

A Correlational study on emotional intelligence and interpersonal communication among teenagers at selected colleges of Maharashtra

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E-mail ID :

Submission :

Acceptance :

Publication :



Abstract

Emotional intelligence is an important psychological factor that influences social behaviour and communication skills among adolescents. The present study aims to examine the relationship between emotional intelligence and interpersonal communication among teenagers studying in selected colleges of Maharashtra. Emotional intelligence refers to the ability to understand, regulate, and manage emotions effectively in oneself and others, while interpersonal communication involves the exchange of information, ideas, and feelings between individuals. A correlational research design was adopted for the study. Data were collected from 120 teenage students aged between 17 and 19 years using standardized questionnaires measuring emotional intelligence and interpersonal communication skills. Statistical analysis was conducted using descriptive statistics and Pearson's correlation coefficient. The results indicated a positive correlation between emotional intelligence and interpersonal communication among teenagers. Students with higher emotional intelligence demonstrated better communication skills, empathy, and interpersonal relationships. The findings highlight the importance of developing emotional intelligence among adolescents in order to improve their communication abilities and social adjustment.

Keywords: Emotional Intelligence, Interpersonal Communication, Teenagers,

Background of the Study

Teenage is a transitional stage of development characterized by significant emotional, cognitive, and social changes. During this stage, individuals learn to regulate their emotions and establish meaningful relationships with others. Emotional intelligence plays an important role in helping the teenagers to understand their emotions and communicate effectively in social environments⁽¹⁾.

Emotional intelligence refers to the ability to recognize, understand, and regulate emotions in oneself and others. It includes components such as emotional awareness, empathy, motivation, and social skills⁽²⁾. Individuals with high emotional intelligence are able to manage their emotions effectively and maintain positive interpersonal relationships.

Interpersonal communication is the process through which individuals exchange information, feelings, and ideas through verbal and non-verbal interactions. Effective communication is essential for maintaining relationships, resolving conflicts, and promoting social harmony⁽³⁾.

In educational settings, teenagers interact with peers, teachers, and other individuals regularly. These interactions require emotional understanding and effective communication skills. Students with higher emotional

intelligence tend to communicate more effectively and develop better relationships with others⁽⁴⁾.

Therefore, studying the relationship between emotional intelligence and interpersonal communication among teenagers is important for understanding adolescent social development.

Need for the Study

In the present era, teenagers also called adolescents face various emotional and social challenges such as academic pressure, peer influence, and social adjustment. Emotional intelligence helps individuals manage these challenges and improve their communication skills. However, limited research has examined the relationship between emotional intelligence and interpersonal communication among teenagers in college settings in Maharashtra. Hence, the present study aims to explore this relationship.

Objectives of the Study

1. To assess the level of emotional intelligence among teenagers studying in selected colleges of Maharashtra.
2. To assess the level of interpersonal communication skills among teenagers.
3. To examine the relationship between emotional intelligence and interpersonal communication.

Hypothesis

1.H₍₀₎: There is no significant relationship between emotional intelligence and interpersonal communication among teenagers.

Review of Literature

The concept of emotional intelligence was introduced by Salovey and Mayer, who described it as the ability to perceive and regulate emotions in oneself and others⁵. Later, Goleman emphasized the importance of emotional intelligence in personal and professional success⁽²⁾.

Studies have shown that emotional intelligence is closely related to social competence and communication abilities. Individuals with high emotional intelligence tend to demonstrate empathy and better understanding of emotional cues during interactions⁽⁶⁾.

Research on adolescents suggests that emotional intelligence contributes to improved peer relationships and social adjustment⁽⁷⁾. Adolescents with higher emotional intelligence are more capable of resolving interpersonal conflicts and maintaining healthy communication.

Another study found that emotional intelligence enhances emotional regulation and promotes supportive social networks⁽⁸⁾. These factors play an important role in effective interpersonal communication.

Further research indicates that emotional intelligence improves listening skills, empathy, and communication clarity, which are essential components of successful interpersonal communication⁽⁹⁾.

Overall, previous studies indicate that emotional intelligence is positively associated with communication effectiveness and social competence among adolescents.

Research Methodology

The present study adopted a quantitative correlational research design to examine the relationship between emotional intelligence and interpersonal communication. The study sample consisted of 120 students aged between 17 and 19 years studying in selected colleges in Maharashtra. The participants were selected using convenient sampling technique. Emotional Intelligence Scale (EIS) developed by Schutte et al⁽¹⁰⁾. was used to conduct the study. Interpersonal Communication Skills Scale used to measure communication ability, listening skills, and empathy. Permission was obtained from the selected colleges before conducting the study. Participants were informed about the purpose of the study and their consent was obtained. Questionnaires were distributed to the students and they were asked to respond honestly. The following statistical techniques were used for data analysis: Mean, Standard Deviation, Pearson's Product Moment Correlation.

