



The Relationship Between Emotional Intelligence and Coronary Heart Disease and its Comparison with Healthy Individuals at Saidu Teaching Hospital Swat

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ABSTRACT

Emotional intelligence (EI) is the ability of people to understand their very own, and different human's feelings, to determine between distinctive emotions. This study aims to discover the relationship amongst coronary heart disease and emotional intelligence and its assessment with healthy humans. Even though specific in origins and, what is worse every can purpose the possibility coronary heart ailment are intently related to low emotional intelligence. The target population for this study was those patients within the age brackets of 40 to 60 years where they were earlier diagnosed with coronary heart problems. These patients were categorized in accordance to the duration of their disease. 116 participants were studied in accordance to the hypotheses where it was stated that Individuals with coronary heart diseases have low emotional intelligence than that of healthy persons and the ratios varies among male and females while having greater ratios in males. The Self-report measure (SRMEI) developed by Khan and Kamal in 2010 was used to collect all the requisite information along with a detailed demographic sheet. The result shows that emotional intelligence varies amongst patients and healthy people. Normal people scored higher on emotional intelligence than the patients with high blood pressure and heart disease. The results being estimated are very much in line with the theory as the theory suggests that emotional intelligence is negatively related to the coronary heart disease. Higher level of emotional intelligence is associated with lower rate of coronary heart disease. Specifically normal and healthy persons being included in the study having high emotional intelligence have a score of 257 at SRMEI while those who have a prolonged history of coronary heart disease have a low score of 125 thus again validating the results according to the

theory.

KEYWORDS: EI, Emotional Intelligence, CHD, Coronary Heart Diseases, SRMEI, Self-Report Measure of Emotional Intelligence, EQ, Emotional Quotient.

INTRODUCTION

Emotional intelligence can be described as the capability to display one's very own and unique human's feelings, to distinguish between one-of-a-kind emotions and mark them successfully and to apply emotional information to guide questioning and conduct. Emotional intelligence additionally redirects abilities and talents to sign up for intelligence, know-how and emotions to enhance belief and expertise of interpersonal changing components.

Emotional intelligence (EI) is the potential of people to apprehend their very personal, and one of a kind human's feelings, to decide among specific emotions and label them because it have to be, to use emotional records to manual questioning and behavior, and to govern and/or adjust emotions to variations to one's environments or attain one's aim(s). Despite the fact that first regarded, it received reputation within a e-book via Goleman (1995), named Emotional Intelligence.

By definition Emotional intelligence is an interaction among cognition and emotion that have adaptive capacity running in between. Below are the four branched version of emotional intelligence which elaborates that E.I (emotional intelligence) consists of the interconnected capabilities of (a) belief of emotion in the self and others, (b) the usage of emotion to allow choice making, (c) know-how emotion, and (d) adapting emotion in the self and others.

The mixed version of Bar-On (2000) suggests that emotional self-interest is involved in emotional intelligence addition to various capabilities or functions that could rise up from the real use or parameter of feelings, collectively with top interpersonal relationships, hassle solving, and stress recognition.

Goleman (1995) defined the five parts of Emotional intelligence as:

1. "Self-consciousness: Distinguishing one's moods and emotions and their outcome on others"
2. "Self-regulation: the use of emotional know-how to avert moods or feelings from triggering spontaneous reactions or behavior".
3. "Internal motivation: generating a end result of an inner pressure primarily based on hopefulness, hobby, a choice to gain, or personal beliefs exceedingly than for immediate rewards together with financial advantage".
4. "Empathy: Sympathetic the feelings of others and the usage of this information to answer humans based on their emotional nation".
5. "Social talents: the usage of emotional intelligence which will have robust relationships and enable success emotional family members with friends, coworkers, and others".

Emotional Intelligence (EQ or EI) is a term created through researchers Salavoy and Mayer (1990) – and popularized by using Goleman (1996) in his e book of the same call "Emotional Intelligence". We outline EI because the ability to: recognize, apprehend and manage our personal feelings apprehend, recognize and impact the feelings of others. In sensible phrases, this means being aware that feelings can drive our conduct and impact human beings (positively and negatively), and getting to know how to manage the ones emotions – both our own and others – mainly while we are underneath pressure.

Intelligence has been described in a different way in one in each of the type ages. The definitions range from the not very useful representation of the intelligence of Pythagoras as "wind" to the definition of Descartes that intelligence is the ability to correctly decide. Wechsler's definition can be considered as the most concrete one which postulates that "intelligence is the combination or the global ability of a man or a woman to behave intentionally, rationally count and properly manages their environment". Rahim. (2010)

The idea that there are first-class intelligence classes has been part of the intelligence region to think about its beginning. A boy has grown to become a social intelligent, when the boy in it has the potential and ability to understand the fellow beings and can control them. Social as well intellectual skills can also be directed inward, so by extension the social intelligence also includes the ability to learn and manage one owns self. The idea of social intelligence has long information among intelligence researchers. In words of Thorndike () the exceptional social intelligence is other form of intelligence and can be defined as "the ability to understand men

and women, children and women: to behave with precision in the human participants of their own family". In essence, Thorndike's word defined social intelligence to understand internal states, reasons and behavior alien to others and on the basis of that information one can rationally. However, social intelligence has been regularly described in an extra-fashion manipulator. Social intelligence "extends to the ability to govern the responses of others". Because the control of the staff of the Office of the Public Administration has placed it in a more rude way, "the vital problem is that the man or woman is able to make sure that the others carry out in a constant and voluntary way the Questions You Need or Maybe You Want It Traditional Perspectives of Social Intelligence In addition, it can acquire manipulative connotations due to reality that omit the personal interest and feelings of others that can drive behavior in a more prosocial

The independence of social intelligence from special intelligence classes along with summary and mechanical intelligences became more difficult to prove. It has become a nuisance that social intelligence is so substantially described with the intention of imperceptibly adding verbal and visual intelligence. For example, the intelligence verification element that asks what can be done if you place a letter on the curb that has been addressed and has a stamp is considered a degree of verbal intelligence, and yet, to answer the Knowledge of the questions or maybe morality. Until "fifty years of intermittent research, social intelligence remains undefined and immeasurable". The researchers maximized Cronbach's ordinary conclusions that "sufficient attempts have been made ... to suggest that this method is unsuccessful". Few have considered on what basis these conclusions have been drawn. The simplest basis for his statements and that of others changed in a bit of writing by Thorndike and Stein in 1937. But a prudent study of that article leaves a positive sign that social intelligence will probably unite. Thorndike and Stein (1937) concluded that "there is not yet a demonstration of unitary functionality similar to social intelligence", but now it is not possible that this demonstration is no longer possible. In fact, they suggested that with a similar search (scale counting focusing less on the verbal portion than the private content and a comprehensive definition of social intelligence), the meeting could be measurable. Recently there may be an upward trend researching in social intelligence and its scales. Numerous such trends obtained were socially relevant attributes such as: accepting others as they are, admitting mistakes and presentations of hobbies in the world. Factorial consequences indicated that an element of social intelligence can be prominent in the famous teaching skills. The resolution of social problems, consistent with his point of view, is a form of vital person who supports social behavior. As it has been experienced that people who effectively leads their lives has a good habit of flexible thinking what we have discovered so far.

