

CHAPTER-IV

ANALYSIS OF DATA AND RESULTS

The analysis of data, results and discussions of the findings has been presented in this chapter.

ANALYSIS OF DATA

The data collected on psychological parameters of emotional intelligence and its constructs namely self-awareness, empathy, self motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour, metabolic equivalent of task (MET) and eating attitude from underweight (N=100), normal weight (N=100), overweight (N=100) and obese (N=100) college women were examined. To find out the significance of mean differences among underweight, normal, overweight and obese college women groups on the emotional intelligence, metabolic equivalent of task (MET) or physical activity level and eating attitude one way analysis of variance (ANOVA) was applied. If 'F' value was found to be significant then Scheffe's post hoc test was applied to further explore the degree and direction of significant differences between paired means for testing the hypotheses at .05 level of significance. Beside descriptive statistics, the Pearson's product moment correlation was computed to establish the relationships among emotional intelligence, metabolic equivalent of task (MET) and eating attitude of college women.

Results

The results of the study have been presented in three sections. Section-I, deals with emotional intelligence and its constructs namely self-awareness, empathy, self motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour and their relationship with eating attitude also presented in this section. The analysis on physical activity and its relationship with emotional intelligence have been presented in Section-II. The results related to eating attitude and its relationship with physical activity are presented in Section-III.

SECTION-I EMOTIONAL INTELLIGENCE

As the findings of the study have been presented in three sections and this Section-I deals with emotional intelligence and its constructs namely self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour.

Descriptive statistics of self-awareness sub domain of emotional intelligence of underweight, normal weight, over weight and obese groups of college women has been presented in table 4.1.1 and mean scores shown in figure 4.1.1.

Table 4.1.1: Descriptive statistics of self-awareness of underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Self-awareness	Under weight	100	15.73	2.88	.288
	Normal weight	100	15.39	3.00	.300
	Over weight	100	14.64	3.14	.314
	Obese	100	15.92	2.46	.246

Table 4.1.1 shows that the mean scores of self-awareness of underweight, normal weight, overweight and obese subjects were 15.73, 15.39, 14.64, and 15.92 with the standard deviations of 2.88, 3.00, 3.14 and 2.46 respectively.

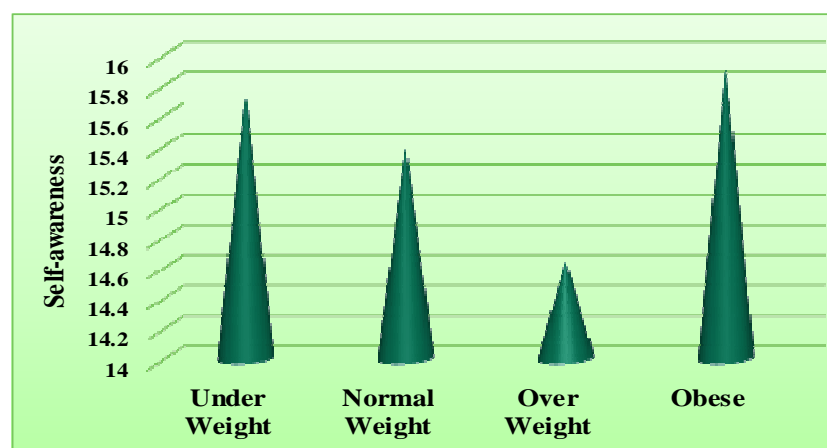


Figure 4.1.1: Mean scores of self-awareness of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese groups of college women on self-awareness has been presented in the table 4.1.2.

Table 4.1.2: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on self-awareness

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Self-awareness	Between groups	95.54	3	31.84	3.81*	.010
	Within groups	3301.90	396	8.33		
	Total	3397.44	399			

*Significant at 0.05 level, $F_{0.05}(3,396) = 2.62$

An evaluation of table 4.1.2 revealed that there were significant mean differences among underweight, normal, over-weight, and obese group of college women on self-awareness as the calculated F value of 3.819 was found greater than the tabulated value of 2.62 at .05 levels.

Further Scheffe's post hoc test was applied to find out the degree and direction of differences between paired means on self-awareness and the results thereof has been presented in table 4.1.3.

