

## **M.A. Project Work, Year 2022**

### **Emotional Intelligence and Quality of life among pregnant Women involved and not involved with Tapovan Centers of Children's University**

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#### **Abstract**

Emotional intelligence (EI) plays a crucial role in determining an individual's psychological well-being and overall quality of life (QoL). During pregnancy, women undergo significant physical, emotional, and psychological changes, making EI a critical factor in shaping their mental health and ability to cope with stress. This study examines the relationship between emotional intelligence and quality of life among pregnant women involved and not involved with Tapovan Centers of Children's University. Tapovan Centers provide prenatal care and emotional well-being programs, emphasizing the importance of emotional intelligence in pregnancy. The study aims to explore whether participation in Tapovan Centers has a positive impact on the emotional intelligence and quality of life of pregnant women.

#### **Methodology**

The study employs a quantitative research methodology to examine emotional intelligence and quality of life among pregnant women involved and not involved in the Tapovan Center. A sample of 30 pregnant women (15 from each group) was selected from Gandhinagar city. Data was collected using a Personal Datasheet, Emotional Intelligence Scale by Dr. Arun Kumar Singh and Dr. Shruti Narain (2014), and a Quality of Life Scale. The research followed a structured approach, obtaining necessary permissions and ensuring participant confidentiality. The Mann-Whitney U test was used for statistical analysis due to the small sample size, comparing differences between the two groups. This methodology ensures a systematic and reliable investigation into how Tapovan Center participation influences emotional intelligence and quality of life during pregnancy.

#### **Findings and Implications**

The results of the study indicate no significant differences in emotional intelligence and quality of life between pregnant women involved and not involved with the Tapovan Center. The Mann-Whitney U test was used for analysis, and in all measured aspects, the U-values exceeded the critical value of 64 at  $p < .05$ , leading to the retention of the null hypotheses. Specifically, emotional intelligence showed no significant variation between the two groups ( $U = 79$ ), and similar results were observed for its components: understanding emotion ( $U = 107.5$ ), understanding motivation ( $U = 87.5$ ), empathy ( $U = 98$ ), and handling relations ( $U = 73.5$ ). Additionally, the quality of life of pregnant women in both groups remained statistically similar ( $U = 104$ ). These findings suggest that participation in the Tapovan Center does not have a measurable impact on emotional intelligence or quality of life among pregnant women.