The ability of the center in the works of art here is adequate to get admission to their lifestyles of life: the style of influences or feelings: the ability to discriminate between feelings and, ultimately, label them, interweave them in codes symbolic, to attract them as a statistical technique and to guide their behavior. In its primitive form, the parts of intrapersonal intelligence a little more than functionality to differentiate a sense of satisfaction are undoubtedly considered one of the sufferings. In his higher diploma, intrapersonal information allows us to discover and represent devices of complex and markedly different feelings in order to acquire a profound knowledge of how life feels. Interpersonal Intelligence includes, among different topics, the possibility of revealing the moods and temperaments of others and including such statistics in the company to predict their future behavior. Emotional intelligence now does not consist in the general experience of oneself and in the evaluation of others. It focuses, as an opportunity, on the strategies described above, namely, the popularity and use of the emotional states of 1 non-public and other to solve problems and change.

Statement of the problems

This study is designed to present a research study to investigate the connection among coronary heart disease and that of emotional intelligence and its comparison by healthy individuals. Persons with anger, hostility, emotional distress and low emotional intelligence are more likely to eventually develop coronary heart disease and also have a higher mortality rate than the general population. Patients with coronary heart disease, who have also low emotional intelligence have worse outcome than normal people.

Study significance

This proposed study enable us to understand the correlation of emotional intelligence and that of coronary heart disease from indoor patients of Saidu Teaching Hospital Swat. It is evident that those individuals with high blood pressure were struggling against their own aggressive impulses. Beside this we will also be

enabled to compare these heart patients with that of the normal and healthy population of the same area. This will enable us to find the importance of emotional intelligence regarding the health of the patients of coronary heart disease.

Literature Review

A good quantity of research, for loss of a theoretical concept, scattered over a number of journals, books, and subfields of psychology. People appraise issues and the way they use their emotions to solve these issues has been a point of discussions in such studies. It is evident from studies that on the interaction of cognition 'have an effect on, historically conceived as it concentrates not on reminiscence or judgment consistent with se, however on extra preferred contributions of emotionality to person. So long as this studies remains scattered without a guiding framework, its contribution to psychology might be minimum. However through the use of integrating these studies conceptually, its contribution to psychology can be outcomes grasped. And the descriptive developments of the art work were superior thru the organization of scale improvement and dimension. Due to this, a few sections of the present day evaluate will integrate some of instances of scale improvement, together with those regarding alexithymia emotional expression and empathy. No matter the fact that we aren't inquisitive about the scales regular with se. we're interested in the constructs that underlie them and the method via way of which they operationalize portions of what we can name emotional intelligence. It is hoped to reveal the effects of this scattered set of findings that have now not however been preferred: that there can be a set of conceptually associated highbrow methods concerning emotional information. The intellectual techniques encompass: a) appraising and expressing feelings in the self and others, b) regulating emotion within the self and others, and c) the use of emotions in adaptive techniques. No matter the truth that the ones techniques are common to anybody, the prevailing version furthermore addresses individual versions in processing patterns and talents. Such man or woman versions are vital for two motives. First, there has been a century extended way of existence among clinicians recognizing that humans range in the capability to apprehend and precise emotions. Secondly, such variations may be rooted in underlying talents that can be observed and thereby contribute to peoples' highbrow fitness. Within the next part of the element, each of these techniques is said in turn, operationalization is defined, and pertinent experimental outcomes are offered.

The Harvard commercial corporation assessment delineates emotional intelligence as “a ground-breaking, paradigm-shattering concept”. Emotional intelligences is a kind of social intelligence which involves the ability to show one's non-public and others' feelings, to discriminate amongst them, and to apply the information to guide one's questioning and actions (Salovey & Mayer, 1990).

What emotional Intelligence describes is the art of getting know of one's own feeling, personal affects, the ability to discriminate between them, to label them what they are, how they effects and to dress them in symbolic codes in a way to have a knowledge of one's own surrounding and conduct. At its maximum, intrapersonal records lets you to come across and to decipher complicated and different devices of feeling to have an information of one owns existence.

According to (Scarr, 1989) the usage of social competence as an example, mentioned that obtaining along well with others consists of extraversion, self-belief, low anxiety, and social perceptiveness. Scarr (1989) in addition referred to that, notwithstanding the truth that each one of those correlate with intelligence, they will be no longer intelligence. We agree, in trouble. A line--albeit an imperfect one--can be drawn among elegant personality and intelligence as follows. Individual tendencies which includes extraversion include inclinations in the direction of behavior; intelligence involves organismic competencies to behave. but the reality that a trait which encompass extraversion can also furthermore depend on social talent, or bring about it, a trait is a behavioral choice in place of capacity. Information what some distinctive individual feels, in assessment, is a mental capability. Such expertise can also stem from g, or be surely unbiased of it. The way in which we've were given described emotional intelligence--as regarding a series of highbrow capabilities--qualifies it as a form of intelligence.

Precise styles of people are probably greater or masses lots less emotionally realistic. Emotionally smart people can be extra aware about their private emotions and people of others. They may be more open to tremendous and horrible elements of internal revel in, better able to label them, and at the equal time as suitable, speak them. Such popularity will regularly bring about the powerful law of have an effect on inside themselves and others, and so make contributions to properly-being. the overall reason of this admittedly speculative

description become to formulate what emotional intelligence is probably like in order both to mix disparate studies literatures that is probably applicable to each different, and to inspire new studies at the challenge.

Emotions can best be explained as organized an response which encompasses the physical and cognitive, motivational and experimental systems. Why emotions arise is psychological reaction to a happening inner or outer which has virtual impact and that is important for the character concerned. Feelings may be notable from the carefully related concept of temper in that emotions are shorter and commonly greater immoderate. Within the gift article, we view the prepared response of feelings as adaptive, and as a few components that would probably bring about a alternate of private and social interaction into enriching experience.

At the article's outset, we asked whether or not or no longer emotional intelligence turn out to be a contradiction in phrases. Some distance from emotion being contradictory to intelligence, constructs which encompass emotional intelligence have done a detail within the traditions of the intelligence issue. Intelligence researchers have regularly tested man or women's specific intelligences inside such subareas as social behavior, and from time to time, feelings. Coronary problems are termed to narrowing of heart vessels due to which the supply of oxygen to heart is limited. It's far a primary purpose of infection and lack of existence. Coronary heart illness (CHD) commonly occurs at the same time as saturated fat gathers on the inner arterial lining, developing plaques. The arteries slender, lowering blood float to the coronary heart. Every now and then, a clot can obstruct the go with the flow of blood to the coronary heart muscle. CHD commonly motives angina pectoris (chest ache), shortness of breath, myocardial infarction, or coronary heart attack. it's miles the most common shape of coronary heart illness in the united states of , wherein it debts for 370,000 deaths each twelve months.