Table 4.1.3: Scheffe's post-hoc comparison of paired means of underweight, normal weight, over weight and obese college women on self-awareness

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
Self-awareness	Under weight	Normal weight	.340	.408	.875
		Over weight	1.09	.408	.070
		Obese	-.190	.408	.975
	Normal weight	Over weight	.750	.408	.339
		Obese	-.530	.408	.641
	Over weight	Obese	-1.28*	.408	.021

*Significant at 0.05 level

It may be observed from the table 4.1.3 that on the self-awareness subdomain of emotional intelligence overweight college women were found to be differed when compared to the obese college women as their mean differences of -1.28, were found to be statistically significant. No significance difference was found between the underweight and normal weight, normal weight and overweight, obese and underweight, between obese and normal weight group of college women groups as their mean difference of .340, .750, .190 and .530 respectively were found to be statistically insignificant at .05 level. The results indicate that obese women were more self-aware, it seems that obese women were better able to manage and take responsibility for self-motivation and personal happiness as compared to over-weight college women.

Descriptive statistics of empathy subdomain of emotional intelligence of underweight, normal weight, over weight and obese college women has been presented in table 4.1.4 and their mean score shown in figure 4.1.2.

Table 4.1.4: Descriptive statistics of empathy of underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Empathy	Under weight	100	17.52	3.17	.31
	Normal weight	100	16.47	3.28	.32
	Over weight	100	16.49	3.79	.37
	Obese	100	17.17	2.81	.28

It is evident from the table 4.1.4 that mean scores of empathy of underweight, normal, overweight and obese groups were 17.52, 16.47, 16.49 and 17.17 with the standard deviations of 3.17, 3.28, 3.79 and 2.81 respectively.

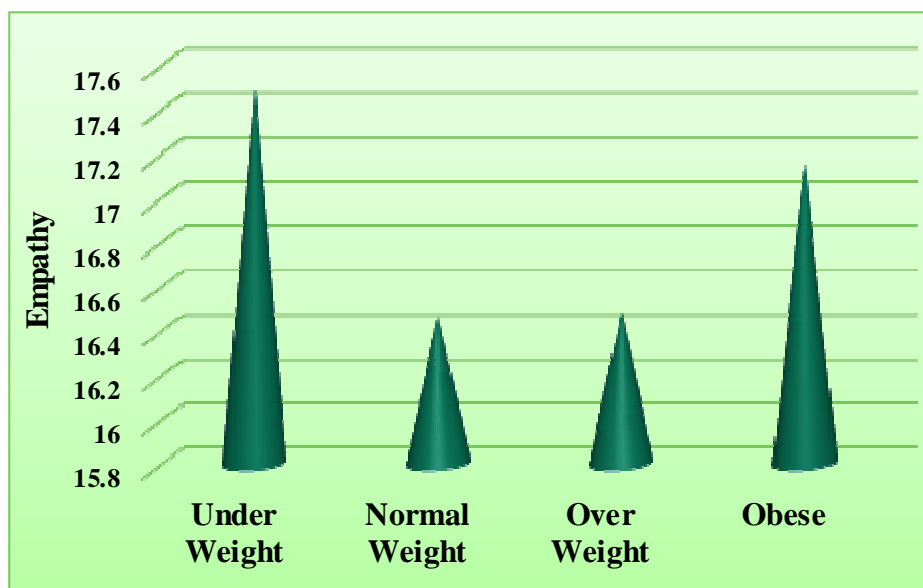


Figure 4.1.2. Mean scores of empathy of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese college women on empathy has been presented in the table 4.1.5.

Table 4.1.5: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on empathy

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Empathy	Between groups	80.968	3	26.98	2.49*	.059
	Within groups	4278.97	396	10.80		
	Total	4359.93	399			

*Significant at 0.05 level, $F_{0.05} (3,396) = 2.62$

The examination of table 4.1.5 reveals that underweight, normal weight, over-weight and obese group of college women did not indicate any significant differences on empathy as the calculated F value of 2.49 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of self-motivation subdomain of emotional intelligence of underweight, normal weight, over weight and obese college women has been presented in table 4.1.6 and the mean scores has been presented in figure 4.1.3.

Table 4.1.6: Descriptive statistics of self-motivation of underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Self-motivation	Under weight	100	21.48	3.88	.38
	Normal weight	100	21.50	4.02	.40
	Over weight	100	20.78	4.66	.46
	Obese	100	19.73	4.22	.42

The table 4.1.6 shows that the mean scores of self-motivation of underweight, normal, overweight and obese groups were 21.48, 21.50, 20.78 and 19.73 with the standard deviations of 3.88, 4.02, 4.66 and 4.22 respectively. The mean scores has also presented in figure 4.1.3.

