



RESEARCH PAPER

The Effect of Social Support and Emotional Intelligence on Mental Health of University Students

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ABSTRACT

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This research study be premeditated enroute for investigate the “impact of emotional intelligence and social support on mental health among university students”. The aimed populace of the study was University students from the Institute of Southern Punjab. The study is stand on correlation research design and data be composed throughout survey method. Total 315 male and female university students were chosen via using the simple random sampling technique. Three study instruments were used: “Emotional Intelligence Scale developed by Schutte (1998)”, (b) “Multi-dimensional Perceived Social Support Scale developed by Zimet and Gordon (1998)” and (c) “Mental Health Scale developed by Veit and Ware (1983)”. The conclusion of the study demonstrated significant correlation of “social support, emotional intelligence, and mental health of university students”. The study accomplished so as to “social support and emotional intelligence” contain significant positive effect on mental health. The consequences as well originate to facilitate “emotional intelligence has no significant difference while there is significant difference of social support and mental health” between male and female students.

Introduction

Emotional intelligence stick together the capability headed for getting continuing consideration concerning way of thinking as well as the capability toward employ assumption, doubts, as well as enthusiastic information to boost idea, unification communicate ability and proposing to this fastidious capability might in like way be measured like set up a bound mutually, wide-ranging “emotional intelligence (Ljungholm, 2014)”. “Emotional intelligence hypothesis”, which elucidate

the fervent plus eager instruments to process sweltering data, provide a bound together configuration toward inspect the act of vigorous restrain within community functioning (Mayer et al., 1991). Mayer and Salovey's (1992) representation of "emotional intelligence" notice four joined active flouting position, through the eagerness, exercise, thankfulness, plus the administrator of emotion. The rationale at the back the assessment illustrates at this point is toward seemed to be by the connection sandwiched between "emotional intelligence and social occupied". Nurture is linked toward community work would build up the creation lying on the importance out of energetic restrictions through esteem toward construction improved excellence association. a variety of habits of organizing straight surveying emotional intelligence be able to grip the legitimacy of the formation, in spite of. While provisions be, we start on currently at hand an on the whole reflection concerning the hypothesis of sparkling harmony with the two primary way of organization control evaluate emotional intelligence implementation "base tests and self-report inventories". Above the aged occurrence a lot extended timeframe, the plausibility of thrilled consideration have in a modest even as wound up being normal (Cherniss, 2010). Enthusiastic Intelligence is marvelous plus well-built designed for diverse fields. Since 1990's vigorous knowledge has been evaluate astonishingly psychoanalyst concerted lying on the possible ultimate result of flanked by connecting the make with the results of life, e.g., industry, "cerebrum investigate and planning". Ideas hold data concerning an individual's relationship by means of the soil along with is able to be encouraged at what time the human being condition association transform (Lazarus, 1992).

The "Social Support Evaluation List or ISEL (Cohen et al., 1985; Cohen and Hoberman, 1983)" assess the spot of view going on the openness of four varying backing types: "appraisal, having a spot, respect, and certain (undeniable) support" (Lakey and Cohen, 2000). Thrilled hold up or regard (respect) or "appraisal support suggests individual having a useful assessment while separating themselves against others or that others trust in the person". This coagulate oral moreover nonverbal verbalizations of objective with doubts throughout perform, for example, improvement, change in, ameliorating, and life form accessible. influential otherwise obvious assist suppose contain beneficial assist whilst compulsory "(for example having somebody to watch after pets or one's home, support with childcare, and furthermore crediting contraptions or cash)" influential otherwise important help suggest sensible support at what time mandatory "(for example having somebody to watch after pets or one's home, help with childcare, or conceivably propelling devices or cash)". "Enlightening support" suggests contain someone unlock toward ask for behavior, maintain, otherwise possessions at what time vital. Involvement otherwise have a blemish underpins area having a variety of persons reachable toward close things "(for example climbing, seeing a film, placing imperativeness in social settings)" (Wills and Shinar, 2000). The pathway division of "social support impacts" flourishing along with accomplishment has been widely measured with cascade hooked on two pictures. The "weight buffering model is the amazing viewpoint that perspectives social support as procedures for buffering and shielding a person from

the contrary impacts of weight, emergency, or change" (Cobb, 1976). Untiring behavior be capable of make easy be troubled within the center of urgent situation plus alter and refresh amend and alteration. The connected "weight support" strengthen arrange presumption place so as to "social support" is influence used for serving people change with withdrawing the impacts of a stressor but the type of assist "orchestrates the sales of the stressor" (Cohen, 1984).

"Mental health is portrayed by the WHO (2014)" while not merely the nonattendance of vigorous achievement problem on any rate as a "condition of thriving in which each individual grasps the intelligencer possess potential, can change in accordance with the regular worries of daily life, can work valuably and beneficially, and can make an assurance to his/her region". This description, specialist supervise "energetic prosperity in explicit terms looking space of mental well-being, individual meet terms, i.e. emotional well-being, psychological health" (WHO, 2001), "intellectual thriving", flourishing, "calculated achievement" or "satisfaction", "mental neatness" and "mental riches" (Diener and Biswas-Diener, 2008) so as to be supposed to be reveal to speak to a correct connotation plus watchful of mental health. In this way, obviously, cerebral wellbeing can't be consider self-directed, in this way the same as to contain a govern vision of excited flourishing, it's qualified fraction such a "physical, mental, and noteworthy achievement ought to be together viewed" (Cloninger and Zohar, 2011).

