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Relationship Between Emotional Intelligence and Depression

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ABSTRACT:The purpose of the study was to find out the correlation between Emotional Intelligence and Depression. The study was conducted on the sample of 50 people aged between 18-35 years. The sample included 36 females and 14 males. The sampling method that was used was Convenience sampling. The following study attempts to show the relationship of emotional intelligence with depression. The emotional intelligence is defined in terms of self-awareness, self-regulation, self-control, well-being, sociability, value orientation and empathy. The depression is the mental disorder that significantly affects one's daily life causing persistent change in the mood of the individual and lack of interest in the activities one previously used to enjoy. The Hypothesis was: there is a negative correlation between Emotional Intelligence and Depression. The findings reveal that the respondents who scored high on emotional intelligence tend to score less on the scale used for measuring depression. Hence, it was found that there is a significant negative correlation between Emotional Intelligence and Depression. Therefore, it could be said the lower emotional intelligence could be one of the predictors of depression in the person.

KEYWORDS:Emotional Intelligence, Depression, Self-regulation, Self-awareness, Sociability, Value Orientation.

I. INTRODUCTION

purpose of the study was to find out the relationship between Emotional Intelligence and Depression.

EMOTIONAL INTELLIGENCE

Emotional intelligence, or EI for short, is how well one is able to perceive, understand, express, manage, and utilise emotions in communication and interpersonal interactions.

Characteristics of Emotional Intelligence

It includes:

- The ability to recognise and express feelings to others.
- An understanding of one's own capabilities and weaknesses.
- Acceptance of oneself; the capacity to let go of error
- The capacity to accept and embrace change
- The capacity to control one's emotions in trying circumstances
- The capacity to feel empathy and concern for others
- The demonstration of sensitivity to other people's feelings
- The acceptance of responsibility for errors

DEPRESSION

Depression is a common and serious mood disorder that is also frequently referred to as major depressive disorder or clinical depression. People who are depressed experience persistent feelings of hopelessness and despair and stop being interested in the things they once found enjoyable. In addition to the emotional challenges brought on by sadness, some people may experience physical side effects like chronic pain or digestive issues. Depression must be identified when the symptoms last for at least two weeks.

The following criteria are listed in the DSM – 5 for diagnosing depression. A minimum of five symptoms are required, with at least one of them being (1) a persistent depressive mood or (2) a loss of interest or pleasure that has persisted for at least two weeks.

1. Feeling down most of the day, nearly everyday.
2. A marked decline in interest or enjoyment in mostly all activities of the day, almost everyday.

3. Significant weight gain or loss without dieting, or basically daily changes in appetite.
4. Slower movement and cognition (seen by others, not only internal feelings of sluggishness or restlessness).
5. Constant exhaustion or energy decline.
6. Consistent feelings of worthlessness or excessive or unneeded guilt.
7. Almost everyday, decreased mental clarity, difficulties concentrate, or indecision.
8. Suicidal thoughts, suicidal ideas repeated without a clear strategy, a suicide attempt, or a clear suicide plot.

These symptoms must result in clinically substantial distress or impairment in social, occupational, or other fundamental areas of functioning in order to be diagnosed as depression. Additionally, the symptoms cannot be brought on by drug use or another illness.

II. RELATED WORK

Hegazy G., et.al. (2022) has conducted a research study on the topic: The Association between Emotional Intelligence and Depression among Medical Students in Suez Canal University. The goal of the study was to better medical students' mental health by identifying and addressing risk factors that can worsen it. Stratified random selection was used to select the 149 students for the sample; stratification was based on gender and academic year. All six years' worth of students' names were gathered, divided into study years, and then further divided into two groups—males and females—from which students were chosen using a computerised random sample. The sample size was 82 students, with a response rate of 55%. The sample has a 39% prevalence of depression. And it had a strong negative correlation with emotional intelligence, where wellbeing is the most important element.