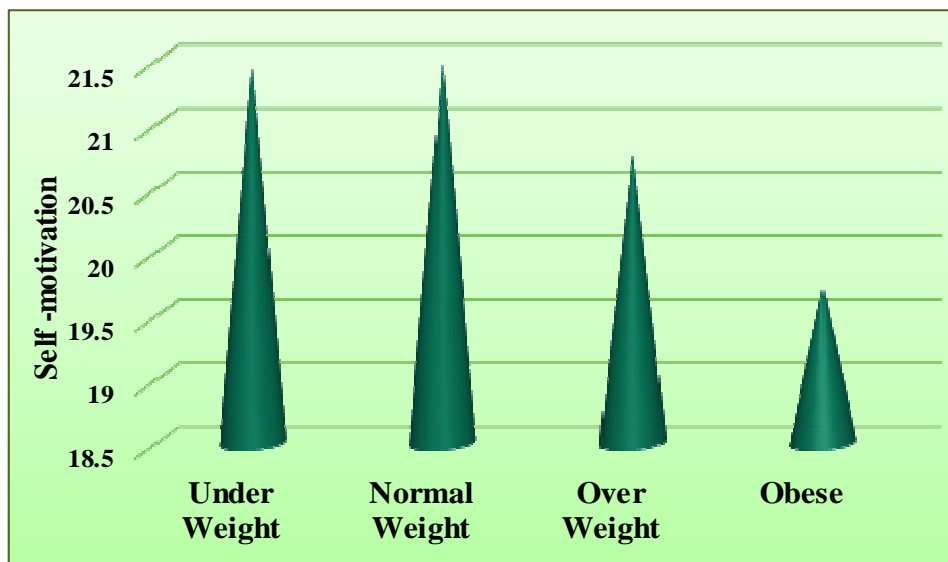


Figure 4.1.3: Mean scores of self-motivation of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese groups of college women on self-motivation has been presented in the table 4.1.7.

Table 4.1.7: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on self-motivation

Variable	Source	Sum of Squares	df	Mean Square	F-value	Sig.
Self-motivation	Between groups	207.66	3	69.22	3.90*	.009
	Within groups	7020.83	396	17.72		
	Total	7228.49	399			

*Significant at 0.05 level; $F_{0.05}(3,396) = 2.62$

It may be noticed from table 4.1.7 that there were significant mean differences among underweight, normal weight, over-weight and obese groups of college women on self-motivation as the calculated F value of 3.904 was found to be greater than the tabulated value of 2.62 at .05 levels.

Further Scheffe's post hoc test was applied to find out the degree and direction of the differences between paired means on self-motivation and the results thereof has been depicted in table 4.1.8.

Table 4.1.8: Scheffe's post-hoc comparison of paired means of underweight, normal weight, over weight and obese college women on self-motivation

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
Self-motivation	Under weight	Normal weight	-.020	.595	1.00
		Over weight	.700	.595	.710
		Obese	1.75*	.595	.036
	Normal weight	Over weight	.720	.595	.691
		Obese	1.77*	.595	.033
	Over weight	Obese	1.05	.595	.376

*Significant at 0.05 level

It may be observed from the table 4.1.8 that on the subscale of self- motivation, underweight college women were found to be differed when compared to the obese college women as their mean differences score was 1.75, which were found to be statistically significant. Whereas, significant difference was also found between normal weight and obese college women as their mean differences score was 1.77. No significance difference was found between the underweight and normal weight, underweight and overweight, normal weight and overweight, between overweight and obese college women as their mean difference were -.020, .700, .720 and -1.05 respectively. The result shows that normal weight women were more self-motivated as compared to obese college women. Women having under-weight were also found more responsible, better able to focus on task at hand and pay attention as compare to obese college women.

Descriptive statistics of emotional stability subdomain of emotional intelligence of underweight, normal weight, over weight and obese groups of college women has been given in table 4.1.9 and their mean scores has also presented in figure 4.1.4.

Table 4.1.9: Descriptive statistics of emotional stability among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Emotional stability	Under weight	100	14.19	2.89	.289
	Normal weight	100	14.40	2.81	.281
	Over weight	100	14.20	2.82	.282
	Obese	100	14.18	2.54	.254

The table 4.1.9 disclosed that the mean scores of Emotional stability of underweight, normal weight, overweight and obese subjects were 14.19, 14.40,

14.20 and 14.18 with the standard deviations of 2.89, 2.81, 2.82 and 2.54 respectively.

