

A Study of Emotional Intelligence and Academic Achievement in Medical Students

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Abstract: *In the present scenario of medical education in India as well as in globe is putting the eventual fate of students in race where everybody would scan for an alternate way for achievement in his life. Be that as it may, then we would be in the battle of scattering of sweetness and light to build up his identity with a well-suited adjust of emotional intelligence and capability. In the present aggressive environment where understudies are required to perform multirole with proficiency and viability, it is expected to build up their correct mentality and emotional intelligence towards the concealed complexities of life and quality training. This point indicates highly for perusing research in the field of passionate insight especially for medical understudies.*

Keywords: *Emotional intelligence and academic achievement*

I. Introduction

In the most recent decade, the subject of emotional intelligence and competency has turned into a theme of expanding enthusiasm to instructors as they collaborate with understudies influenced by stresses and difficulties of the mind boggling world. Some exploration recommends that projects that help understudies assemble their enthusiastic skills effect them. The against social exercises like the utilization of slurs and tormenting have been lessened significantly and they have turned out to be more agreeable, empathetic, and tranquil. These attributes not just improve the emotional intelligence of the understudies in schools and universities, but rather additionally set them up for life outside the classroom.

Meaning of emotional intelligence:- The term emotional intelligence was first described by Salovey and Mayer(1990) as a subset of social intelligence that involves the ability to monitor one's own and other feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions. It was made popular by Goleman (1995) who refers to it as the ability to sense, understand, value, and effectively apply the power and acumen of emotions as a source of human energy, information, trust, creativity, and influence. Since then, the general notion of emotional intelligence became widely known. The literature suggests that passionate insight i.e. EI plays a key role in determining success in life and it becomes more and more important as people progress up the career ladder (Kolb and Hanley-Maxwell, 2003; Richburg and Fetcher, 2002).Goleman (1995) argues that emotional insight, social intelligence, and luck also play a big role in a person's success. While IQ gets you hired, emotional intelligence or EQ gets you promoted.

Need for the study:-Today we are living in an era where one has to face many challenges especially the youth. Every person has to face lots of pressures - pressure by peer, changing family life, different life styles and academic pressure etc. There is rapid globalization and urbanization. All this combined with liberalization and privatization is leading the youth of today towards a stressful and unhealthy life. The people have to face lots of competition to make a place for them in the society. For being a successful student or citizen, all round development has become necessity of the day. So quality education is the prerequisite. Due to pressure from all directions, the youth is finding it difficult to cope up. This is giving rise to arousal of negative emotions in them. That negative state has become a stigma of their life.

II. Methodology

This research study has been planned with the objective of assessing emotional intelligence of II year medical undergraduates in Pune city. For the assessment of emotional intelligence score, Emotional Intelligence Inventory developed by Dr. S.K. Mangal and Mrs. Shubhra Mangal was administered to 300 medical undergraduate students. The inventory measures the emotional intelligence of the students in total as well as in four aspects of emotional intelligence separately. In the inventory, there are total 100 items. 25 items from the 4 areas to be answered 'yes' or 'no'. Since the present emotional intelligence is scored on the positive side i.e. presence of emotional intelligence, a higher score of the individual here will show a higher level of emotional intelligence and a lower score a lower level of emotional intelligence. This research technique employed is 'Survey' and the responses given by the medicos will be evaluated as a part of this study. In this particular study, the score of emotional intelligence of MBBS students will be calculated in total. As a part of this research, the results will be discussed on the basis of the responses given by the interviewees in the answer sheet of the inventory.

