

A Study on Early Adulthood Behaviour on the Basis of Emotional Intelligence Scale of the Students of Central University of Odisha, Koraput

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Abstract: Behaviour is the interactions of individuals. Different behaviours at different life stages occur due to several circumstances. A person and his or her particular behavioural usages are the result of their experiences throughout ages. Early adulthood is a crucial time period of life when people need to play certain roles and have to deal with various situations depending upon their emotional intelligence which leads to certain patterns. **Objective:** A study on the early adulthood behavioural usages on the basis of emotional intelligence scale of the students of Central University of Odisha, Koraput. **Methods:** 145 PG students of Central University of Odisha, Koraput were surveyed. Respondents were interviewed with the help of a behaviour study questionnaire. 5-point Likert scale was used and MS Excel was used for data analysis. **Analysis and Results:** Variations in the responses are found depending upon the emotional intelligence scale. All the data are presented in tabular form and interpreted accordingly. It is found that different social cultural circumstances are the main reasons of someone's behaviour. **Conclusion:** The study presents the early adulthood behavioural usages while considering emotional intelligence scale as a measuring tool. It also emphasises the importance of awareness towards the behavioural pattern of this age.

Keywords: Early adulthood, Behaviour, Emotional Intelligence Scale, University students.

1. Introduction

Social behavior characterizes the interactions that occur among individuals. These can be aggressive, mutualistic, cooperative, altruistic, and parental. When individuals interact repeatedly, social relationships develop and these can form among strangers, relatives, members of the same or opposite sex, and members of the same or different generations. Sets of consistent social relationships produce social systems or social organizations that can vary on monogamous or polygamous themes of reproduction and involve various types of helpers in cooperative relationships. The nature of any social system is ultimately determined by ecological and social circumstances, demography, and kinship (Daniel I. Rubenstein, Dustin R. Rubenstein, 2013). Humans possess a range of phylogenetically determined, species-specific behaviours which are the direct equivalents of social releasers in other animals. One such behavior is the smiling response of human infants. As Freeman (1961:243) notes: 'The biological nature of the smile has been demonstrated by the well-known experiments of Kaila (1932) and Spitz (1946). Spitz has shown that smiling from approximately 24- months of age, may be elicited as readily by models of the human face as by the face itself. By using various masks he found that the smile is actually elicited by a configuration of two eyes, a forehead and motion such as nodding or mouth movement.'

The life stage called early adulthood defines individuals between the ages of 20 and 35, who are typically vibrant, active and healthy, and are focused on friendships, romance, child bearing and careers. Yet serious conditions, such as violent events, depression and eating disorders, can negatively impact young adults. (access at 21 August, 2022). Research on this stage of life is still in its early years, so we don't know everything yet that there is to know about how

EA is different than adolescence or later adulthood. Many studies, though, have shown us time and time again that there are developmental trajectories that continue past puberty and into legal adulthood. In terms of the brain, we know that white matter (the axons and myelin sheaths that physically connect brain regions and transmit messages from one part of the brain to another) does not stop developing until the twenties (Lebel et al. 2008), with some tracts (or pathways) not reaching peak maturity until as late as age 40 (Lebel et al. 2012). What this means is that even after leaving behind the life stage of adolescence, early adults' brains are still working to optimize connectivity between different regions.

2. Objectives

Recording the early adulthood behavioural usages on the basis of emotional intelligence scale of the students of Central University of Odisha, Koraput.

3. Methodology

The present study was conducted among the PG students of Central University of Odisha, India. The study was carried out among 145 students who were randomly selected from different subject streams of the university. A predesigned behaviour study schedule was used for data collection. The data were collected by personal interviewing method. Observation method was also applied to understand and interpret the behavioral pattern.

This study consists of several tables to present the data in numerical form. At first the data are collected and put into excel sheets to calculate. The calculations are done by coding system. Each answer options are given number codes to put in the excel sheet. There are tables for each genre of

question respectively. Interpretation was one of the key methods applied in this empirical study. Every question is presented in quantitative as well as qualitative form by interpreting the best results out of it. Behavioral pattern of each respondents individually as well as in groups is tried to be interpreted in this study. This empirical study consists of 5 point Likert scale.