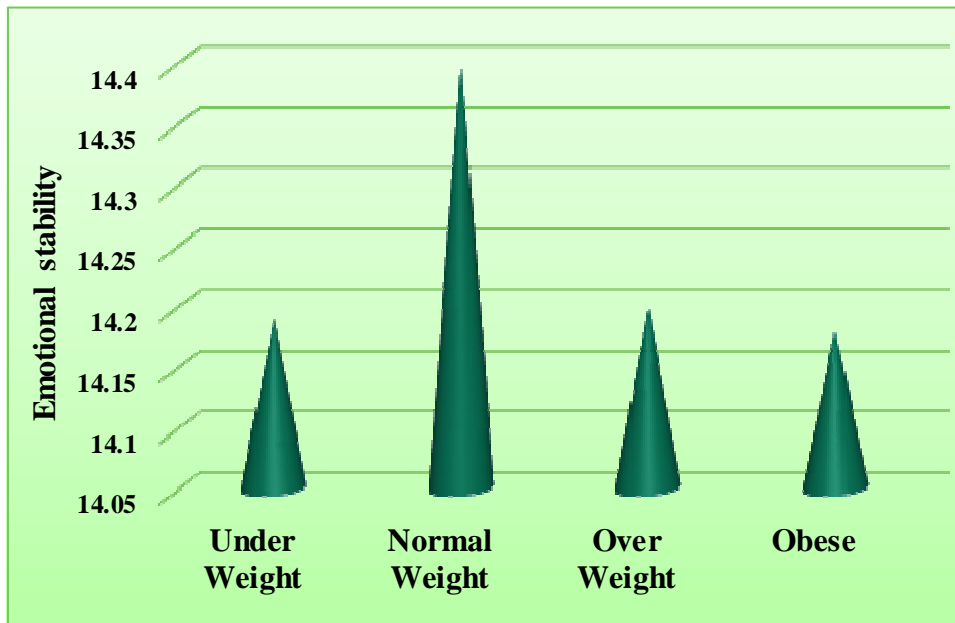


Figure 4.1.4: Mean scores of emotional stability of underweight, normal weight, over weight and obese college women

The result of analysis of Variance of mean scores for underweight, normal weight, over weight and obese college women on emotional stability has been presented in the table 4.1.10.

Table 4.1.10: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on emotional stability

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Emotional stability	Between groups	3.328	3	1.109	.144	.933
	Within groups	3046.150	396	7.692		
	Total	3049.478	399			

$F_{0.05} (3,396) = 2.62$

The examination of table 4.1.10 reveals that underweight, normal weight, over-weight, and obese college women did not indicate any significant differences

on emotional stability as the calculated F value of .144 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of managing relations subdomain of emotional intelligence of underweight, normal weight, over weight and obese groups of college women has been presented in table 4.1.11 and mean scores has been shown in figure 4.1.5.

Table 4.1.11: Descriptive statistics of managing relations among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Managing relations	Under weight	100	13.90	3.16	.316
	Normal weight	100	14.15	3.23	.323
	Over weight	100	14.54	3.19	.319
	Obese	100	13.77	3.14	.314

An appraisal of table 4.1.11 revealed that the mean scores of managing relations among underweight, normal weight, overweight and obese subjects were 13.90, 14.15, 14.54 and 13.77 with the standard deviations of 3.16, 3.23, 3.19 and 3.14 respectively.

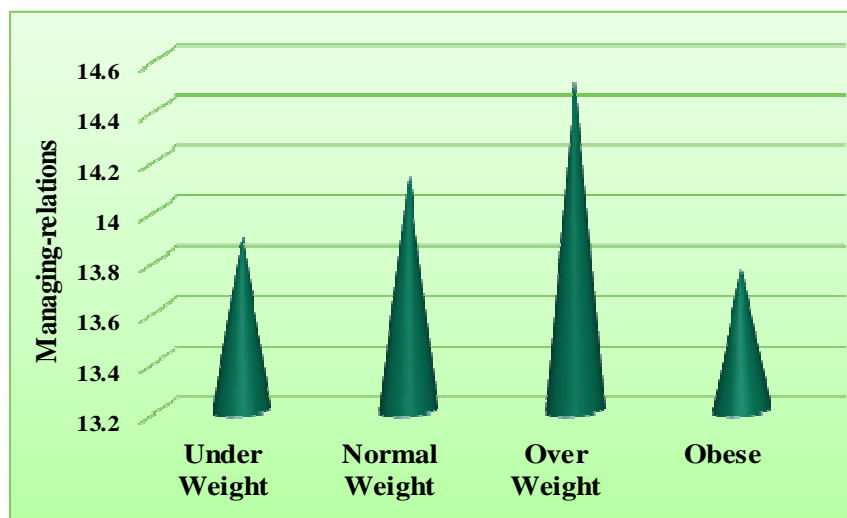


Figure 4.1.5: Mean scores of managing relations of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese college women on managing relations has been presented in the table 4.1.12.