The coronary heart is a muscle, approximately the equal period as a person human fist. Blood is pumped from the coronary heart to the lungs, in which it collects oxygen. This oxygen-rich blood is then pumped all over again to the coronary heart after which to organs throughout the body thru arteries. The blood then returns to the heart through the veins and is pumped to the lungs all over again. This is referred to as bypass. Coronary arteries are the coronary heart's network of blood vessels. They exist on the ground of the coronary heart, and they supply the coronary heart muscle with oxygen. If the coronary arteries slender, the delivery of oxygen-rich blood to the coronary heart can also become too low, specifically in the course of physical hobby. on the begin, this bargain in blood waft won't produce any signs and symptoms and symptoms, however as fatty deposits, or plaques, increase inside the coronary arteries, signs and symptoms and signs and symptoms may additionally emerge.

Those symptoms and symptoms can also be incorrect for heartburn or indigestion.

Different signs of CAD embody:

- ache in the hands or shoulders
- Shortness of breath
- sweating
- Dizziness

You can experience extra signs and signs and symptoms while your blood goes along with the flow is more limited. If a blockage cuts off blood drift virtually or almost absolutely, your coronary heart muscle will begin to die if not restored. That is a heart assault. Females may additionally experience the above symptoms, however they're additionally more likely to have:

- Nausea
- vomiting
- Head ache
- Jaw ache
- Shortness of breath without feeling chest pain

Guys have a better threat of developing coronary heart disease than premenopausal ladies. Postmenopausal ladies with the resource of age 70 have the same threat as men. Because of reduced blood drift, coronary heart can also additionally:

- come to be prone
- make bigger weird coronary heart rhythms (arrhythmia) or fees
- fail to pump as tons blood as your body desires

Knowledge the hazard elements for CAD can assist along with your plan to save you or lower the probability of growing the ailment.

Hazard factors consist of:

- Excessive blood pressure
- Excessive blood levels of cholesterol
- Tobacco smoking
- Insulin resistance/hyperglycemia/diabetes mellitus
- Obesity
- Inactivity
- Dangerous eating behavior
- Obstructive sleep apnea
- Emotional strain
- Immoderate alcohol intake
- Records of preeclampsia during pregnancy

The hazard for CAD additionally will increase with age. Primarily based on age alone as a chance element, guys have a greater danger for the disease beginning at age 45 and female have a greater threat beginning at age fifty five. The risk for coronary artery disorder is likewise better if you have family records of the sickness.

Emotional intelligence has five additives which might be: self-popularity, self-law, motivation, empathy and social abilities. The primary aspect of emotional intelligence is self-popularity this means that that, "having a deep understanding to one's emotions, strengths, weaknesses, dreams and drives" (Goleman, 1995). People who very own this excellent avoid the extremes of being overly critical and unrealistically hopeful. moreover, those people recognize how their feelings have an impact on them, others and their procedure performance (Goleman, 1995). Emotional Quotient stock (EQ-i) changed into used to find out the extent of emotional intelligence a number of the subjects. Gender difference on Emotional Quotient stock famous that adult grownup males have excessive emotional intelligence as have a look at to female. Ahmad, Bangash and Khan (2009)

A meta-evaluation of forty four impact sizes primarily based at the responses of 7898 individuals observed that higher emotional intelligence modified into associated with higher fitness. Emotion and law of emotion might also make a contribution to intellectual and physical health in numerous methods. Matthews, Zeidner, and Roberts (2002) talked about that degree of emotional intelligence may also moreover have implications for each highbrow issues wherein emotion performs a relevant feature in addition to troubles that relate to non-emotional capabilities of emotional intelligence. Temper and anxiety issues are examples of troubles that have maladaptive emotional country as middle symptoms and signs and symptoms. (Schutte, et al, 2007)

Matthews et al. (2002) stated that medical troubles, especially ones with psychosomatic factors, are regularly co-morbid with temper or tension troubles. Better emotional intelligence is associated with components of better psychosocial functioning collectively with intrapersonal factors alongside more optimism and interpersonal factors which includes higher social relationships. a number of the ones psychosocial elements, together with more social guide and greater delight with social guide for those with better emotional intelligence can also serve as buffers to bodily infection. Further, people with better emotional intelligence is probably higher able to comply with thru on commitments to health conduct and display better scientific compliance.

Schutte et al. (1998) lack of know-how of emotion and lack of capability to manipulate feelings are key symptoms and symptoms and signs and symptoms in some person troubles and impulse control issues. supporting a hyperlink among lower emotional intelligence and lack of understanding of emotional strategies in addition to impulse manage troubles, found that lower emotional intelligence is related to greater alexithymia and lots much less impulse control. in spite of these grounds for predicting that better emotional intelligence is probably associated with higher highbrow health, under sure circumstances better emotional intelligence may additionally have maladaptive consequences. Coronary heart illness (CHD) is the precept cause of death for hundreds of years. Coronary artery illness, furthermore referred to as coronary heart infection, or truly, coronary heart disorder, impacts loads of lots of people spherical the area. This immoderate situation is a quit end result of plaque buildup in arteries. The arteries, springing up smooth and elastic, turn internally plaque at partitions that

cause them to greater inflexible and gotten smaller. these curbs bloods go with the pass to the coronary heart which can then become ravenous of oxygen. The plaque may want to breach, which ends up in a coronary heart assault or surprising heart dying. The hazard elements that result in Coronary heart sickness (CHD) are hereditary, ecological, bodily and behavioral additives. This illness can be inspired with the aid of negative emotions, at the side of stress, anger, anxiety, resentment and depression. There may be a totally extensive body of understanding regarding the relation amongst fitness and emotions.

Methods and Materials

This research study is correlational study, as the main point of this research study is to discover the correlation amongst the variables i.e. emotional intelligence and its relationship with coronary heart diseases.

For this study the target populations are the indoor patients of Saidu Teaching Hospital Swat. Swat, the former state, was given the status of a district in 1970. This District holds a central position in the northern belt of the Province, and has significance as an area of anthropological interests in the history of South East Asia. Saidu Teaching Hospital, Saidu Sharif Swat consists of two wings which are 1.5 KM apart from each other. The Institution has 497 beds and further extension of 500 beds new building is near to completion. This is the 5th Largest Hospital in the province of Khyber Pakhtunkhwa, Pakistan.

During this study the Saidu teaching hospital was visited twice a week for eight consecutive weeks. The target population for this study was those patients whose age limit was from 40 to 60 years and who had diagnosed with coronary heart problems. These patients were categorized in accordance to the duration as of

- Just diagnosed
- Having problem from the past one year
- Prolonged coronary heart problem.