Results and Discussion

1. Demographic Variable of the Participants:

[N=120]

Sr. No .	Variables	Levels	Frequency	Percentage
1	Age	17 years	64	53.3
		18 years	34	28.3
		19 years	22	18.4
2	Gender	Male	55	45.8
		Female	65	54.2
3	Stream of the study	GNM	59	49.17
		B.Sc.[N]	61	50.83
4	Types of the Family	Nuclear Family	76	63.3
		Joint Family	44	36.7
5	Residence	Urban	70	58.3
		Rural	50	41.7
6	Parents' Education	School Education up to 10th	42	35.00
		Higher secondary/Diploma	31	25.83
		Undergraduate	37	30.83
		Postgraduate	10	8.33
7	Monthly family Income	Below Rs. 20,000	28	23.3
		Rs.20,001– Rs. 40,000	46	38.3
		Rs. 40,001– Rs. 60,000	30	25
		Above Rs. 60,000	16	13.4
8	Social Media Usage	Less than 2 hours	62	51.67
		2–4 hours	41	34.17
		More than 4 hours	17	14.17

2. Levels of Emotional Intelligence Among Teenagers

[N=120]

Sr.No	Level	Score Range	Frequency [f]	Percentage [%]
1	Low	20–40	18	15
2	Moderate	41–70	64	53.3
3	High	71–100	38	31.7
Total			120	100

The above shows that the majority of participants (53.3%) demonstrated moderate levels of emotional intelligence, while 31.7% showed high emotional intelligence. Only 15% of the students had low emotional intelligence.

3. Levels of Interpersonal Communication

[N=120]

Sr.No	Level	Score Range	Frequency [f]	Percentage [%]
1	Low	15–35	20	16.7
2	Moderate	36–55	62	51.7
3	High	56–75	38	31.6
Total			120	100

The above table results show that 51.7% of the students had moderate interpersonal communication skills, while 31.6% had high communication skills. Only 16.7% demonstrated low communication skills.

4. Descriptive Statistics of Emotional Intelligence and Interpersonal Communication

[N = 120]

Sr.No	Variable	Mean	Standard Deviation
1	Emotional Intelligence	71.42	8.63
2	Interpersonal Communication	58.17	7.95

The above table depicts that the mean score for emotional intelligence was 71.42 with a standard deviation of 8.63, indicating that most participants demonstrated a moderate to high level of emotional intelligence.

Similarly, the mean score for interpersonal communication was 58.17 with a standard deviation of 7.95, suggesting that

the participants generally possessed moderate interpersonal communication skills.

1. Correlational analysis

Pearson's Product Moment Correlation was used to examine the relationship between emotional intelligence and interpersonal communication.

Correlation Between Emotional Intelligence and Interpersonal Communication

[N = 120]

Sr. No	Variables	Emotional Intelligence	Interpersonal Communication
1	Emotional Intelligence	1	0.62*
2	Interpersonal Communication *p < 0.01 (Significant)	0.62*	1

The above table shows that the correlation coefficient between emotional intelligence and interpersonal communication was $r = 0.62$, which indicates a **moderately strong positive relationship** between the two variables.

The correlation was found to be **statistically significant at the 0.01 level ($p < 0.01$)**. This means that students with **higher emotional intelligence tend to demonstrate better interpersonal communication skills**.

Hypothesis testing:

➤ H_{01} : There is no significant relationship between emotional intelligence and interpersonal communication among teenagers.

Since the correlation coefficient was $r = 0.62$ and **statistically significant ($p < 0.01$)**, hence the **null hypothesis failed to accept**.

Discussion of the findings:

The findings of the present study indicate a **significant positive relationship between emotional intelligence and interpersonal communication among teenagers**. Students with higher emotional intelligence showed greater ability to communicate effectively, understand others' emotions, and respond appropriately during social interactions.

Emotionally intelligent individuals are more capable of recognizing emotional cues, regulating their own emotions, and empathizing with others. These abilities contribute to effective communication and improved interpersonal relationships.

The results of the present study are consistent with previous research indicating that emotional intelligence plays a crucial role in social competence and communication effectiveness. Adolescents with higher emotional intelligence tend to demonstrate better listening skills, empathy, and emotional understanding during interactions. Furthermore, emotionally intelligent students tend to demonstrate empathy, active listening, and emotional understanding during social interactions. These abilities contribute to effective communication and stronger interpersonal relationships¹¹.

Conclusion

The study examined the relationship between emotional intelligence and interpersonal communication among teenagers studying in selected colleges of Maharashtra. The results revealed a significant positive relationship between the two variables.

Students with higher emotional intelligence demonstrated better communication skills and interpersonal relationships. Emotional intelligence helps individuals understand emotions, regulate behaviour, and communicate effectively with others.

Recommendations

1. Educational institutions should conduct emotional intelligence training programs for students.
2. Counselling services should be provided to help students manage emotional and social challenges.

3. Future studies may include larger samples and additional psychological variables.

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Source of Support: Nil

Conflict of Interest: Nil

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