Table 4.1.12: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on managing relations

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Managing relations	Between groups	34.460	3	11.487	1.131	.336
	Within groups	4022.300	396	10.157		
	Total	4056.760	399			

$$F_{0.05} (3,396) = 2.6$$

It may be noticed from Table 4.1.12 that there were no significant mean differences among underweight, normal weight, over-weight, and obese college women on managing relations as the calculated F value of 1.131 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of integrity subdomain of emotional intelligence of underweight, normal weight, over weight and obese college women has been depicted in table 4.1.13 and mean scores has been depicted in figure 4.1.6.

Table 4.1.13: Descriptive statistics of integrity among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Integrity	Under weight	100	11.12	2.23	.22
	Normal weight	100	10.97	2.20	.22
	Over weight	100	10.80	2.59	.25
	Obese	100	10.85	2.40	.24

The table 4.1.13 shows that the mean scores of integrity among underweight, normal weight, overweight and obese groups were 11.12, 10.97, 10.80 and

10.85 with the standard deviations of 2.23, 2.20, 2.59 and 2.40 respectively. It may be inferred that the underweight College women were having strong moral principles as compared to normal, overweight and obese women.

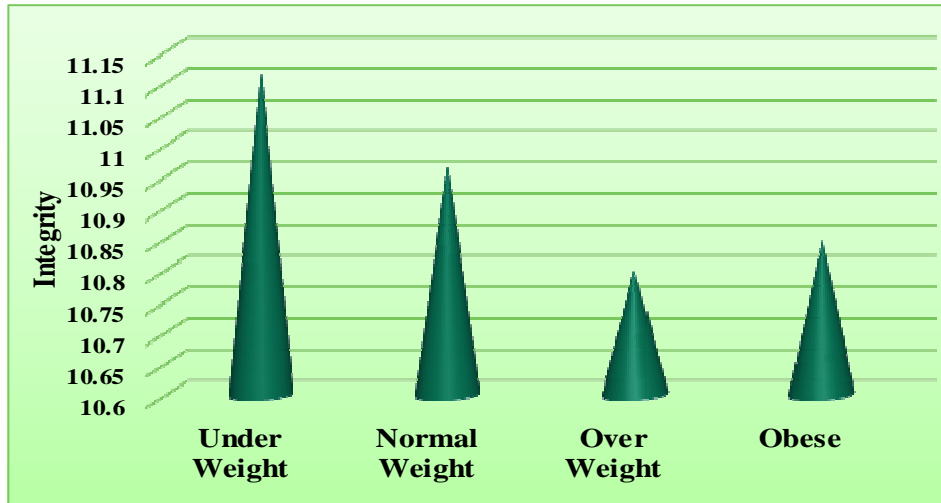


Figure 4.1.6: Mean scores of integrity of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese groups of college women on integrity has been presented in the table 4.1.14.

Table 4.1.14: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on integrity

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Integrity	Between groups	6.09	3	2.03	.363	.780
	Within groups	2216.22	396	5.59		
	Total	2222.31	399			

$F_{0.05} (3,396) = 2.62$

It may be observed from table 4.1.14 that there were no significant mean differences among underweight, normal, over-weight, and obese college women on integrity as the calculated F value of .363 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of self-development subdomain of emotional intelligence of underweight, normal weight, over weight and obese college women has been depicted in table 4.1.15 and mean scores has been presented in figure4.1.7.

Table 4.1.15: Descriptive statistics of self-development among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Self-development	Under weight	100	7.39	1.57	.15
	Normal weight	100	7.76	1.60	.16
	Over weight	100	7.45	1.65	.16
	Obese	100	7.57	1.51	.15

It may be clearly seen in table 4.1.15 that mean scores for self-development of underweight, normal weight, overweight and obese subjects were 7.39, 7.76, 7.45 and 7.57 with the standard deviations of 1.57, 1.60, 1.65 and 1.51 respectively.