As the ratio of the patients were very high at the cardiology ward because it is the only cardiology department in district swat but with age boundaries described in accordance to our study we had restricted our study participants of the diseased person to 150 patients. Beside that we had also collected data from 100 people who had no complain and problem of coronary or any heart problems. And from these 100 participants 85 scales were added to the results.

Table: 01 Schedule of Data Collection

Serial number	Week visited	Number of male patients	Number of female patients	Number of healthy persons
01	01	13	10	10
02	02	09	08	10
03	03	13	07	10
04	04	08	05	10
05	05	10	08	10
06	06	11	11	15
07	07	07	05	15
08	08	15	10	20
	Total	86	64	100
Total counted in the results		116		84

The Sample size is 200 where the strength of the males involved in the study are and the remaining 84 are females where those who are normal and healthy are 85, just diagnosed are 22, history of the coronary heart disease from the last one year are 18 and those who have prolonged history of coronary heart disease are 75 in number.

Age limit for the population are within the brackets of 40-60 years. While the individuals having education up to middle class involved in the study are 76, matriculate are 32, Higher secondary education are 24, bachelors are 42 and those who have a Master degree are 26 in number.

The following research tools are used in the study.

A detailed demographic sheet was given to the participants of the study. This gathered information about the name, age, gender, locality, education etc.

Self-report measure of Emotional Intelligence (SRMEI):

The Self-report measure (SRMEI) developed by Khan and Kamal in 2010 was the tool for the collection of data from coronary heart patients. This scale is adapted and evolved to evaluate the complete EI. This scale is consisted of 60 items which are rated on 5-factor Likert scale and is established totally on positively expressed and negatively expressed objects. The score range is from the minimal of 60 to maximum of 300. High rankings on SRMEI contemplated improved emotional balance.

Administration and Scoring of Self-report measure of Emotional Intelligence (SRMEI)

SRMEI is a scale which can be suitably used with individuals of different demographics. SRMEI promises five answer corporations for each account as, constantly, regularly, occasionally, not often and never. The 5 point scale is rated with the highest fee of 5 for the reaction choice usually, four for regularly, three for on occasion, 2 for rarely, and the fee of one for never. 27 objects are definitely phrased while 33 are negatively phrased and required opposite scoring. The reverse scored objects would be rated as always, frequently, from time to time, hardly ever and never are scored as 1, 2, 3, 4, and 5 respectively. The rating variety for SRMEI is from the minimal of 60 to the most of 300. Excessive rankings of SRMEI reflect higher Emotional stability.

For this study the target populations are the indoor patients of Saidu Teaching Hospital Swat. Along with, this data from the normal people of the same population size will also be collected. The hospital is visited for several times and the indoor patients were briefly guided about the outcomes of the results. After guidance they were hand over with the demographic sheet and SRMEI scale. As per rules of the SRMEI, there is no specific time for the completion of scale but most of the respondents completed the scale in 15 to 20 minutes. After completion of the scale the respondents were assured of their confidentiality and the scales were then scored accordingly to the manual which is obtained after the Consent of the Author who developed the respective Scale from Quaid Azam university.

To conduct this study prior permission was taken from the authorities and then the patients were randomly selected. After taking consent and establishing rapport, patients were briefed. The patients are instructed to complete all the scales honestly. They were assured of confidentiality. After the administration of Self-report measure of Emotional Intelligence (SRMEI) scale the respondent were thanked for their cooperation.

The collected information was investigated quantitatively on latest version of statistical package for social sciences (SPSS-V23) for example using t-test, regression analysis and correlation coefficient etc.

Results

This research study aims to discover the relationship amongst the emotional intelligence and coronary heart diseases. This is a cross-sectional (co relational study) as the main point of this study is to discover the correlation amongst the variables i.e. emotional intelligence and its relationship with coronary heart diseases. For this study the target populations are the indoor patients of Saidu Teaching Hospital Swat. Along with, this data from the healthy people of the same population size were collected. The hospital is visited for several times and the indoor patients were briefed about the outcomes of the results. After guidance they were provided the demographic sheet and SRMEI scale. As per rules of the SRMEI, there is no specific time for the completion of scale but most of the respondents completed the scale in 15 to 20 minutes. After completion of the scale the respondents were assured of their confidentiality and the scales were then scored accordingly to the manual which is obtained after the Consent of the Author who developed the respective Scale from Quaid Azam university. The collected information was investigated quantitatively on latest version of statistical package for social sciences (SPSS-V23) for example using t-test, regression analysis and correlation coefficient etc where the results are presented as below.

Figure 01: Graph showing the SRMEI total score of the Participants

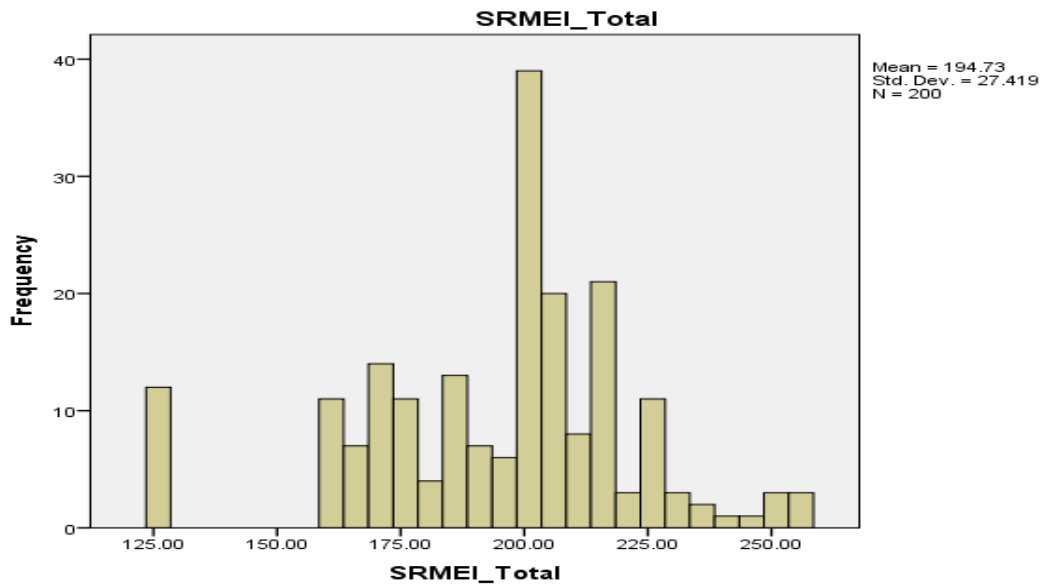


Figure 1 : Graph showing the SRMEI total score of the Participants

The data tabulated above has been graphed where the mean value being estimated is 194.73 with the standard deviation of 27.419. The total sample being included is 200. The graph shows that some 10 of the participant lies at the minimum score of SRMEI value of 125.

