Impact of Emotions on their Self efficacy among hostel inmates

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Abstract

Early adulthood in commonly known as the "growing up & settling down age" in which it was assumed that when individual whether boy or girl, reached the age of legal maturity, their days of carefree freedom were over and the time had come to settled down and assume the responsibilities of adult life that meant to settling into a line of work. Literature on Emotional intelligence in adulthood emphasizes the control and reduction of negative emotions. it is especially most important to observe when they goes for hostelling. This study was carried out in three hostels of Babasaheb BhimRao Ambedkar University (BBAU), Lucknow University (L.U.) and National.P.G (N.PG.) Of Lucknow city. This study carried on 120 female hostler's belonging from age group of 15-30 years. The tools were pre designed and pre tested schedule comprising family and individual. Impact of emotions on their self-efficacy was measured by evaluating their self-efficacy through Self efficacy scale, their emotional intelligence through Emotional intelligence scale. In result the relationship showed a higher significance value at .000 level. In result of impact on self-efficacy, no one was found on high score (85 & above) in BBAU and N.P.G., only (5%) in L.U. hostel. In average score (74-84), (30%) found in BBAU, (15%) in L.U. and (10%) in N.P.G .In poor Self-efficacy score (73 or less), (70%) found in BBAU, (80%) in L.U. and (90%) in N.P.G. In result of research study it was found that maximum high self-efficacy is found in L.U. campus, score in medium self-efficacy found in BBAU campus and poor self-efficacy found in N.P.G. campus.

Keywords- Hostel, Self-efficacy, Emotional Intelligence.

I. INTRODUCTION

Life at home can't be compared to the life at hostel. Hostel was a place where students stay away from their homes for pursuing education formally but the concept was not only related to the place of residence, it was the human practical laboratory. Living in hostel, give an experience of learning various things from their inmates as well as with their teachers. Early adulthood in commonly known as the "growing up & settling down age" in which it was assumed that when individual whether boy or girl, reached the age of legal maturity, their days of carefree freedom were over and the time had come to settled down and assume the responsibilities of adult life that meant to settling into a line of work. This age was also known as the problem age. Mishra, A.N. (1994)

Studied on different students have been done which showed that they faced many Internal and external obstacles, which impeded their ability to complete the course. These obstacles were related to their perceived ability in a science course, lack of science education courses or extended time periods between their previous courses and the current courses and their inability to organize and manage time and budget constraints. (Kirby et al, 2004).

Literature on Emotional control & intelligence in adulthood emphasizes the control and reduction of negative emotions emphasizes the functionality of emotions and the problems associated with deficits in the capacity to experience the full range of emotions, with some developmental

researchers defining EI the extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions to accomplish one's goals" (Thompson, 1994).

II. OBJECTIVE

To know the impact of Emotions on Self-efficacy among hostel inmates.

III. MATERIAL AND METHODS

The **Cross-sectional research design** was used for the study. This study was carried out with the female hostler of three hostels, BBAU, L.U. & N.PG. of Lucknow city. A total of 120 samples were selected from Lucknow district. In the selection of sample it was divided into three groups as N=40 from BBAU campus=40 from L.U. campus & N=40 from N.PG. Campus. In the Conducting of this research Two stage random sampling was used for the collection of the data from various hostels. In random sampling sample size N=120 drawn from every campus so that chance of selecting every individual was same. A self-structured nutrition proforma & various standardized scales related to different aspects was used to analyze the quality of life among hostlers which was measured with the life satwasfaction through the use of three scales as Self-Efficacy scale, Stress scale and Emotional Intelligence scale . Statistical analysis was done by using SPSS version 20.

III. RESULT AND DISCUSSION
Table no.1 Distribution of study subjects in BBAU campus using Correlation

Scale	Mean±SD	R value	Sig.
Self efficacy scale	68.85±6.727	.295	.065
Emotional Intelligence scale	20.10 ±33.42		