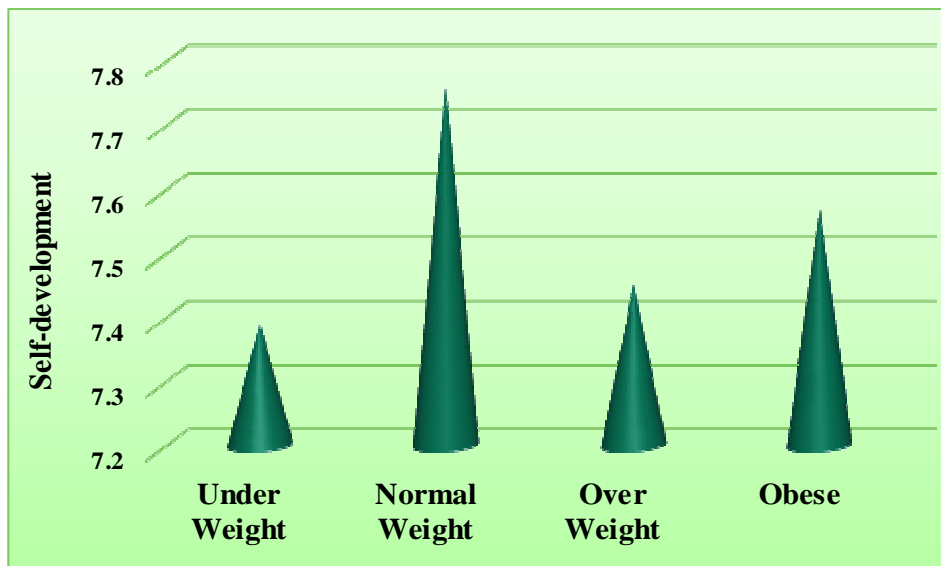


Figure 4.1.7: Mean scores of self-development of underweight, normal weight, over weight and obese college women

Analysis of variance (ANOVA) of mean scores of self-development for Inter group differences between underweight, normal weight, over weight and obese groups of college women has been presented in table 4.1.16.

Table 4.1.16: Analysis of variance (ANOVA) of underweight, normal weight, over weight and obese college women on self-development

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Self-development	Between groups	7.98	3	2.66	1.055	.368
	Within groups	999.29	396	2.52		
	Total	1007.27	399			

$F_{0.05} (3,396) = 2.62$

It may be perceived from table 4.1.16 that there were no significant mean differences among underweight, normal weight, over-weight, and obese college women on self-development as the calculated F value of 1.055 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of value orientation subdomain of emotional intelligence of underweight, normal weight, over weight and obese college women has been depicted in table 4.1.17 and mean scores has been depicted in figure 4.1.8.

Table 4.1.17: Descriptive statistics of value orientation among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Value-orientation	Under weight	100	7.35	1.45	.145
	Normal weight	100	7.52	1.49	.149
	Over weight	100	7.79	1.28	.128
	Obese	100	7.69	1.41	.141

The table 4.1.17 shows the mean scores for value orientation of underweight, normal weight, overweight and obese subjects were 7.35, 7.52, 7.79 and 7.69 with the standard deviations of 1.45, 1.49, 1.28 and 1.41 respectively.

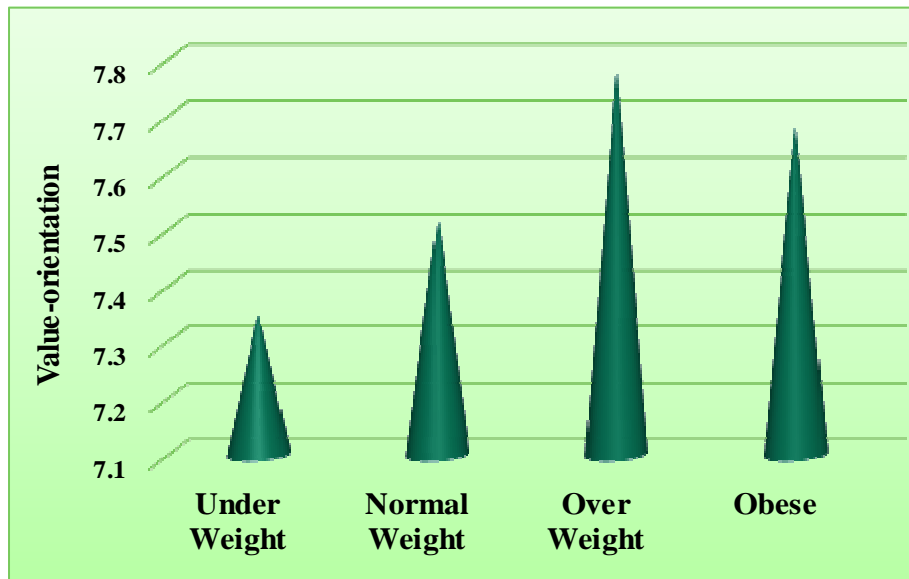


Figure 4.1.8: Mean scores of value orientation of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal, over weight and obese groups of college women on value orientation has been presented in the table 4.1.18.