Figure 02: Graph showing Frequency of age

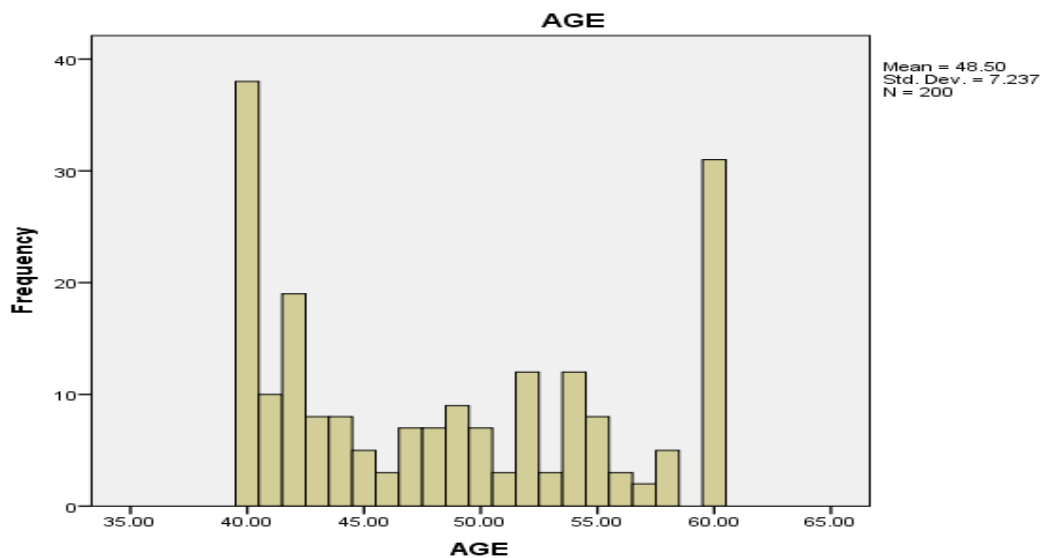


Figure 2 frequency of Age

Similarly the Table and Figure 2 show the frequency distribution of Age with SRMEI. The figure being plotted for the Age shows that 38 of the participant has an age of 40 while the mean age of the participant being calculated is 40.60 years.

Figure 03: Graph showing Frequency of Gender differences

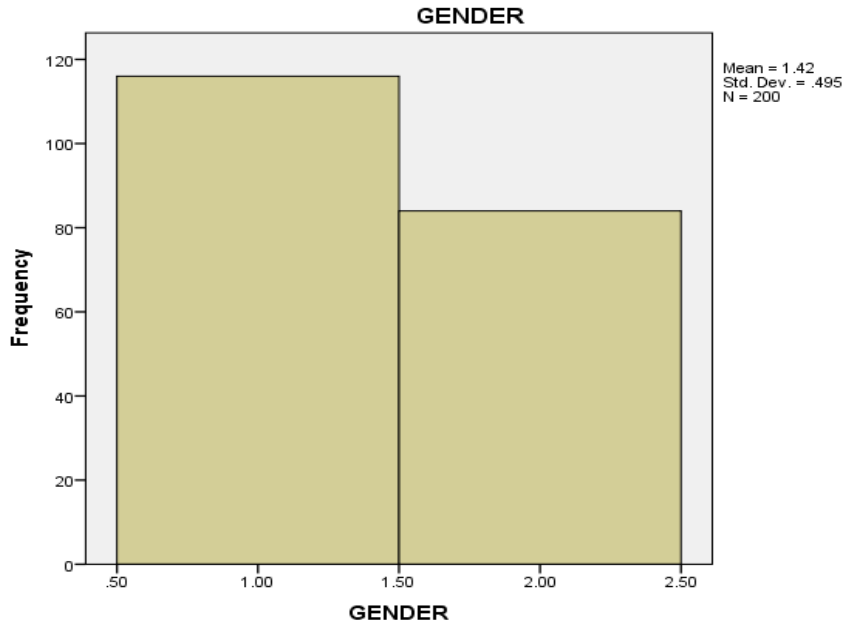


Figure 3 Frequency of Gender Difference

Figure 04: Pie chart showing Frequency of Past medical History

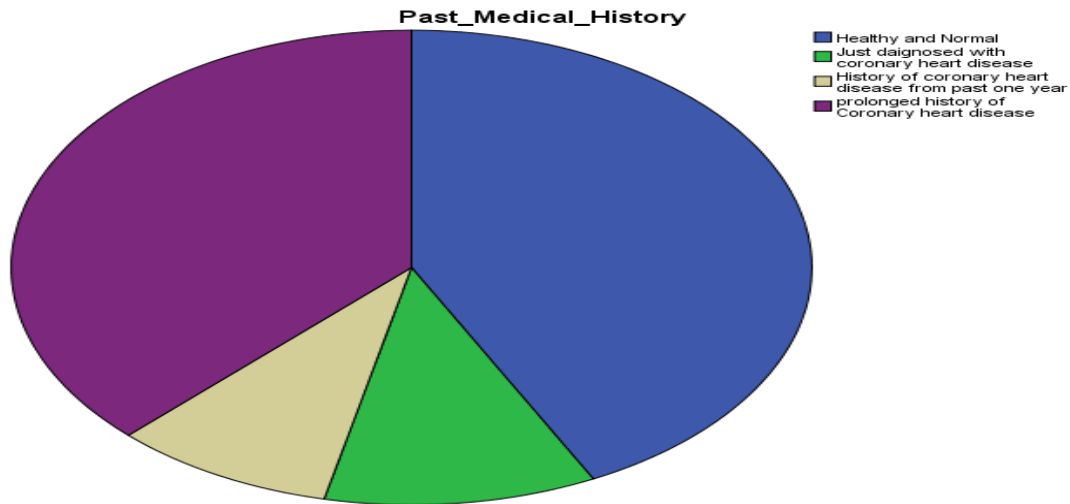


Figure 4 Frequency of Past Medical History

The table 5 for past medical history shows that 85 of the participants were normal and healthy while 22 of the participant have just been diagnosed with the coronary heart disease. 18 such were found to have coronary heart disease for the past one year and 75 such participants in the study were having a prolonged history of coronary heart disease.