III. Research Findings

Research Findings are as follows:-

1. It was found that 96 of the total respondents said yes they try to ease tension by talking in lighter veins even in the serious moments of a task accomplishment, whereas 204 of the total respondents said they don't think that they try to ease tension by talking in lighter veins even in the serious moments of a task accomplishment.
2. It was observed that one hundred and fifty three of the total respondents said yes it good to say a spade a spade in conversation irrespective of its being taken in a good or bad taste by the people, whereas one hundred and forty seven of them said they don't think that it good to say a spade a spade in conversation irrespective of its being taken in a good or bad taste.
3. It was revealed that 66 of the total respondents said yes they would like to avoid visiting their friend when they are sad over the demise of a relative of them, whereas 234 of the total respondents said they don't think that they would like to avoid visiting their friend when they are sad over the demise of a relative of them.
4. This contemplate uncovers that one hundred and twenty three do get perturbed with the fear of coming misfortunes, though 177 of the aggregate don't stay bothered with the dread of coming incidents. It is seen that nearly one hundred and seventy seven of the subjects are not disturbed owing to bad luck.
5. It was found that 261 of the subjects feel extremely zealous at the progress of their colleagues. But thirty nine of them don't feel the same. Very few show positivity when their friends achieve something in life and majority of them develop negative feelings.
6. "By watching that others are suffering, they inside feel happy", very few (one hundred and two) opine for this, though one hundred and ninety eight of them do not internally feel happy by observing that others are enduring.
7. Research has also shown that 156 of the total respondents said yes instead of expressing their desire or interest by themselves they think that the people by themselves will take care of it, whereas 144 of the total respondents said they don't think instead of expressing their desire or interest by themselves they think that the people by themselves will take care of it.
8. One hundred and twenty nine of the medical undergraduates take the responsibility to inform their colleagues and relatives with some sad happenings irrespective of its consequences, but one hundred and seventy one do not consider it as part of their duty.
9. In response to the query of repenting over their mistakes, one hundred and eighty three of them become sad often but rest of them (117) do not become sad.
10. In response to the query of being hurt easily, half of the medical understudies replied in favour, whereas half of them answered that they don't get hurt easily.
11. Regarding the will power, most of them (219) are strong and only eighty one of them felt that their will power is quite weak. Majority of the undergraduates possess strong will power.
12. 138 of the total respondents said yes they do often say or do the things for which you have to repent afterwards, whereas 162 of the total respondents said that they don't think that they often say or do the things for which you have to repent afterwards.
13. 180 of the total respondents said yes they think that it is better to keep distance or remaining emotionally indifferent with the strangers, whereas 120 of them don't think that it is better to keep distance or remaining emotionally indifferent with the strangers.
14. Majority of the medical understudies (210) do not enjoy laughing or taunting at others. But ninety students felt happy while laughing at or taunting others.
15. 195 of the total respondents said yes their mind go somewhere else while engaged in some task, whereas 105 of the total respondents said that they don't think that their mind go somewhere else while engaged in some task. Most of the subjects remain concentrated and focused in their work.
16. It was found that 77% of the total respondents said yes sometimes they get too irritated to find them over burdened, whereas 23% of the total respondents said they don't get too irritated to find themselves over burdened.
17. Research has also shown that 246 of the total respondents said yes they think themselves unsafe, whereas 54 of the total respondents said they don't think themselves unsafe.
18. This study unearths that 35% of the total respondents said yes If one of their colleagues commits a mistake, they begin to criticize him before others, whereas 65% of the total respondents said they don't think that If one of their colleagues commits a mistake, they begin to criticize him before others.
19. Research has also shown that 249 of the total respondents said yes they feel happy in congratulating others for their accomplishments, whereas 51 of the total respondents said they don't think that they feel happy in congratulating others for their undertakings.
20. The audit indicates that 77% of the total respondents said yes they think instantly to help the person as soon