4. Analysis and Results

Table 1: Socio-demographic information of the respondents (n=145)

Variables		No. of Respondents	Percentage
Gender wise distribution	Male	35	24.18%
	Female	110	75.86%
Religion wise distribution	Hindu	136	93.79%
	Muslim	1	0.68%
	Christian	8	5.51%
Caste wise distribution	General	60	41.37%
	Scheduled Caste (SC)	18	12.41%
	Scheduled Tribe (ST)	11	7.58%
	Other Backward Classes(OBC)	56	38.62%

Table 1 shows that in this study (n=145) 75.86% respondents were females whereas 24.18% respondents were males. There was no intentional gender biasness towards sampling. It was found that there were 136 (93.79%) Hindu respondents, Christian respondents were 8(5.51%) and Muslim category accounts 1(0.68%) respondent. Here, majority of the respondents were found to be Hindu. There were 41.37% respondents belong to general category. Other major category belongs to Other Backward Classes (OBC) which accounts 38.62% respondents. The respondents came from Scheduled Caste (SC) accounts 12.41% and rest 7.58% respondents belong to Scheduled Tribe (ST).

The Emotional Intelligence Scale was developed by Wong and Law (2002). Currently more than 30 different widely-used measures of EI have been developed. Although there is some clarity within the EI field regarding the types of EI and their respective measures, those external to the field are faced with a seemingly complex EI literature, overlapping terminology, and multiple published measures (Peter J. O'Connoret al. 2019)

Here are different questions to measure emotional intelligence scale of the respondents to study their behavioural pattern.

Table 2: Status of response towards being confident in abilities (n-145)

Confident in abilities	No. of Respondents	Percentage
Never	1	0.69%
Rarely	6	4.14%
Sometimes	35	24.14%
Usually	48	33.10%
Always	55	37.93%
Total	145	100%

It was found from the above table that 37.93% respondents who always feel confident in their abilities. There are 33.10% respondents found to be confident in their abilities

whereas 24.14% respondents who feel confident in their abilities. It was found that 4.14% respondents feel confident rarely as well as 0.69% respondents never feel confident in their abilities. If a person is not confident enough in his or her abilities they cannot bring confidence in their behavioural pattern also.

Table 3: Status on response towards explaining to others (n-145)

Can explain to others	No. of Respondents	Percentage
Never	8	5.52%
Rarely	21	14.48%
Sometimes	63	43.45%
Usually	25	17.24%
Always	28	19.31%
Total	145	100%

It was revealed that out of total sample 43.45% respondents can explain their words sometimes to others. There are respondents consisting of 19.31% can always explain to others at the same time there are 17.24% respondents who can explain to others usually. There are 14.48% respondents who can explain to others rarely at the same time 5.52% respondents found to be able to explain to others.

Table 4: Status of response towards identifying experience of mood shift or mood swing (n=145)

Identifying mood shift	No. of Respondents	Percentage
Never	7	4.83%
Rarely	33	22.76%
Sometimes	46	31.72%
Usually	32	22.07%
Always	27	18.62%
Total	145	100%

The above table reflects that there are 31.72% respondents to identify their mood shift or mood swing sometimes during different time periods. There are 22.76% respondents to identify mood shift rarely. There are 22.07% respondents who can usually identify their mood shift. There are 18.62% respondents out of the total study sample who can identify mood shift always as well as there are 4.83% respondents found to never identify their mood shift at all.

Table 5: Status of response towards remaining the fear of strange circumstances (n=145)

Fear of strange circumstances	No. of respondents	Percentage
Never	18	12.41%
Rarely	31	21.38%
Sometimes	53	36.55%
Usually	23	15.86%
Always	20	13.79%
Total	145	100%

The above table revealed that 36.58% respondents found who feel the fear of strange circumstances sometimes. There are 21.38% respondents to feel the same rarely. It was found that usually 15.86% respondents found to feel the fear in strange circumstances usually. There are 13.79% respondents found to feel the fear of strange circumstances always at the same time there are 12.41% respondents for whom the fear of strange circumstances remains never at all.

Table 6: Status on response whether stress can be handled well or not (n-145)

Can handle stress well	No. of Respondents	Percentage
Never	13	8.97%
Rarely	16	11.03%
Sometimes	44	30.34%
Usually	44	30.34%
Always	28	19.31%
Total	145	100%

Handling stress is a great indicator of one’s behavioural pattern. There are 30.34% respondents in each genre of handling stress well sometimes as well as usually respectively. There are 19.31% respondents who can always handle stress well. Besides this there are 11.03% respondents who can handle stress rarely as well as there are 8.97% respondents found to be told that they can never handle stress well.

Table 7: Status on response of being non-expressive of needs and feelings clearly (n=145)

Cannot express needs and feelings clearly	No. of Respondents	Percentage
Never	17	11.72%
Rarely	39	26.90%
Sometimes	45	31.03%
Usually	21	14.48%
Always	23	15.86%
Total	145	100%

It was found from the above table that 31.03% respondents cannot express needs and feelings clearly sometimes. There are 26.90% respondents who find it to not to express their needs and feelings rarely at the same time 15.86% respondents find it difficult to express their needs and feelings always. There are 14.46% respondents who cannot express needs and feelings usually as well as there are 11.72% respondents who are never non-expressive of needs and feelings clearly.

