

A Study on Emotional Intelligence and Procrastination among Workers in Shipping Industry

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Abstract:

This study entitles to study about the working human assets of the shipping industry. Each and every individual has problems in their life. It might cause effect in their work life and personal life. Ability to cope up with emotions in profession as well as the personal life depends on the individuals facing capacity. In this respect whether their life is getting affected by procrastinating their assigned work were going to be studied in this study. Today the people in the shipping industry are facing lot of problems. It can be due to their inability to cope up their personal and professional world. There are people working in the industry are highly capable of doing a particular task. Each one of them may vary in their ability and capacity. It might not addressed by anyone to them. This current study helps them to know their ability to handle a particular situation. Each worker need to take up personal and professional help to deal with others in the society. They need to have self-awareness and capability to have tolerance to handle others in their own society. The result and findings may vary according to the research results.

Introduction:

[Emotional intelligence](#) is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating own emotions and cheering up or calming down other people.

Signs of high emotional intelligence:

- Thinking about feelings
- Pause
- Strive to control thoughts
- Benefit from criticism
- Demonstrate empathy
- Praise others

Procrastination is psychologically more acceptable to never tackle a task than to face the possibility of falling short on performance. Procrastinators chronically avoid difficult tasks and deliberately look for distractions. Procrastination in large part reflects our perennial struggle with self-control as well as our inability to accurately predict over goals. It then begets a downward spiral of negative emotions that deter future effort. Procrastinators may say they perform better under pressure, but more often than not that's their way of justifying putting things off. It is possible to overcome procrastination.

Emotional intelligence is key factor to correct the wave length of the procrastination.

Objectives:

To study on the relationship of emotional intelligence and procrastination in workers.

To study the significant difference on emotional intelligence and marital status.

To study on the significance difference on procrastination and gender.

Hypothesis:

1. There is no significant relationship of EI and Procrastination of respondent.
2. There is no significant difference between the EI of respondents with occupation
3. There is no significant influence of educational qualification on procrastination.
4. There is no significant influence of educational qualification on EI

Design of the study:

Sample- for the present Study the 33 respondents working in shipping industry. They were selected through convenient sampling method. The study involves the urban population in the Chennai city.

Tools- To measure the EI of the respondents' emotional intelligence test questionnaire were used. The questionnaire consists of 24 statements with 5 point scale. Procrastination questionnaire was used to measure procrastination with 20 statements.

Results and analysis:

Table-1 shows the mean, SD, variance, Skewness and Kurtosis of Demographic variables.

	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance	Skewness	Kurtosis			
						Statistic	Std. Error	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Age	33	4.00	1.00	5.00	142.00	4.3030	.19210	1.10354	1.218	-1.989	.409	3.653	.798
Gender	33	1.00	1.00	2.00	64.00	1.9394	.04218	.24231	.059	-3.861	.409	13.736	.798
Educational qualification	33	2.00	1.00	3.00	37.00	1.1212	.07227	.41515	.172	3.690	.409	14.033	.798
occupation	33	.00	2.00	2.00	66.00	2.0000	.00000	.00000	.000
Monthly income	33	3.00	2.00	5.00	150.00	4.5455	.13824	.79415	.631	-2.151	.409	4.820	.798
Marital status	33	1.00	1.00	2.00	65.00	1.9697	.03030	.17408	.030	-5.745	.409	33.000	.798
N =	33												

Table-2 shows the frequency percent and cumulative percent on Educational Qualification of respondents.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	30	90.9	90.9	90.9
2.00	2	6.1	6.1	97.0
3.00	1	3.0	3.0	100.0
Total	33	100.0	100.0	

Pie- chart representing educational qualification of respondents on emotional intelligence and procrastination.

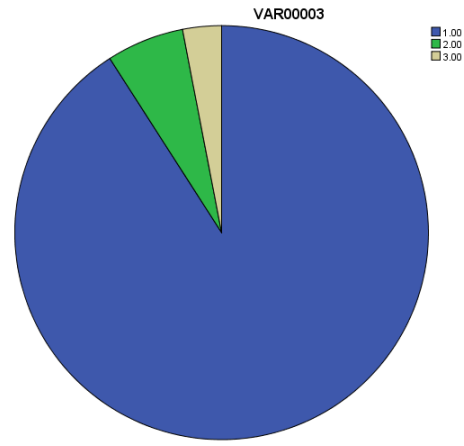
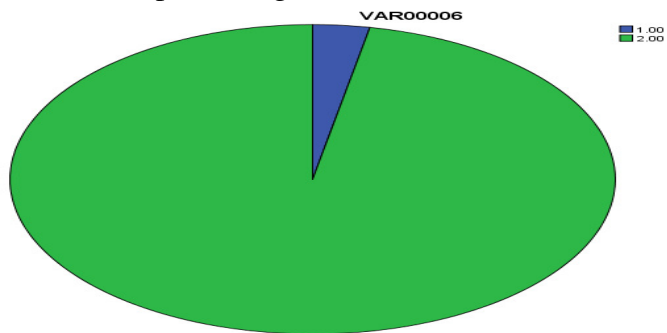


Table-3 shows the frequency, percent and cumulative percent on Martial Status of respondents.

		Frequ ency	Percent	Valid Percent	Cumulative Percent
Valid	1.00	1	3.0	3.0	3.0
	2.00	32	97.0	97.0	100.0
Total		33	100.0	100.0	

Pie- chart representing marital status and emotional intelligence of respondents



Correlation: Pro, EI

Pearson correlation of Pro and EI = 0.418
P-Value = 0.015

Since the P value is greater than the alpha value (0.01) we accept the null hypothesis, ie there is no significant effect of Procrastination of Emotional Intelligence.

Conclusions:

The above study was conducted to study on emotional intelligence and procrastination. Emotional intelligence is very important to share the share knowledge of engaging in the activities that helps in development. Procrastination can be improved using various methods of deliberations. It is a simple planed action that promotes performances.

References:

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<http://time.com/5203895/why-do-we-procrastinate/>

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