

ASSESSMENT OF EMOTIONAL INTELLIGENCE AND EMOTIONAL MATURITY OF UNDERGRADUATE STUDENTS

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ABSTRACT

This study endeavours to assess emotional intelligence and emotional maturity of undergraduate students. Data was collected from 187 students who were randomly selected as a sample of the study from four degree colleges in Sikkim by administering two psychological tools: Emotional Intelligence Test (REIT) and Emotional Maturity Scale (EMS). Collected data were analysed on Statistical Package for Social Science (SPSS) 16.0. The study found that a large number of students belong to normal range in emotional intelligence; the majority of undergraduate students are extremely unstable in emotional maturity scale; a perfect positive correlation was found between emotional intelligence and emotional maturity of undergraduate students. In addition, this paper has attempted to give some suggestions as well.

KEYWORDS: REIT, EMS, SPSS