Table 8: Status on response towards considering many options before taking a decision (n-145)

Consider many options before taking a decision	No. of respondents	Percentage
Never	8	5.52%
Rarely	10	6.90%
Sometimes	35	24.14%
Usually	42	28.96%
Always	50	34.48%
Total	145	100%

It was revealed from the above table that out of total sample 34.48% respondents always consider many options before taking a decision. There are 28.96% respondents usually consider many options before taking a decision at the same time 24.14% respondents sometimes usually consider many options before taking a decision. It was found that 6.90% respondents found to consider many options rarely before taking a decision about any aspect. There are 5.52% respondents who never consider many options before taking a decision. Considering many options while taking decision reflects an uncertain behavioural pattern to an individual.

Table 9: Status on response towards tending to get upset when others criticize behaviour directly (n-145)

Tend to get upset when others criticize behaviour directly	No. of Respondents	Percentage
Never	17	11.72%
Rarely	36	24.83%
Sometimes	37	25.52%
Usually	24	16.55%
Always	31	21.38%
Total	145	100%

Based on the table out of total sample 25.52% respondents tend to get upset sometimes when others criticize their behaviour directly whereas 24.83% respondents tend to get upset rarely when the same happens. There are 21.38% respondents always tend to get upset when someone criticize their behaviour. They feel low in confidence also while this happens so and 16.55% respondents usually tend to get upset when their behaviour is criticised directly. There are 11.72% respondents who never get upset when others criticize their behaviour directly.

Table 10: Status on response of feeling withdrawn in social situation (n=145)

Withdrawn in social situation	No. of Respondents	Percentage
Never	28	19.31%
Rarely	33	22.76%
Sometimes	56	38.62%
Usually	12	8.28%
Always	16	11.03%
Total	145	100%

Social situation is such a genre in which the socio-psychological behaviour of an individual reflects. It was revealed from the above table that 38.62% respondents feel withdrawn sometimes in social situation whereas 22.76% respondents get the feelings of being withdrawn rarely in social situation. There are 19.31% respondents who never feel withdrawn in social situations at the same time 11.03% respondents always feel withdrawn in social situations which reflects in their social behaviour. There are 8.28% respondents who feel withdrawn usually in social situations.

Table 11: Status on response towards having ability to accept challenge and prove oneself when someone undermines them (n=145)

Ability to accept challenge and prove selves when someone tries to undermine	No. of Respondents	Percentage
Never	6	4.14%
Rarely	10	6.90%
Sometimes	20	13.79%
Usually	33	22.76%
Always	76	52.41%
Total	145	100%

It was found that 52.41% respondents out of total sample have the ability to challenge and prove themselves when someone undermines them. This characteristic brings a boldness to one’s behaviour. There are 22.76% respondents who usually accept it as a challenge and prove themselves when someone undermines them whereas 13.79% respondents sometimes accept challenge and prove themselves when someone undermines them as well as

6.90% respondents rarely accept it as a challenge and try to prove themselves when someone undermines them. There are 4.14% respondents who never accept challenge and try to prove themselves when someone undermines them.

5. Conclusion

The study reveals that early adulthood age is a complex time period of life and people of this age have to go through different social and cultural situations which ultimately form their behavioural pattern depending upon their emotional intelligence. Particularly in this study sample the early adult respondents are found to be confident in their abilities most of the times. It is found that in this age it is comparatively tough to explain to others such as family members and friends as opinions may conflict. There are respondents who can freely put their words out at the same time there are respondents who cannot express their needs and feelings easily. The students sometimes experience occurrence of mood shift or mood swing especially the female respondents while they go through physical or emotional difficulties. Most of the students as they are at the early time period of their career path also they feel the fear of strange circumstances sometimes. As a human being we have different roles to play in a society which sometimes make us face problems which ultimately lead to stress. Here it is found that the respondents are able to handle stress well usually. In this study most of the respondents consider many options while taking a decision which represents a frequent mindedness in their behaviour. Sometimes respondents feel low when their behaviour are criticized directly. Some of them feel withdrawn in several social situations. Interestingly more than half of the respondents accept challenge when it comes to prove their ability if someone undermines them which is a constructive behaviour accordingly.

The study findings show that considering emotional intelligence scale there are great influences of the social circumstances to form someone's behaviour. Each constructive or destructive behaviour needs to be taken care of as there will be more roles to play as a social being in the upcoming age it is very important for the respondents to be aware and careful towards their early adulthood behaviour which will lead to a great middle adulthood and late adulthood time period.

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