Table 4.1.18: Analysis of variance (ANOVA) among underweight, normal weight, over weight and obese college women on value orientation

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Value-orientation	Between groups	11.24	3	3.74	1.880	.132
	Within groups	789.69	396	1.99		
	Total	800.93	399			

$$F_{0.05} (3,396) = 2.62$$

The examination of table 4.1.18 reveals that underweight, normal weight, over-weight, and obese college women did not indicate any significant differences on value orientation as the calculated F value of 1.88 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of commitment subdomain of emotional intelligence of underweight, normal weight, over weight and obese groups of college women

has been depicted in table 4.1.19 and mean scores has been presented in figure 4.1.9.

Table 4.1.19: Descriptive statistics of commitment among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Commitment	Under weight	100	7.83	1.28	.128
	Normal weight	100	7.92	1.54	.154
	Over weight	100	7.75	1.57	.157
	Obese	100	8.11	1.30	.130

An appraisal of table 4.1.19 showed that the mean scores of commitment of underweight, normal weight, overweight and obese groups were 7.83, 7.92, 7.75 and 8.11, with the standard deviations of 1.28, 1.54, 1.57 and 1.30 respectively.

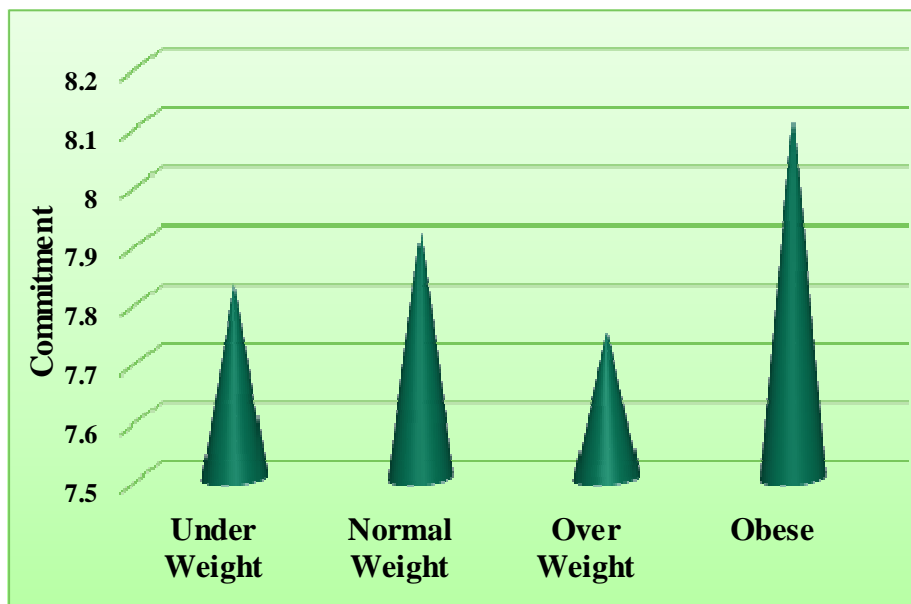


Figure 4.1.9: Mean scores of commitment of underweight, normal weight, over weight and obese college women

Analysis of variance (ANOVA) of mean scores of commitment for inter group differences among underweight, normal weight, over weight and obese college women has been given in table 4.1.20.

Table 4.1.20: Analysis of variance (ANOVA) on scores of commitment of underweight, normal weight, over weight and obese college women

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Commitment	Between groups	7.18	3	2.39	1.163	.324
	Within groups	816.01	396	2.06		
	Total	823.19	399			

$F_{0.05} (3,396) = 2.62$

This may be seen from table 4.1.20 that there were no significant mean differences among underweight, normal, over-weight and obese college women on commitment as the calculated F value of 1.163 was found to be less than the tabulated value of 2.62 at 0.05 level.

Descriptive statistics of altruistic behaviour of underweight, normal weight, over weight and obese college has been depicted in table 4.1.21 and mean scores has been shown in figure 4.1.10.

Table 4.1.21: Descriptive statistics of altruistic behaviour among underweight, normal weight, over weight and obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Altruistic behaviour	Under weight	100	6.81	1.80	.180
	Normal weight	100	6.93	1.69	.169
	Over weight	100	7.51	1.42	.142
	Obese	100	7.04	1.66	.166

The table 4.1.21 verified that the mean scores of altruistic behaviour of underweight, normal weight, overweight and obese groups were 6.81, 6.93, 7.51 and 7.04, with the standard deviations of 1.80, 1.69, 1.42 and 1.66 respectively. It seems that women having overweight show more selfless

concern for the welfare of others as compared to underweight, normal weight and obese college women.

