MOTHERS’ ANXIETY AND VARIOUS ASPECTS OF EMOTIONAL INTELLIGENCE OF ADOLESCENTS

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ABSTRACT
With the cutting of the umbilical cord, physical attachment to our mother ends and emotional and psychological attachment begins. Among both the parents, the child is more close to her mother. There is an influence of mother’s nature, personality, competencies etc. on the child. Hence, it is necessary to take a note of mother’s nature, personality and competence. The present study is aimed to find the effects of maternal anxiety on emotional intelligence and its aspects i.e. self-awareness, self-management, social-awareness and social-skills of adolescents. The sample consists of 120 adolescents and their mothers. The study is done on mothers having high anxiety, normal anxiety and low anxiety and their children, where 40 adolescent children were taken in each group. The Emotional Intelligence Scale translated into Gujarati by Dr. Pallavi Patel and Dr. Hitesh Patel to measure EI of adolescents and The Comprehensive Anxiety Test devised by A.K.P. Sinha and L.N.K. Sinha was used to measure the anxiety of mothers. The data was analyzed using ‘t’ test. The difference in the scores of EI and its aspects of adolescents were found. The results showed that there is a difference in EI scores of adolescents whose mothers have high, normal and low anxiety.

KEYWORDS: Emotional Intelligence, Mothers’ Anxiety, Adolescents.

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