Abdollah A., et.al. (2015) has conducted a research study on the topic: Emotional Intelligence and Depressive Symptoms as Predictors of Happiness among Adolescents. In this study, a sample of male students in Tehran, Iran, were analysed to determine the correlations between emotional intelligence, depressive symptoms, and happiness. A sample of high school pupils in Tehran were the subjects of this cross-sectional study in 2012. 188 male students (between the ages of 16 and 19) were chosen as subjects using a multi-stage cluster sampling procedure. The results demonstrated a substantial positive correlation between happiness and high emotional intelligence. These results emphasised the significance of emotional intelligence as a key enabler of adolescent happiness. The results also revealed that depression symptoms may be detrimental to adolescents' happiness.

Khalid R., et.al. (2009) has conducted a research study on the topic: Low emotional intelligence: A risk factor for depression. Examining the connection between emotional intelligence and depression was the study's goal. The sample included 40 aged-matched controls and 30 depressed patients with a diagnosis. The results of this study demonstrated the usefulness of emotional intelligence in preserving and advancing people's mental health. The findings support the idea that people with poor emotional intelligence are more likely to experience depression.

III. METHODOLOGY

PURPOSE:

To find the relationship between Emotional intelligence and Depression

SAMPLE:

The sample comprises of 36 females and 14 males falling in the age range of 18-35 years of age. The sampling technique used in the present study is convenience sampling.

HYPOTHESIS:

- H1: There is a negative correlation between Emotional Intelligence and Depression.
- H2: There is a negative correlation between Well-being and Depression
- H3: There is a negative correlation between Self control and Depression
- H4: There is a negative correlation between Emotionality and Depression
- H5: There is a negative correlation between Sociability and Depression
- H6: There is a negative correlation between Auxiliary facets (self motivation and adaptability) and Depression.



VARIABLES:

- Emotional Intelligence
- Depression

DESIGN:

The research design employed in the present study is correlational research.

TOOLS:

The tools used in the present study for collecting data are:

1. Trait Emotional Intelligence Questionnaire: It is a freely available instrument designed to assess global trait emotional intelligence. The Trait emotional Intelligence Questionnaire, which is based on the Trait Emotional Intelligence theory, is an important aspect of researches in emotional intelligence.

There are two versions of the Trait Emotional Intelligence Questionnaire: Long and Short.

The TEIQUE-LF is a 153- item self-report with 15 subscales that takes 25 minute to complete. The TEIQUE-SF is a 30-item questionnaire. The items are scored on a 7-point scale by respondents.

2. Beck’s Depression Inventory II: The Beck’s Depression survey-II is a self-report survey of 21 items designed to assess the presence and severity of depression symptoms. Based on the intensity in the previous two weeks, each issue is assessed on a 4- point Likert type scale ranging from 0 to 3.

Inclusion Criteria:

- Participants should be aged between 18-35 years
- Participants were selected on the basis of convenience sampling method
- Participants who had been ever diagnosed with Clinical Depression in the past were also selected for the study

Exclusion Criteria:

- Gender was no bar for the Study. Mixed samples were taken
- No specific area was taken for the selection of participants.

IV. EXPERIMENTAL RESULTS

Table:1 Showing the descriptive statistics of the data

	Descriptive Statistics						
	N	Minimum	Maximum	Sum	Mean	Std. Deviation	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	
Well-being	50	20	42	1519	30.38	.837	5.917
Self Control	50	10	34	1200	24.00	.706	4.994
Emotionality	50	20	53	1891	37.82	1.073	7.585
Sociability	50	15	39	1275	25.50	.838	5.929
Auxiliary Facets	50	7	28	901	18.02	.744	5.259
Total EI	50	97	181	6786	135.72	3.006	21.258
BDI-II	50	1	43	774	15.48	1.473	10.414
Valid N (listwise)	50						

Table 1 shows the descriptive statistics of the data set of the sample size 50. The mean value of the Total EI is 135.72 whereas the mean value of BDI-II is 15.48. The standard deviation for Total EI is 21.258 and the standard deviation for BDI-II is 10.414.



