

TRAINING EFFECTIVENESS OF EMOTIONAL INTELLIGENCE ON ACADEMIC ADJUSTMENT AMONG POST GRADUATE STUDENTS

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ABSTRACT

The purpose of the study was to investigate the effectiveness of the Emotional Intelligence Training Programme offered to the post graduate students in commerce by a certified trainer from "Indian academy of Training and development" (IATD). The students were examined based on their participation in the Training Programme. They were categorized as one group who attended the training (32 students) they were the experimental group and other the control group who did not participate the training (10 students). For the purpose of investigation Wong and Law Emotional Intelligence scale (2002)¹ was used to examine Emotional Intelligence and Student Adjustment to College questionnaire (SACQ, Baker & Syrik 1999)² was used to examine Academic adjustment among students. The obtained data were analyzed through 'T' test to know the mean difference between post graduates in relation to gender and age, a simple correlation analysis was applied to examine the training effectiveness of emotional Intelligence on Academic adjustment. The result shows that there is significant difference in Emotional Intelligence with respect to their age, there is no significant difference in Emotional Intelligence with respect to gender and there is an influence of Emotional Intelligence on Academic adjustment of post graduate students.

KEYWORDS: *Emotional Intelligence, Male, Female, SACQ*