- as you hear about their problem, howbeit 23% of the tutees don't think instantly to help the person as soon as you hear about their trouble.
21. Results indicate that more than one hundred subjects (i.e. 120) consider themselves as a man of poor soul and whereas one hundred and eighty of them don't consider them as a man of poor soul.
 22. Calculations have shown that 49% of the total respondents said yes they often loose their temper, whereas 51% of the total respondents said they don't loose their annoyance.
 23. It is demonstrated that 58% of the total respondents said yes there is no end of miseries in their life, whereas 42% of the total respondents said there is end of miseries in their life.
 24. It was watched that 147 of the total respondents said yes often have quarrels with your colleagues or other people, whereas 153 of the total respondents said they don't think that they often have quarrels with your colleagues or other people.
 25. This ponder shows that 32% of the total respondents said yes they remain prepared for helping others irrespective of having ideological differences with them, whereas 68% of the total respondents said they don't think that they remain prepared for helping others irrespective of having ideological differences with them.
 26. This study unearth that 240 of the total respondents said yes the people relish much to work along with you on some project or to listen to you attentively during a group discussion, whereas 60 of the total respondents said they don't think that the people relish much to work along with you on some project or to listen to you attentively during a group discussion.
 27. This study unearth that 86% of the total respondents said yes their interests and desires get changed quite soon, whereas 14% of the total respondents said they don't think their interests and desires get changed quite soon.
 28. It was brought to light that 207 of the total respondents said yes they do feel that there is no body in this world to show genuine sympathy for them, whereas 93 of the total respondents said they don't think that there is no body in this world to show genuine sympathy for them.
 29. It was found that 89% of the total respondents said on Getting upset, they remain aware what is troubling them, whereas 11% of the total respondents said they don't think that they remain aware what is troubling them.
 30. 270 of the total respondents said yes they try to listen properly and pay due respect to the people or colleagues whenever they happen to meet them, whereas 30 of the total respondents said they don't think that they try to listen properly and pay due respect to the people or colleagues whenever they happen to meet them.
 31. Only ninety nine of the total respondents said yes they think that other people or their colleagues unnecessarily keep over watch or vigilance on their activities, whereas majority of the them (201) said they don't think that other people or their colleagues unnecessarily keep over watch or vigilance on their activities.
 32. This study unearth that 141 of the total respondents said yes they think themselves insulted or a degraded person, whereas 159 of the total respondents said they don't think themselves insulted or a degraded person.
 33. It was found that 37% of the total respondents said yes they hate or have allergy with so many things, whereas 63% of the total respondents said they don't think they hate or have allergy with so many things.
 34. Out of the sample of three hundred, one hundred and forty four don't realize any difficulty to express what is felt by them at a particular time, but one hundred and fifty six said they don't think that they don't realize any difficulty to express what is felt by them at a particular time.
 35. Revelations were that half of the pupils said yes the members of the community or society have reservation in coming closer to them by considering them too much different from them, whereas rest half said they don't think that the members of the community or society have reservation in coming closer to them by considering you too much different from them.
 36. 123 of the total respondents said yes they wish that the people should continuously listen to them instead of making them listened to them, whereas 177 of the total respondents said they don't think that they wish that the people should continuously listen to them instead of making them listened to them.
 37. One hundred and ninety two of the medical undergraduates were confident to meet any challenge coming in their life, whereas rest of them i.e. 108 of the total respondents said they don't think they can very well meet any challenge coming in their lives.
 38. As per the enquiry of winning the heart of people, majority of the wards (ninety nine percent) were quite confident about it. Only ten percent of them expressed that it is not an easy task for them.
 39. It was highlighted that two hundred and thirteen said yes they like to settle issues with the person instantly who speaks ill of you, whereas eighty seven said they don't like to settle issues with such person instantly.
 40. The readings reveal that fifty seven percent of the total respondents said yes they become normal after facing some adversaries in their life, whereas forty three percent of the total respondents said they don't

