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# JIAAP

## Bridging Emotional Intelligence and Psychological Well-being: The Interpersonal Connection among Young Adults.

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In the present study, the effect of emotional intelligence on psychological well-being was assessed using interpersonal relationship as a mediator among young adults. For the present study, 210 young adults of Kolkata city were selected through purposive sampling. The level of Emotional Intelligence was measured through The Schutte Self-Report Emotional Intelligence Test (SSEIT); Interpersonal relationship and psychological well-being were measured through Interpersonal Relationship Scale and Psychological Well-being Scale respectively. The results of the investigation established that there is significant positive correlation between emotional intelligence and interpersonal relationships, emotional intelligence and psychological well-being and interpersonal relationship and psychological well-being. The findings of this study suggests that interpersonal relationships play a crucial role in explaining the relationship between emotional intelligence and psychological well-being among young adults. The results demonstrate that emotional intelligence has a significant direct association with psychological well-being. The mediation analysis revealed that emotional intelligence indirectly influences psychological well-being through its positive impact on interpersonal relationship. This study contributes to our understanding of the multifaceted nature of emotional intelligence and its impact on psychological well-being, emphasizing the importance of fostering emotional intelligence and nurturing healthy interpersonal relationships for promoting overall mental well-being among young adults. The results of the present study can be used for designing more effective intervention strategies and applying them in multiple settings including colleges, universities and workplaces to improve the psychological well-being of young adults. The future implications of the investigation were also discussed accordingly.

**Keywords:** Emotional Intelligence, Interpersonal relationship, Psychological well-being.

There are some distinct mental health challenges which youths frequently face when they progress to higher education and early adulthood. Universities and workplaces must and do make an effort to address this issue in order to encourage positive functioning because this stage of life can be stressful for people and can lead to several mental health issues. The most frequent

manifestations of these in young adults around the world over the past few decades have been sadness, anxiety, and/or stress. It implies that there is an impending risk of increased mortality and diminished psychological well-being (Yıldırım, M., & Arslan, G.).

Well-being is a holistic approach integrating physical and mental health. The

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## **The Relative Significance of General Health, Social Interaction Anxiety and Interpersonal Relationship on Quality of Life of Young Adults: A Regressional Study**

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In the present study, the relationship and relative contribution of general health, dimension of general health, social interaction anxiety and interpersonal relationship on quality of life of young adults was assessed. For the present study, 250 young adults of Kolkata city were selected through purposive sampling. General health and its dimensions were measured by GHQ-28; Social interaction anxiety was measured through SIAS; Interpersonal relationship and quality of life were measured through IRS and QoLS respectively. The results of the investigation established that general health, dimensions of general health, social interaction anxiety were significantly and negatively correlated with quality of life. On the other hand, Interpersonal relationship was positively correlated with quality of life. Stepwise Multiple Regression Analysis showed that General health, interpersonal relationship and social interaction anxiety were found to be significant predictors of quality of life of young adults of Kolkata City. This study emphasize the importance of improving general health, minimizing social interaction anxiety and enhancing interpersonal relationship in order to subsequently enhance the quality of life of young adults. The future implications of the investigation were also discussed accordingly.

**Keywords:** General health, Social interaction anxiety, Interpersonal relationship, Quality of life.

Until recently absence of disease in the body was synonymous with being healthy. But with the advancement of several researches in the field of health and positive psychology, it was shown that it is not merely absence of disease which can account for overall general health of an individual. Rather, health has started to be seen as a continuum ranging from absence of disease to overall psychological wellbeing. With this modern conceptualization of health WHO in the year 1948 has come up with a comprehensive definition which clearly conveys the concept of health. According to World Health Organization, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." However, the mind body relationship in the conceptualization of illness is not new. There was a time when all the physical illnesses were attributed to invasion of some kinds of spirits in the body which was thought to affect the mind of a person. Then, came the theory of fluids or humors given by Hippocrates. Rather

than attributing illness to evil spirits, this theory attributed illness to imbalance of four fluids namely yellow bile, blood, phlegm and black bile in the body. With the advent of civilization and science however too much emphasis was laid on the biological factors associated with illness which resulted in biomedical model of health. Biomedical model was the centre of focus for a considerable period of time until questions were raised about the illness conditions which could not be explained through biology. So, with the later scientific researches, the interplay of biological, psychological and social factors in the illness was accepted. Some diseases like ulcer, coronary heart disease, cancer, type2 diabetes etc. are found to be occurring due to excessive stress and unhealthy lifestyle. The presence of any physical as well as psychological problems disturbs the overall homeostasis of the person suffering from the illness as well as that of their significant caregivers. The presence of general health problems are found to affect one's psychological and social life adversely.