Figure 05: Graph showing Frequency of Education

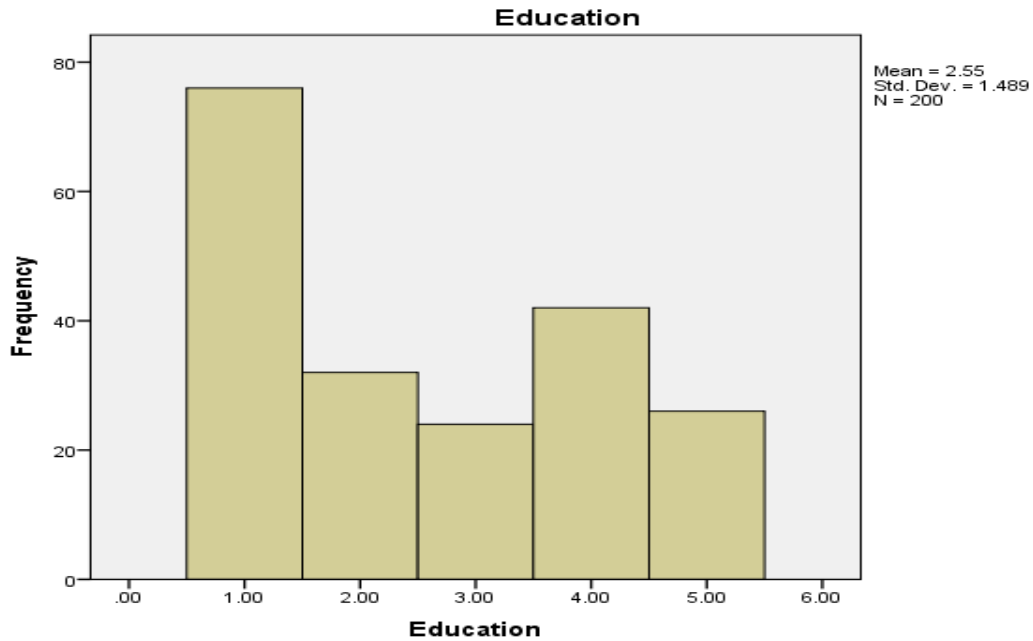


Figure 5 Frequency of Education

The table 5 illustrates the education level of the respondents in this study. According to the collected data 76 respondents are individuals having education up to middle, 32 were having the education of matriculate level, 24 were intermediate, 42 were having bachelor's degree, and 26 respondents were having Masters Degree.

Figure 07: Graph showing Correlation of SRMEI total with Gender

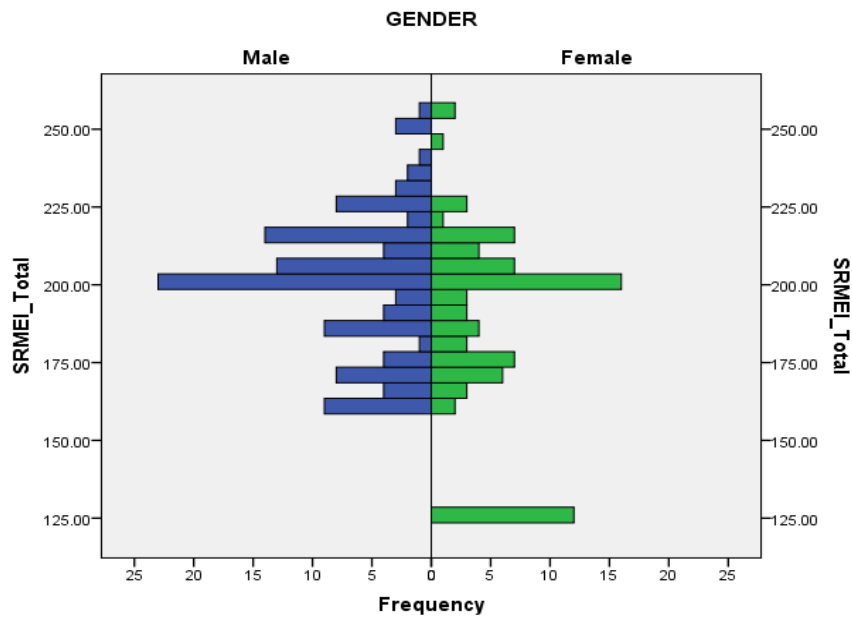


Figure 6 Correlation of SRMEI Total with Gender

The above graph depicts that the number males involved in the study are 116 and a total of 84 females have been selected for the study. It also shows the Emotional intelligence on SRMEI scale which clearly indicates the low emotional intelligence of 125 in female.

Figure 08: Graph showing the comparative analysis of SRMEI and past medical history

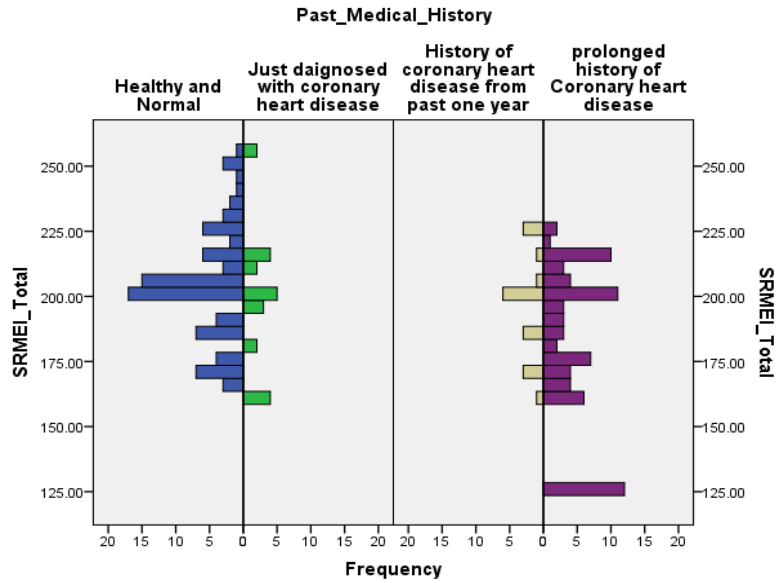


Figure 7 Comparative Analysis Total

The results for the comparative analysis are exactly defining the theory lines as the data for normal and healthy persons depicts that they have an SREMI score of 125 at the lowest and 257 at the most with highly emotional Intelligence while those with prolonged history of coronary heart disease have a lower levels of emotional Intelligence.

Table 01: ANOVA SRMEI Total with Age

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	32729.477	19	1722.604	2.653	.000
Within Groups	116880.398	180	649.336		
Total	149609.875	199			

Table 1 ANOVA SRMEI Total with Age

The ANOVA showing the F statistics is highly noteworthy with a P-value of 0.001 means the variances are diverse as of each other. The results are very significant statistically as well.