- become normal after facing some adversaries in their life.
41. It was found that 255 of the total respondents said yes they take responsibility of getting people introduced with one another on some gathering or auspicious occasion, whereas 45 of the total respondents said they don't think that they take responsibility of getting people introduced with one another on some gathering or auspicious occasion.
 42. Another revelation by one hundred and fifty nine wards was that they often try to provide leadership to some social or group work and one hundred and forty one wards don't think that they try to provide leadership to some social or group work.
 43. Regarding one more query to the medical undergraduates, majority of them i.e. two hundred and seventy three are very much familiar with their goodness and evils, whereas very few i.e. only twenty seven were not aware of their strong and weak points. Majority of these medical understudies are aware about their good and bad points, whereas only nine percent of them have no idea about their strengths and weaknesses.
 44. The data had put light that two hundred and nineteen wards said yes they feel any hesitation or fear to express or doing a thing in a noble way or inventing something new with their own attempts, but eighty one wards expressed they don't think that they feel any hesitation or fear to express or doing a thing in a noble way or inventing something new with their own attempts.
 45. One hundred and thirty five of the subjects felt they can't do anything in their lives, but 165 of them said that they don't think that they are unable to do anything in their lives. More than half of the subjects have the confidence to do something in their life.
 46. It was found that 41% of the total respondents said yes they think that they don't like even to talk to the people who differ with them in opinions, whereas 59% of the total respondents said they don't think that they don't like even to talk to the people who differ with them in opinions.
 47. 246 of the total respondents said yes they easily get sympathy or help from others, whereas 54 of the total respondents said they don't think that they easily get sympathy or help from others.
 48. "You feel happy in helping others in their difficult moment", in response to this query, two hundred and seventy nine were in favor whereas 7% of the total respondents said they don't think that they feel happy in helping others in their difficult moment.
 49. This study shows that 198 of the total respondents said yes they often loose your patience and nerves by getting afraid of the failures, whereas 102 helpful understudies expressed that they are not afraid of the failures and even don't loose patience.
 50. This study shows that 85% of the total respondents said yes they feel perturbed for a long on being insulted by somebody else, whereas 15% of the total respondents said they don't think that they feel perturbed for a long on being insulted by somebody else.
 51. It was observed that 270 of the total respondents said yes their friends or relatives expect from them the needed help and guidance at the time of their difficult hours, whereas 30 of the total respondents said they don't think their friends or relatives expect from them the needed help and guidance at the time of their difficult hours.
 52. This examine demonstrates that most of the medical undergraduates (i.e. two hundred and four) easily make friendship or acquaintance with others. But ninety six of them are not comfortable in making fellowship or colleague with others.
 53. 75 medical understudies opine that it is not proper to trust anybody in this world, whereas 225 of the total respondents said they don't think that it is not proper to trust anybody in this world. Major portion of the sample have the trustworthy feelings.
 54. Calculations showed that eighty two percent of the wards are very much aware as to what leads to happiness and what makes them feel sad. Only few of them are not able to judge as to what makes them feel happy or sad.
 55. 252 of the total respondents said yes they are exercising a lot of control over the things in their life, whereas 48 of the total respondents said they don't exercise a lot of control over the things in their life.
 56. Research has also shown that eighty six percent of the students said yes they think that they are liked by the people on account of their good behavior, yet 14% had the feeling that they are not liked by the people on account of their good activities.
 57. It was found that 219 of the total respondents said yes on falling ill, if one of their colleague enquires about their health, they are able to recognize whether he is showing a genuine sympathy or just pretending, whereas 81 of the total respondents said they don't think that on falling ill, if one of their colleague enquires about their health, they are able to recognize whether he is showing a authentic kindness or just pretending.
 58. Out of the total respondents, two hundred and four said yes they are able to take timely proper decisions in spite of so many contradictory desires creeping in their mind, whereas ninety six subjects i.e. 32% of the total respondents said they don't think that they can take convenient legitimate choices in spite of such a large number of opposing goals sneaking in their brain.

