

## **Study Social Health of Under Graduate Students on the Basis of Daniel Goleman Emotional Intelligence Theory**

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### **Introduction**

'SOUND MIND IS A PREREQUISITE OF SOUND HEALTH.'

How a person gets along with other people .A person's level of support from people and institutions around them. How well a society dose at offering ever citizen the equal opportunity to obtain access to the goods and services. Critical to being able to function as contributing member of society. Being socially healthy enables individuals to interact and relate to others in a positive manner a person's social health relate to others. A person's social health relate to others. A person's social health also impacts his ability to build friendships and form intimate relationships.

Emotional intelligence[EI]is the ability to recognize one's own and other people's emotions to dicrionioninate between different feelings and label them appropriately, and to use emotional information to guide thinking and behaviour. emotional intelligence can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional. Information to thinking and behaviour .emotional intelligence[el] is the area of cognitive ability involving traits and social skills that facilitate interpersonal behaviour. Intelligence can be broadly defined as the capacity for goal oriented adaptive behaviour, emotional intelligence that govern self knowledge and social adaptation.

### **Objectivity**

To study the social health of undergraduate students.

To understand the relation between social health and Daniel golmen emotional intelligence theory.

To help the students to develop relationship and good social health

### **Methodology:**

To carry out study sixty female students of under graduate J W sadhubella girls college ,Ulhasnager, Thane were selected by convenience surveys methods as the subject for the study.

**Analysis of Data**

The data collected from the questionnaire was analyzed on five parameters

1. Behaviour
2. Selfawareness
3. Selfmanagement
4. Social awareness
5. Relationship management

**1. Behaviour;**

85% say they of the respondents believes that their behavior is guided by the emotions and emotions have strong impact on their behavior. It was also found that behavior changes when they were under pressure.

**2.Self Awareness;**

75% of the respondents were of the view that they always like take new challenges and always inspire confidence in others. They generally learn most by actively doing activities.

**3.Self Management**

Around 50 % respondents feel that they were cautious about making the right decision where there are uncertainties and pressure and get easily distracted under pressure.

**4.Social Awareness**

60% respondents always find social network to create better decision network and group differences were understood and valued

**5.Relationship Management**

70% respondents said that they always listen to the important words being said and others perspectives were always understood and sensitivity shown.

They believe they always help out based on understanding others needs and feelings

**Conclusion**

From the above analysis of the data following conclusions were drawn,

The behaviour of the females were guided by emotions and it shows the influence of emotions on their behaviour. Most of students has self awareness and believe in doing things on their own.

Majority of the students could not manage their self during bad time and gets easily distracted and could not handle the pressure. They are very good managing the relations. So it can be concluded that social health of the students is at satisfactory level and can be developed by systematic efforts.

**Suggestions**

- 1.The student should learn to handle the pressure so that their behaviour is just and fare.
- 2.To enhance the social health they should create informal groups and interact regularly.
- 3 Not to get easily distracted students must increase their level of understanding and rational thinking.
4. students should self disciplined and also aware about the happenings around them.

**References**

Daniel Goleman Theory of Emotional intelligence, Journals on Social Health, [www.Eltests.com](http://www.Eltests.com),  
[www.maetrix.com](http://www.maetrix.com)

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