Table: 2 Showing the Correlation coefficient of the data

Correlations			
		Total EI	BDI-II
Total EI	Pearson Correlation	1	-.715**
	Sig. (2-tailed)		<.001
	N	50	50
BDI-II	Pearson Correlation	-.715**	1
	Sig. (2-tailed)	<.001	
	N	50	50

** Correlation is significant at the 0.01 level (2-tailed).

Table 2 shows the correlation coefficient value of Total EI with BDI- II which is -.715 which means that there is a negative correlation that exist between Emotional Intelligence and Depression. Hence the following result accepts the hypothesis i.e. , there is a negative correlation between Emotional Intelligence and Depression. The hypothesis was formulated based on the previous researches. One such research was conducted by Tuckwell and et all in the year 2008 on the topic, the relationship between Emotional Intelligence and Depression in the clinical sample. The sample comprised of 82 students and the result was found that there was a strong negative correlation between Emotional Intelligence and Depression.

Table: 3 Showing the correlation coefficient of each of the dimensions of EI with BDI-II

Correlations								
		Well-being	Self Control	Emotionality	Sociability	Auxiliary Facets	Total EI	BDI-II
Well-being	Pearson Correlation	1	.496**	.313*	.322*	.458**	.710**	-.661**
	Sig. (2-tailed)		<.001	.027	.023	<.001	<.001	<.001
	N	50	50	50	50	50	50	50
Self Control	Pearson Correlation	.496**	1	.308*	.270	.461**	.672**	-.341*
	Sig. (2-tailed)	<.001		.030	.058	<.001	<.001	.015
	N	50	50	50	50	50	50	50
Emotionality	Pearson Correlation	.313*	.308*	1	.461**	.361*	.734**	-.497**
	Sig. (2-tailed)	.027	.030		<.001	.010	<.001	<.001
	N	50	50	50	50	50	50	50
Sociability	Pearson Correlation	.322*	.270	.461**	1	.471**	.713**	-.449**
	Sig. (2-tailed)	.023	.058	<.001		<.001	<.001	.001
	N	50	50	50	50	50	50	50
Auxiliary Facets	Pearson Correlation	.458**	.461**	.361*	.471**	1	.743**	-.601**
	Sig. (2-tailed)	<.001	<.001	.010	<.001		<.001	<.001
	N	50	50	50	50	50	50	50
Total EI	Pearson Correlation	.710**	.672**	.734**	.713**	.743**	1	-.715**
	Sig. (2-tailed)	<.001	<.001	<.001	<.001	<.001	<.001	<.001
	N	50	50	50	50	50	50	50
BDI-II	Pearson Correlation	-.661**	-.341*	-.497**	-.449**	-.801**	-.715**	1
	Sig. (2-tailed)	<.001	.015	<.001	.001	<.001	<.001	
	N	50	50	50	50	50	50	50

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).

The table 3 shows the correlation coefficient of each of the dimensions of EI with BDI- II. The coefficient value of BDI- II with Well-being is -.661 which means that there is negative correlation. Hence the hypothesis H2 is accepted The coefficient value of BDI-II with Self control is -.341 which means that there is negative correlation. Hence the hypothesis H3 is accepted. The coefficient value of BDI-II with emotionality is -.497 which means there is negative correlation. Hence the hypothesis H4 is accepted. The coefficient value of BDI-II with sociability is -.449 which means there is negative correlation. Hence the hypothesis H5 is accepted The coefficient value of BDI-II with Auxiliary facets (self motivation and adaptability) is -.601 which means there is a negative correlation between them. Hence the hypothesis H6 is accepted. The coefficient value of BDI-II with Total Emotional Intelligence is -.715 which means there is negative correlation between them. Hence the Hypothesis H1 is accepted.

V. CONCLUSION

The Research was conducted in order to find out the relationship between Emotional Intelligence and Depression. The participants were selected through convenience sampling technique aged between 18-35 years. Based on the results it was found that there is a negative correlation between Emotional Intelligence and Depression. It was noted that the total scores of the BDI-II was negatively correlated with each of the dimensions of emotional intelligence (well-being, self control, emotionality and sociability) and also with the Total Emotional Intelligence score which certainly means that if the person faces a lot of difficulty in regulating his or her emotions and also in dealing with people around him or her then the person is more prone to the depression or it can also be said that the depressed



person has low Emotional Intelligence. Hence the hypothesis formulated for the study is accepted. The results of the study may become a base for the future studies or it can also be used to raise awareness campaigns in order to help people deal with their issues related to their well-being and emotional regulations.

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