59. This study reveals that 147 of the total respondents said yes they usually depend upon the guidance or help from others in solving their own problems, whereas 153 of the total respondents said they don't think that they usually depend upon the direction or help from others in solving their own trouble.
60. 219 students execute their tasks promptly and with full dedication, whereas eighty one of them (i.e. 27% of the total respondents) expressed their inability to execute their all tasks promptly and with full dedications. Again most of the medical understudies are in possession of dedication, whereas only few of them lack dedication.
61. Research has also shown that 228 of the total respondents said yes they often realize that who are jealous of their progress, whereas 72 of the total respondents said they don't think they often realize that who are envious of their advancement.
62. In response to the query, "Can you judge who are your true friends or well wishers", eighty five percent expressed ability for the same. But forty five of them (i.e. 15%) opined that they are not able to judge as to who are their actual companions or well wishers.
63. This contemplate uncovers that 43% of the subjects said yes while observing people laughing or talking, they feel that they are laughing at or talking ill of them, whereas 57% of the subjects had different feeling that while observing people laughing or talking, they do not feel that they are laughing at or talking ill of them.
64. It was experiential that 144 of the total respondents said yes they remain uneasy on account of their intention to take revenge on others, whereas 156 of the total respondents said they don't think that they remain uneasy on account of their aim to take vengeance on others.
65. It was further revealed that forty three percent of the medical understudies are never satisfied with their work and remain worried for its further improvement and 57% i.e. one hundred and seventy one were gratified with their work and do not remain worried for its further improvement.
66. It was found that 228 of the total respondents said yes other people or circumstances are more responsible for their mistakes and improper habits, whereas 72 of the total respondents said they don't think that other people or conditions are more responsible for their mistakes and improper habits.
67. "Do you try to think before saying or doing something about its impact over others", very few (9%) said they don't think they attempt to think before saying or accomplishing something in regards to its effect over others. But ninety one percent of them give a thought to it.
68. The contemplate shows that 37% of the total respondents said yes they get perturbed by the thought that others are observing them or their actions, whereas 63% of the aggregate are not disturbed by this thought that others are observing them or their actions.
69. It was found that 93 medicos said yes they can't do anything properly, whereas 207 of the total respondents said they don't think that they can't do anything properly.
70. It was experiential that 43% of the pupils often feel ashamed of their looks and behavior, but fifty seven percent of them do not feel embarrassed about their looks and conduct.
71. It was experimental that 264 of the total respondents remain much anxious and agitated until they get their desired object, whereas 36 of the total respondents said they don't think that they remain much anxious and agitated until they get their desired object.
72. Research has also shown that one hundred and eighty three students (i.e. 61%) know well about the likings and disliking of their nearest friends, whereas one hundred and seventeen i.e. 39% of the aggregate do not know well about that.
73. It was found that 234 of the total respondents said yes they realize that they are considered trustworthy and responsible by the people, whereas 66 of the total respondents said they don't think they realize that they are considered trustworthy and responsible by the people.
74. This consider uncovers that only sixty (20%) wards try to place the needs and interests of others over their own. But 240 wards do not attempt to put the requirements and interests of others over their own.
75. It has been found that 222 of the total respondents said yes they take too much time to learn a new technique by leaving the old ones, whereas 78 of the total respondents said they don't think that they take too much time to learn a new technique by leaving the old ones.
76. The calculations also indicated that one hundred and eighty six pupils responded in favor on asking about that they finish what they set out to do. But one hundred and fourteen do not finish what they set out to do.
77. It was observed that 279 of the total respondents said yes whether being observed or not, they stand for fulfilling their responsibilities properly, whereas 21 of the total respondents said they don't think that whether being observed or not, they stand for fulfilling their responsibilities properly.
78. This ponder demonstrates that 84 (i.e.28%) said yes they can say for themselves that they are capable of peeping into the hearts of others by reading their faces. Two hundred and sixteen pupils (i.e. 72%) opined that they do not have the capacity for peeping into the hearts of others by perusing their appearances.
79. Research has also shown that 264 medical understudies expressed confidently that they are well aware of