Research Hypothesis

H1 There would be significance correlation between study variables.

H2 There would be an effect of Emotional Intelligence on Mental Health of university Students

H3 There would be an effect of Social Support on Mental Health of university Students

H4 there would be differences of Social Support, Emotional Intelligence and Mental Health between male and female university students.

Material and Methods

"Sample was being taken through random sampling". The researcher chosen scholars from the "Institute of Southern Punjab Multan". The "sample was 315 (male and female) students from Institute of Southern Punjab University Multan". Sexual category, wedded category, moreover lodging be accumulated like demographic variables.

Instruments

The "scale of Emotional Intelligence" be formed by Schutte (1998) to check its level among the Individuals. This scale make sure the feeling "exertion, impression of

emotions, self-feelings the executives and towards different feelings the board". This scale reliant lying on "33-questions statements dependent on 5 point Likert scale rating". "Gregory Zimet and Gordon Farley (1998) developed scale of Multi-dimensional Perceived Social Support". The scale estimates the individual source of perceived social support. This scale "divided into three sections, (a) family, (b) companions, (c) others. Veit and Ware (1983) developed Mental Health scale to measures the individual psychological well-being". This scale is alienated into four parts "(a) anxiety, (b) depression, (c) behavioral Control, (d) positive affect".

Procedure

The study been conceded out by means of the scale. The investigator obtain contestant of "Institute of Southern Punjab University Multan". The investigator acquired authorization from the participants following charitable a little general guiding principle toward obtain the target set. "Participants analyzed the survey and asked questions if they had trouble understanding the questionnaire questions". The scholar had been randomly accepting it. Information was collect within autonomously.

Results and Discussion

Table 1

Variables	M	SD	EI	SS	MH
Emotional intelligence(EI)	113.46	16.777	1	.428**	.273**
Social Support (SS)	4.919	1.193		1	.200**
Mental Health(MH)	57.37	11.836			1

** , $p=.001$, * $p\leq.01$.

Table 1 shows the positive significant correlation among Social support, Emotional intelligence, and mental health.

Table 2

Predictors	B	Std. Error	Beta	T	P
(Constant)	91.284	4.526		20.228	0.000
Mental Health	.386	.077	.273	5.012	.000***

$R^2 = .074$, Adjusted, $R^2 = .071$, ($p < = 0.000$) * $p < = 0.001$,

The results showed that emotional intelligence has significant positive effect on mental health.

Table 3

Predictors	B	Std. Error	Beta	T	P
(Constant)	3.771	.337		11.487	.000
Mental Health	.020	.006	.200	3.625	.000***

$R^2 = .040$, Adjusted $R^2 = .037$, ($p < = 0.000$) * $p < = 0.001$,

The study concluded that social support has significant positive effect on mental health.

Table 4

Scales	Female		Male		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Emotional intelligence(EI)	114.46	16.081	112.16	17.613	1.207	.228
Social support (SS)	5.042	1.149	4.759	1.256	2.092	.037*
Mental Health(MH)	55.57	12.046	59.72	11.184	-3.132	.002**

df. = 313, *p* = n.s., * *p* < 0.05, ** *p* = < 0.001,

Result of the study concluded that the social support has significant difference and mental health also has different levels but emotional intelligence showed insignificant difference.

Conclusion

The study was proposed toward investigate the “correlation of social support, emotional intelligence, and mental health”. The end result of this study demonstrated relationship flanked by that “social support, emotional intelligence, and mental health of university students”. Next prophecy was that “there will be an effect of emotional intelligence on mental health”. In this consequence “emotional intelligence showed positive significant impact on mental health”.

A further prophecy was to “there will be an effect of social support on mental health of university students”. It is accomplished to “social support has positive significant effect on mental health”. This study was “supported of third hypothesis is that Zhuang and Wong (2017), One of the destinations of this examination was to investigate if country to urban vagrant young people and the intelligencer urban-conceived peers in Being, China may have diverse mental health conditions”. The result anticipated so as to urban-conceived teenagers exposed extra eminent “levels of positive psychological wellness than the intelligencer vagrant pre-adult partners”. Theory-I was therefore upheld. in attendance be a only some probable clarifications for this. To start with, urban-conceived teenagers revealed accepting more social support from guardians and friends than did the intelligencer transient companions. “It is naturally conceivable that having more support from companions and guardians may represent the more significant levels of PA in urban-conceived teenagers (Colarossi and Eccles, 2003)”.

The “forth hypothesis states that there will be a difference of emotional intelligence, social support and mental health in term of gender among university students”. The outcome of this study demonstrated so as to “emotional intelligence has no significant difference while there is significant difference of social support and mental health between male and female students”. A study here hold up of this wrapping up is by Shehzad and Mahmood (2013), so as to discovered so as to “females have higher level of mental health as compared to male students in relational abilities”. Feminine scholars are all the additional genuinely watchful, plus are increasingly empathic.

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