18 -23 years from Jammu City.

*Locale Of The Study:* The sample was selected from the various colleges of Jammu namely G.G.M. Science College, Women Parade College, and Women Gandhi Nagar College and Jammu University.

*Criteria for sample selection:* The following criterion was fined for selection of the sample:

- i. All sample youth should be unmarried i.e., never married.
- ii. All sample youth should be currently pursuing their graduation or post graduation.
- iii. Sample youth should be local residents of Jammu and not migrants.

**2. Sampling Technique:** The sample was selected through the random sampling technique. A list of colleges operational in Jammu city was prepared, then three colleges were selected by lottery method. University of Jammu's main campus at Jammu city was however selected purposively. Then from these 4 units, 20 youths fulfilling the sampling criteria were selected randomly.

**3. TOOLS FOR Data Collection:** The tools used for the data collection were:

**A) Emotional Intelligence Scale:** In order to assess the Emotional Intelligence of the sample adolescents a standardized scale of Emotional Intelligence developed by Prof Dalip Singh and N.K Chadha, was used. The scale consisted of 15 statements.

**B) The Friendship Questionnaire Scale:** - The scale devised by Simon Baron- Cohen and Sally Wheel Wright was used. There are 35 items in it pertaining to friendship pattern and quotient.

#### 4. Data Analysis

The data obtained by the use of scale was tabulated and percentages of respondents falling in various categories were calculated. Appropriate statistical techniques were applied to derive the result of the present study.

### RESULTS AND DISCUSSION

The aim of the present study was to assess the relationship of emotional quotient and friendship quotient among young adults. The sample for the study comprised of 160 young adults (80 males and 80 female) in the age group of 18-23years.

#### 1. Age of Youth

**Table No.1**  
**Age Wise Distribution Of Youth**

Age in years	Males N	%age	Females N	%age	Total	%age
18-19	14	17.5	17	21.25	31	19.3
19-20	17	21.25	16	20	33	20.6
20-21	9	11.25	7	8.75	16	10
21-22	13	16.25	12	15	25	15.6
22-23	15	18.75	19	23.75	34	21.25
23-24	12	15	8	11.25	21	13.1
Total	80	100	80	100	160	100

$\chi^2=1.84, df=5$  Table Value =9.24 , Insignificant

Table 1 contains data on the age of respondent young adults. On the whole, most of the selected adolescents were either in the age group of 21-23 years (21.25%) or 19-20 years (20.6%). Most males (21.25%) were in the age group of 19-20 years while most females (24%) were in the age group of 22-23 years. Statistically, calculation of chi-square reveals that no significant difference exists in the age of males and females.

Also, most of the sample youth (48.12%) were pursuing their graduation. Gender wise bifurcation reveals that most girls (46.25%) and (50%) boys were enrolled for graduation. The number of females pursuing graduation with B.ed (19%) was more compared to males (1.25%).

## 2. Emotional Intelligence of Sample Youth

**TABLE 2**  
**Emotional Intelligence Of Sample Youth**

Levels of E.Q	Males			Females			Total		
	18-20 yrs	21-23yrs	Total	18-20 yrs	21-23yrs	Total	18-20 yrs	21-23 yrs	G.Total
<b>Ext.High</b>	1 (2.5)	2 (5)	3 (4)	1 (2.5)	1 (3)	2 (3)	2 (5)	3 (4)	5 (3.75)
<b>High</b>	5 (12.5)	11 (27.5)	16 (20)	11 (27.5)	12 (30)	23 (29)	16 (20)	23 (29)	39 (24.3)
<b>Moderate</b>	21 (52.5)	21 (52.5)	42 (52)	21 (52.5)	23 (58)	44 (55)	42 (53)	44 (55)	86 (54)
<b>Low</b>	12 (30)	4 (10)	16 (20)	5 (12.5)	3 (8)	8 (10)	17 (22)	7 (9)	24 (15)
<b>Extr.Low</b>	1 (2.5)	2 (5)	3 (4)	2 (5)	1 (3)	3 (4)	3 (4)	3 (4)	6 (3.75)
<b>Total</b>	40 (100)	40 (100)	80 (100)	40 (100)	40 (100)	80 (100)	80 (100)	80 (100)	160 (100)

$\chi^2 = 3.31, df=4$  Table Value =7.78 (for males and females)

$\chi^2 = 7.79^*$ , Table Value =7.78 (Between ages )\*significant at 5%

Table 2 contains data on emotional intelligence of the sample youth. The results indicate that on the whole majority of the young adults (54%) had moderate level of emotional intelligence followed by 24.3% of the sample youth who had high emotional intelligence. 15% of the sample respondents had low emotional intelligence indicating that some youth had yet to achieve control and maturity over their emotions. Usually the emotional intelligence of the adolescent's ranged from moderate to high.

Gender wise differences when noted reveal that majority of males (52.5%) and females (55%) separately also had moderate emotional quotient. Similarly, 20% males 29% females had high emotional intelligence. Calculation of chi-square also reveals insignificant difference in the emotional intelligence level of sample males and females. However, an age wise statistically significant difference in emotional intelligence was noted, as comparatively older youth scored higher than the younger group.

## 3. Emotional Competence Of Youth

Data on emotional competence of sample young adults indicates that on the whole majority of them (59%) had moderate level of emotional competency while 30% of the sample had low emotional competence.

**Table 3**  
**Emotional Competence Of Youth**

Gender wise differences when noted reveal that majority of males (61%) and females (56%) had moderate levels of emotional competence. Statistically, also no significant difference in the emotional competency of males and females was noted ( $\chi^2 = 2.252, df=2$  table value= 4.61, insignificant).