- goodness and evils of their intimate friends or relatives. Only twelve percent (i.e. 36) did not sure know about the strong and weak points of their colleagues.
80. Nearly more than half of the undergraduates (fifty five percent) knew well as to what is expected from them by their friends or members of the family. But less than half of the subjects had no idea about the expectations from them by their pals or family members.
 81. In response to the question, “Whenever confronted with some tedious problem, they always run after seeking others help”, one hundred and ninety two of them answered in favor and one hundred and eight replied that they don’t need help of others.
 82. “Whenever they take a task in their hand, there goes something wrong resulting in the non realization of their goal”, in response to this query most of the wards (i.e. 78%) said yes. While twenty two percent of the aggregate were not in the possession of this feeling.
 83. Research has also shown that 132 of the total respondents said yes whenever they get a task spoiled, they begin to curse themselves, whereas 168 of the total respondents said they don’t think that whenever they get a task spoiled, they begin to curse themselves.
 84. This audit uncovers that thirty five percent medical understudies said yes they know or try to know the type of relationship maintained by the people among themselves in their neighbourhood and friend circle. While sixty five percent do not attempt to know the sort of relationship kept up by the general population among themselves in their neighbourhood and companion circle.
 85. Regarding the possession of the capacity to have an intuition, very few were the owners, while most of them (i.e. two hundred and sixty one) declined to have an intuition when one of their friends is in trouble.
 86. This survey also reveals that one hundred and seventy one pals take no time in realizing that the other person is befooling them, while one hundred and twenty nine of them they take time in realizing that the other person is befooling them.
 87. Research has likewise appeared that most of them i.e. eighty one percent think that they must do something unique than others, but rest nineteen percent do not think the same.
 88. When asked, “All of us should pick up the most challenging goals of their life”, fifty seven percent of the subjects answered in favor, but forty three percent of them denied about this.
 89. It was experiential that 42 of the total respondents said yes they feel extremely bad by listening about their mistake and weaknesses from others, whereas 258 of the total respondents said they don’t think that they feel extremely bad by listening about their mistake and weaknesses from others.
 90. Calculations uncovered that out of a sample of 300, one hundred and forty one realize soon that one of their friends or relatives is annoyed with them for some reasons, though one hundred and fifty nine don’t understand soon that one of their companions or relatives is irritated with them for a few reasons.
 91. It was uncovered by the contemplate that 198 of the total respondents said yes know well that what type of utterances and activities make them friends or relatives feel good or bad, whereas 102 of the total respondents said they don’t think they know well that what type of utterances and activities make them friends or relatives feel good or bad.
 92. Observations regarding self-confidence indicate that one hundred and twenty three wards don’t loose their self-confidence in the moments of despair, though remaining i.e. one hundred plus seventy seven feel that they in some cases free their self-assurance at the time of misery.
 93. 46% of the total respondents said yes they take any new assignment, unless inspired enforced by someone, whereas 54% of the total respondents said they don’t think that they take any new assignment, unless inspired enforced by someone.
 94. Out of a sample of 300 medical understudies, half of them said yes they can say “I Love You” in spite of falling in love with him/ her. But remaining half were not able to express their feeling of love even after falling in love with him or her.
 95. 177 of the total respondents said yes people nearer to them are fully trust worthy. But one hundred and twenty three wards don’t think that people close to them are fully trust worthy.
 96. As per the survey, sixty two percent could realize when asked, “The person talking to you is a wolf in lamb’s clothing.” And the rest thirty eight percent were not able to identify.
 97. 252 of the total respondents said yes they agree that, whatever so it may be, we should not get ourselves involved in others affairs, whereas 48 of the total respondents said they don’t think that they should not get ourselves involved in others affairs.
 98. The overview has appeared that two hundred and thirteen pals (i.e. 71%) said yes they have full trust in their friends/ friends that they will stand by them at the moments of difficulties, and only eighty seven of them (i.e. 29%) don’t have full trust in their companions/ companions that they will remain by them at the snapshots of troubles.
 99. It has been demonstrated by the survey that most of the subjects i.e. nearly two hundred and thirty seven don’t think that others feel that they do not get perturbed even in the hard circumstances, though only sixty three believed that others feel that they don’t get bothered even in the difficult conditions.

IV. Recommendation

Knowledge about passion control seems to be of great significance, as many people face failure in this regard. Many times even a person is not able to control- be it be anger, outbursts of emotions or even working under pressure. A person, who is good at understanding and labelling passions, is also able to regulate and adjust effectively with passions. The need to improve understudies' passionate insight:- If we look into the requisite for medical understudies, the need is felt. This is the area where patients demand love and care its essential for the recovery of the sick person. The entrance exams, for which the therapeutic students appear to get admission, are purely theoretical in nature as these assessments do not contribute to enhance the enthusiastic insight of the pupils. These evaluations are also incapable of forecasting behaviour of these students while interacting with people surrounding them especially their patients. Hence, need is felt to include course on enthusiastic intelligence to be included in the curriculum. Assessing EMOTIONAL INTELLIGENCE among physicians will create caring environment in medicine.

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