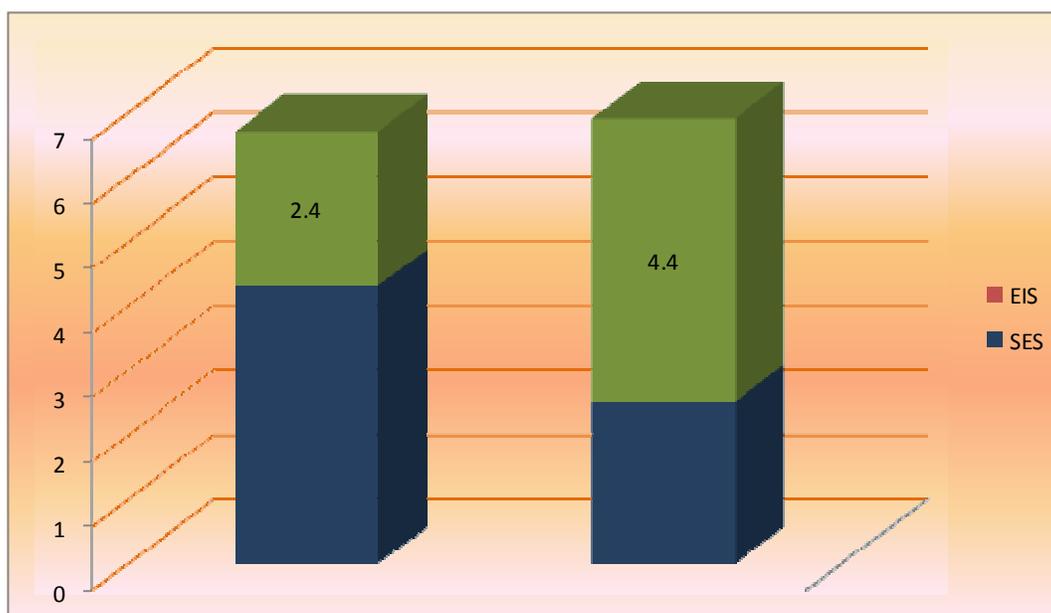**Correlation is significant at the 0.01 level (2-tailed).
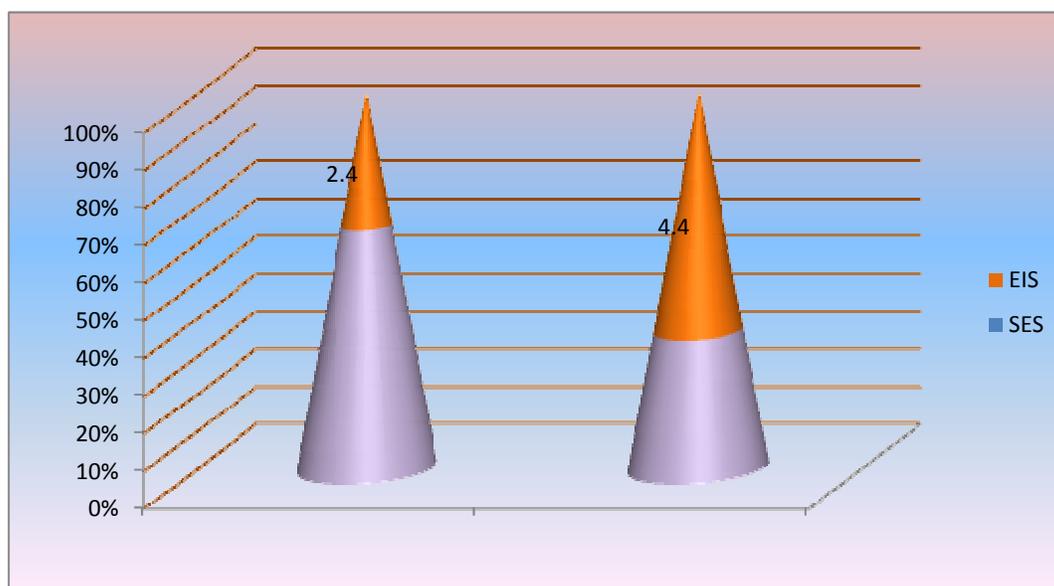
COMMENTS:-

This table, the relation of emotions with self efficacy in hostel of BBAU campus showed in result of which Mean SD is found 68.85±6.727 & 20.10±33.42.R value of study subjects is found .295 and significant value is .065.this significant result shows that in hostel, emotions greatly affect the working efficacy of hostlers.