Figure 09: Graph showing correlation of SRMEI total with Age

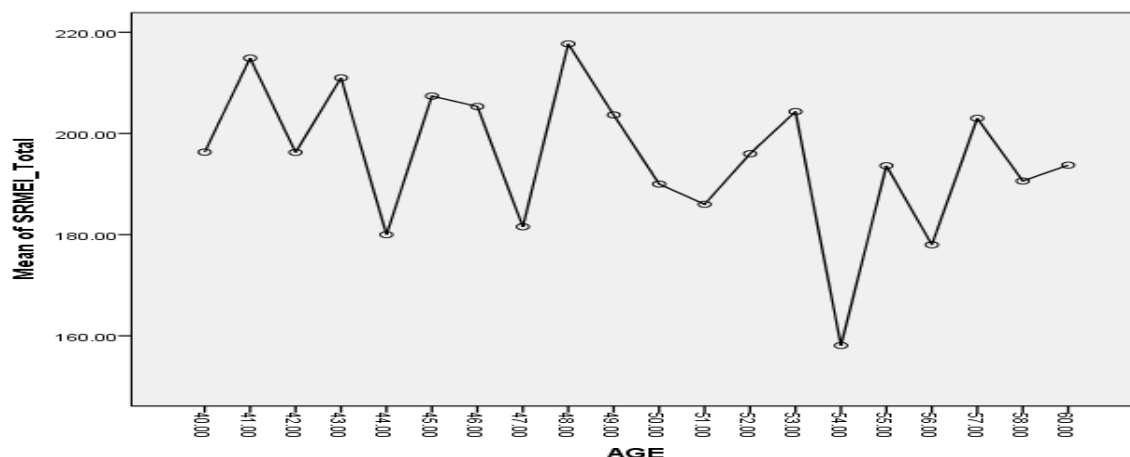


Figure 8 Mean of SRMEI with Age

The above graph shows ANOVA and F statistics which is highly noteworthy with a P-value of 0.001 means the variances are diverse as of each other

Table 3: One-way ANOVA of SRMEI and Gender differences

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Male	116	200.2069	22.49348	2.08847	196.0700	204.3437	161.00	257.00
Female	84	187.1548	31.64658	3.45292	180.2870	194.0225	126.00	257.00
Total	200	194.7250	27.41913	1.93882	190.9017	198.5483	126.00	257.00

Table 2 One-way ANOVA of SRMEI and Gender differences

The Gender difference data shows that Males that numbers to 116 have an estimated higher value of 257 and a lower bound of 161 while the female counterparts have an upper value of 126 and 257 at the higher side.

Table 4: One-way ANOVA of SRMEI and Gender differences

	total	df	mean	F	t test	Sig
Among groups	8299.852	1	8299.852	11.630	70.41	.001
Within Groups	141310.023	198	713.687			
Total	149609.875	199				

Table 3 One-way ANOVA of SRMEI and Gender differences

The F statistics value estimated here are highly significant with value of P 0.001 thus depicting variances which are found to be diverse from each other.

The t statistics indicates a highly statistically significant value for the paired sample test and pair differences.

Figure 10: Graph showing ANOVA of SRMEI and Gender Differences

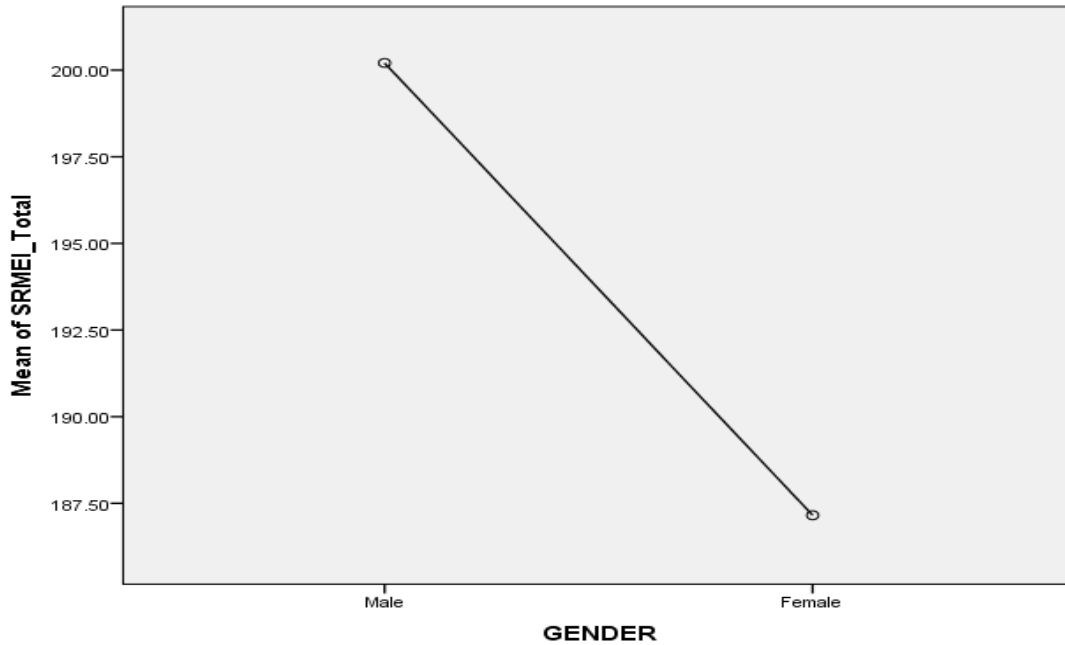


Figure 9 One-way ANOVA of SRMEI and Gender differences

The Gender difference in figure 10 also shows that Males that numbers to 116 have an estimated higher value of 257 and a lower bound of 161 while the female counterparts have an upper value of 126 and 257 at the higher side.

Table 6: One-way of SRMEI and Health Condition

	Sum of Squares	df	Mean Square	F	t test	Sig.
Between Groups	21277.766	3	7092.589	10.832	-97.315	.000
Within Groups	128332.109	196	654.756			
Total	149609.875	199				

Table 4 One-way of SRMEI and Health Condition

The t statistics value for the paired sample test of paired differences indicates a highly significant value which means the two variables are different from each other.

Figure 11: Graph showing ANOVA of SRMEI and Health Condition

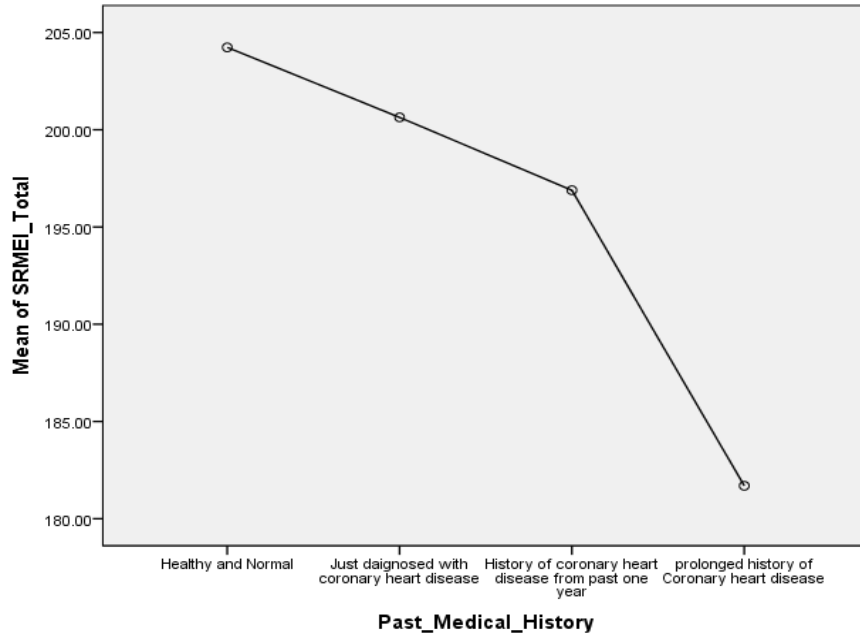


Figure 10 One-way ANOVA of SRMEI and Health Condition

The results for the comparative analysis are exactly defining the theory lines as the data for normal and healthy persons depicts that they have an SREMI score of 125 at the lowest and 257 at the most with highly emotional Intelligence while those with prolonged history of coronary heart disease have a lower levels of emotional Intelligence.