#### 4. Emotional Sensitivity Of Young Adults

**TABLE 4**  
**Emotional Sensitivity Of Young Adults**

Levels of Emotional Sensitivity	Males		Females		Total	
	N	%	N	%	N	%
Low	35	44%	24	30%	59	37%
Moderate	30	38%	36	45%	66	41%
High	15	19%	20	25%	35	22%
Total	80	100%	80	100%	160	100%

$\chi^2 = 3.308, df=2$ , Table value= 4.61, insignificant.

The results from table 4 reveal that on the whole majority of the youth (41%) had moderate level of emotional sensitivity followed by 37% of the sample had low emotional sensitivity. No significant gender wise differences were noted. As majority of females (45%) had moderate emotional sensitivity and further, 38% of males too had moderate levels of it. However more males (44%) were in the low category as compared to females (30%).

## 5. Emotional Maturity Of Young Adults

**TABLE 5**  
**Emotional Maturity Of Young Adults**

Levels of Emotional Maturity	Males		Females		Total	
	N	%	N	%	N	%
Low	21	26%	15	19%	36	23%
Moderate	29	36%	30	38%	59	37%
High	30	38%	35	44%	65	41%
Total	80	100%	80	100%	160	100%

$\chi^2 = 1.4$ ,  $df=2$  `Table value= 4.61, insignificant.

The results indicate that on whole majority of the youth (41%) had high level of emotional maturity followed by 37% of the sample had moderate emotional maturity. Statistically no significant differences were noted in the emotional maturity of males and females, with most in each group having high level of it.

## 6. Friendship Quotient Of Youth

**TABLE: 6**  
**Friendship Quotient Of Youth**

Levels of Friendship quotient	Males		Females		Total	
	N	%	N	%	N	%
Low	23	29%	27	34%	50	31.2%
Moderate	48	60%	46	58%	94	59%
High	9	11.2%	7	9%	16	10%
Total	80	100%	80	100%	160	100%

Table 6 reveals that on the whole majority of the adolescents (59%) had moderate level of friendship followed by 31.2% of the sample had low friendship level. No significant gender wise

differences were noted as majority of males (60%) and females (58%) had moderate friendship level ( $\chi^2 = 0.6$ ,  $df=2$ , Table value= 4.61, insignificant). However, more females (34%) were in the low category as compared to males (29%).

### 7. Inter Relationship between E.Q and F.Q for Sample Youth

**TABLE 7**  
**Inter Relationship Of Variables for Sample Youth**

	Age	Edu	EC	ES	EM	EQ	FQ
AGE	1.000						
Edu	0.841*	1.000					
EC	0.192*	0.155	1.000				
ES	0.150*	0.076	0.400*	1.000			
EM	0.113	0.071	0.347*	0.330*	1.000		
EQ	0.139*	0.035	0.754*	0.579*	0.492*	1.000	
FQ	0.260*	0.148*	0.339*	0.226*	0.192*	0.306*	1.000

\*significant at  $p < 0.005$

The different variables were inter-correlated with each other for the entire sample group of youth. Co-relation matrix 7 reveals that there is a positive significant correlation of age with emotional competency, emotional maturity, overall emotional intelligence and friendship quotient. This implies that as the adolescents aged their emotional intelligence also increased as well as friendship qualities also increased. There was also positive significant correlation among the emotional competence, emotional sensitivity and emotional maturity components of emotional intelligence and also with the overall emotional quotient highlighting the inter relatedness of these dimensions. Further, the correlations matrix reveals that there exists a positive significant correlation between emotional quotient and friendship quotient, implying those with high emotional quotient also have high friendship quotient and vice versa. Also, the three dimensions of emotional quotient were positively significant when correlated friendship quotient. These results highlight the significant link between Emotional Quotient and Friendship Quotient for the sample youth.

### SUMMARY AND CONCLUSION:

In today's competitive world success cannot only be linked to the intelligence level of an individual. Rather, it is the ability to perceive ones own and others emotions that guarantee better success and adjustment. Results of the present study indicate that on the whole majority of the sample youth had moderate to high level of emotional intelligence. They could not only understand their own emotions but also empathized with others. However, some sample youth had yet to achieve control and maturity over their emotions as indicated by their low score on emotional intelligence. Emotional intelligence was found to be independent of sex, showing that males and females had similar levels of emotional intelligence. However, there was significant

difference in the level of emotional intelligence of 18-20 year olds and 21-23 year olds, with the older ones having higher level of it than the younger ones. These findings are consistent with those of Larson (2006), who also pointed that there is no effect of gender on emotional intelligence.

Indepth analysis of the emotional intelligence reveals that majority of the adolescents had moderate to low level of emotional competency and emotional sensitivity but higher levels of emotional maturity. Statistically no significant difference in the emotional competency and sensitivity of males and females was noted.

Most sample youth also had moderate friendship quotient and between males and females usually they had similar level of friendship. All the youth tend to value their friendships but for them this was only one aspect of their life. They were aware of the fact that at this stage they also need to shape their future as well. The sample males and females tend to have similar patterns of friendships. This result is however contrary to the findings of Hussong and Stevens (2000) who demonstrated significant sex differences in friendship pattern.

Correlational analysis highlights that the various dimensions of emotional intelligence namely emotional competence, emotional sensitivity and emotional maturity are significantly and positively associated among themselves and with the overall emotional quotient. Further, there is a significant reciprocal relationship between emotional intelligence and friendship quotient. Probably increase in one dimension guarantees increase in the other; while decrease in one would also signal decrease in other. Similar findings were reported in a study carried out by Demir and Urberg (2004). The results of the present study suggest that those who have better emotional intelligence are likely to form better friendships. Better understand of situations, self and people probably, lead to development of better relations with friends as well.

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