Table no.2 Distribution of study subjects in LU campus using Correlation

Scale	Mean±SD	R value	Sig.
Self efficacy scale	70.05± 71.57	-.116	.477
Emotional Intelligence scale	23.83± 39.22		

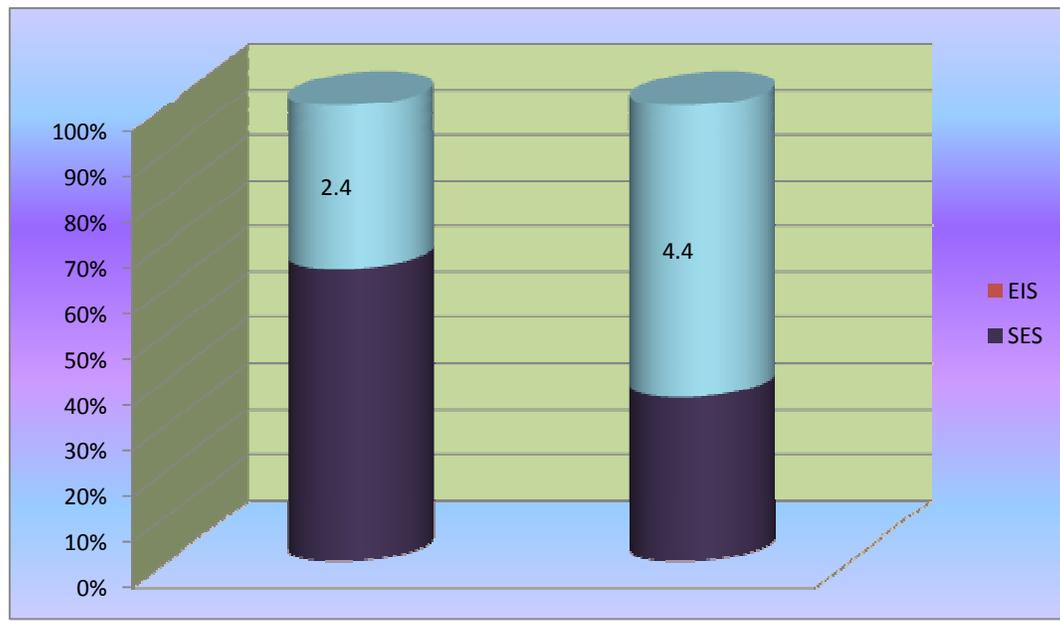**Correlation is significant at the 0.01 level (2-tailed).

COMMENTS:-

This table, the relation of emotions with self-efficacy in hostel of LU campus showed in result of which Mean SD is found 70.05±71.57 & 23.83±39.22.R value of study subjects is found -.116 and significant value is .477.this significant result shows that in hostel, on the working efficacy of hostlers, impact of emotions is results in negative sense &varied with situational management of situation

Table no.3 Distribution of study subjects in N.PG. Campus using Correlation

Scale	Mean±SD	R value	Sig.
Self efficacy scale	64.10± 77.39	0.550	.000
Emotional intelligence scale	21.05 ±52.77		

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

COMMENTS:-

This table, the relation of emotions with self-efficacy in hostel of LU campus showed in result of which Mean SD is found 64.10±77.39 & 21.05±52.77.R value of study subjects is found 0.550 and significant value is .000.this significant result shows that in hostel, on the working efficacy of hostlers greatly affected by variation in emotions.

IV. SUMMARY AND CONCLUSION

In hostel of BBAU campus, the score on self-efficacy is measured in which no one found from 85 & above(high),12 in range of 74-84(average) and 28 in 73 or less(poor) while their emotional intelligence score measured in which 18 on low score,22 on average and no one on high score.

In hostel of L.U. campus, the score on self-efficacy is measured as 2 in 85 & above range(high), 6 in 74-84(Average) and 32 in 73 or less(poor) while on emotional intelligence level score is 6 on low score,24 on average and 10 on high score.

In hostel of N.PG. Campus, the score on self-efficacy is as no one in 85 & above (high), 4 in 74-84 range (Average) and 36 in 73 or less (poor). On emotional intelligence score is 16 found on low score, 22 in average and 2 in high score.

In result of research study it was found that maximum high self-efficacy is found in L.U. campus, score in medium self-efficacy found in BBAU campus and maximum poor self-efficacy found in N.P.G. campus.

V. RECOMMENDATIONS

In hostel living various circumstances are always there for irritating & harassing new hostlers but beside all this there many ways available which can improve their working, their control over emotion like- recognize and embrace your positive qualities, believe in your own worth, look in full size mirror & pick up five things that makes you feel good, stop comparing yourself with others, don't put yourself down, get into the habit of thinking and saying positive things about yourself to yourself, accept compliments, Be assertive, don't allow people to treat you with a lack of respect, engage in work and hobbies that you enjoy, Remember that failure that brings you closer to the success. Be helpful and considerable to others.

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