Table 6: t test among past medical history and SRMEI total

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
Past_Medical_History	Male	116	2.2069	1.38009	.12814
	Female	84	2.7024	1.28738	.14046
SRMEI_Total	Male	116	200.2069	22.49348	2.08847
	Female	84	187.1548	31.64658	3.45292

Table 6 t test among past medical history and SRMEI total

The leven's test null hypothesis as written above is Equal Variances assumed has been rejected as the F-value suggests that the variances are not equally assumed at a level of 10 and 5% respectively

Discussion and Conclusions

Emotional intelligence can be described as the capability to display screen one's very own and great human's feelings, to differentiate between one-of-a-kind emotions and mark them successfully and to apply emotional statistics to manual questioning and behavior. Emotional intelligence also redirects abilities and

capabilities to sign up for intelligence, knowledge and emotions to beautify notion and information of interpersonal changing factors.

Emotional intelligence (EI) is the capacity of human beings to understand their very personal and one-of-a-type human's feelings, to decide among specific feelings and label them as it should be, to use emotional facts to manual questioning and behavior, and to manipulate and/or modify emotions to adaptations to at least one's environments or obtain one's purpose(s).

The perception that there are particular forms of intelligence has been a part of the intelligence location approximately seeing that its inception. One type have become social intelligence, described to begin with as "the ability to understand and manage humans". Those social/intellectual competencies may additionally be directed inward and so social intelligence may encompass, with the aid of extension, the ability to apprehend and control oneself. Tremendous forms of humans may be more or much less emotionally clever. Emotionally practical human beings may be greater privy to their very own feelings and those of others. They'll be extra open to tremendous and terrible factors of inner experience, higher capable of label them, and at the same time as suitable, speak them.

In our first hypothesis "people with coronary heart diseases have low emotional intelligence than that of healthful folks" our consequences of the check suggests that the regular and healthful humans have an envisioned imply of 204.24 confirming the principle that regular and healthful humans have a quite emotional intelligence degree while the advocate expected cost for the prolonged sufferers have tend to be low emotionally clever that may be a price of 181.sixty nine score. So our first speculation is supported by our consequences.

The second hypothesis "Emotional intelligence performs a high position in health and managing coronary heart disease" and in context of this hypothesis our outcomes additionally depicts facts which proves our give up result. The obtained results indicates that for normal and healthful persons depicts that they've an SREMI score of a hundred twenty five at the lowest and 257 on the most with particularly emotional Intelligence at the same time as human beings with extended history of coronary heart ailment have a decrease levels of emotional Intelligence.

The third hypothesis is "there may be a high correlation among Emotional intelligence and emotional intelligence" which is also supported through our consequences. The received effects shows that for every day and healthful people depicts that they have got an SREMI rating of a hundred twenty five at the bottom and 257 at the maximum with fairly emotional Intelligence even as humans with prolonged information of coronary heart ailment have a decrease ranges of emotional Intelligence having the mean of the bottom of our records that is 181.sixty nine.

Fourth hypothesis for this study is "Low emotional intelligence contributes to the prevalence of coronary heart disease" which is also supported with the aid of the usage of our results. Healthful individual have propose of 204.24 on SRMEI scale at the same time as that of simply identified have suggest of two hundred. Sixty four, having coronary heart trouble for twelve months had 196.89 recommend on SRMEI scale. And the bottom suggest of 181.69 on SRMEI is of these males and females who had prolonged records of coronary heart trouble.

Fifth and final hypothesis is not supported through our results so here we take alternative hypothesis. In keeping with our speculation "The ration of low emotional intelligence that effects in coronary heart sickness is greater in male than female "on the equal time as our consequences suggests that men that numbers to 116 have an anticipated better price of 257 and a lower positive of 161 whilst the lady opposite numbers have an upper ratio of 126 and 257 on the better side.

Our consequences has additionally been supported for the research of many others superb researchers within the international. Studies on the relationship of Emotional intelligence with that of coronary heart diseases is also a subject of interest for lots different researchers.

Darban, Safarzayi, Kouhsari and Karamzehi (2016) discusses that Cardiovascular sickness is one of the major causes of demise within the world and one of the number one issues of maximum dependable manage of this disorder is the dearth of adherence of patients to the recuperation weight loss program. Numerous elements which include emotional intelligence have an impact on the sufferers' motivation for converting behavior. They studied the connection amongst emotional intelligence and adherence to remedy regimens in sufferers with cardiovascular issues in Iranshahr. This test have become of pass-sectional correlation they located a direct courting the various emotional intelligence and the quantity of compliance; this dating grow to be sizeable. Ashok and Minakshi (2016) display that there can be large distinction on emotional intelligence between sufferers with excessive blood strain and coronary heart disease and everyday people. They find out from the statistical evaluation it could be conditional that sufferers have been lots much less emotionally intelligent than everyday people.

James, Parker, Graeme, Taylor, and Bagby (2000) studied the empirical association among the apparently comparable constructs of emotional intelligence and alexithymia became examined the use of latent variable evaluation in a big network pattern of adults. Their consequences discovered that despite the fact that the constructs are independent, they overlap appreciably and are strongly and inversely related.

Kantariya and Desai (2016) investigated the versions on emotional intelligence among sufferers with immoderate blood pressure and coronary heart sickness and everyday people. They used random sampling approach for their study. The overall pattern consisted of one hundred and twenty subjects out of which 60 have been patients with excessive blood strain and coronary heart ailment and 60 had been ordinary human beings. The result confirmed that there may be exceptional difference on emotional intelligence among sufferers and ordinary humans. regular humans scored higher on emotional intelligence than the patients with excessive blood stress and heart ailment.

Conclusions

The results being predicted are very a good deal in step with the concept as the principle indicates that emotional intelligence is negatively associated with the coronary heart illness. Higher stage of emotional intelligence is associated with decrease price of coronary heart disease. mainly table 8 shows that every day and healthful women and men being blanketed in the study having high emotional intelligence have a rating of 257 at SRMEI whilst those who have a extended history of coronary heart disease have a low rating of 125 subsequently again validating the effects in step with the concept. The Leven's test shows that the variances are one-of-a-type from every special.

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