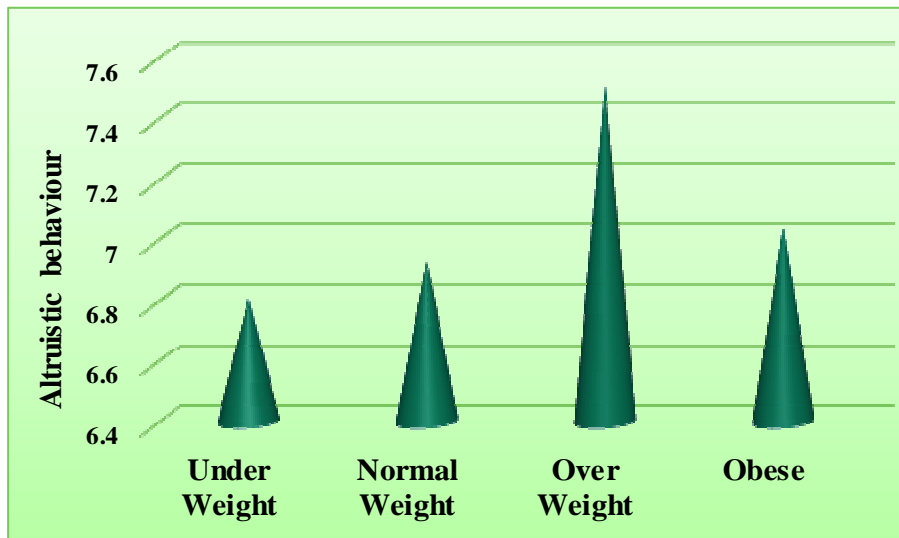


Figure 4.1.10: Mean scores of altruistic behaviour of underweight, normal weight, over weight and obese college women

The result of analysis of variance of mean scores for underweight, normal weight, over weight and obese college women on altruistic behaviour has been presented in the table 4.1.22.

Table 4.1.22: Analysis of variance (ANOVA) among underweight, normal weight, over weight and obese college women on altruistic behaviour

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Altruistic behaviour	Between groups	28.16	3	9.38	3.42*	.017
	Within groups	1084.73	396	2.73		
	Total	1112.89	399			

*Significant at .05 level, $F_{0.05}(3,396) = 2.62$

It may be gleaned from table 4.1.22 that underweight, normal, over-weight and obese college women differed significantly on altruistic behaviour as the calculated F value of 3.428 was found to be greater than the tabulated value of 2.62 at .05 levels.

To find out the quantum and leaning of the differences between paired means of altruistic behaviour among underweight, normal weight, over-weight, and obese college women Scheffe's post hoc test was applied and results has been depicted in table 4.1.23.

Table 4.1.23: Scheffe's post-hoc comparison of paired means among obese and non-obese college women on altruistic behaviour

Variable	Paired Groups		Mean Difference	Std. Error	Sig.
Altruistic behaviour	Under weight	Normal weight	-.120	.234	.967
		Over weight	-.700*	.234	.031
		Obese	-.230	.234	.810
	Normal weight	Over weight	-.580	.234	.107
		Obese	-.110	.234	.974
	Over weight	Obese	.470	.234	.260

*significant at .05 level

It may be observed from the table 4.1.23 the mean scores of altruistic behaviour of underweight college women were found to be differed when compared to the overweight college women as their mean differences of -.700 were found to be statistically significant. No significance mean difference was found between the underweight and normal weight, underweight and obese, normal weight and overweight, normal weight and obese, overweight and obese college women groups as their mean difference of -.120, -.230, -.580, -.110 and .470 respectively were found to be statistically insignificant at .05 level.

Descriptive statistics of emotional intelligence among underweight, normal weight, over weight and obese college women has been depicted in table 4.1.24 and mean scores has been depicted in figure 4.1.11.

Table 4.1.24: Descriptive statistics of composite score of emotional intelligence among obese and non-obese college women

Variable	Group	N	Mean	Std. Deviation	Std. Error
Emotional Intelligence	Under weight	100	1.23	14.14	1.41
	Normal weight	100	1.22	14.47	1.44
	Over weight	100	1.21	15.55	1.55
	Obese	100	1.22	13.25	1.32

The table 4.1.24 indicate the mean of composite scores of emotional intelligence of underweight, normal weight, overweight and obese groups were 1.23, 1.22, 1.21 and 1.22 with the standard deviations of 14.14, 14.47, 15.55 and 13.25 respectively.

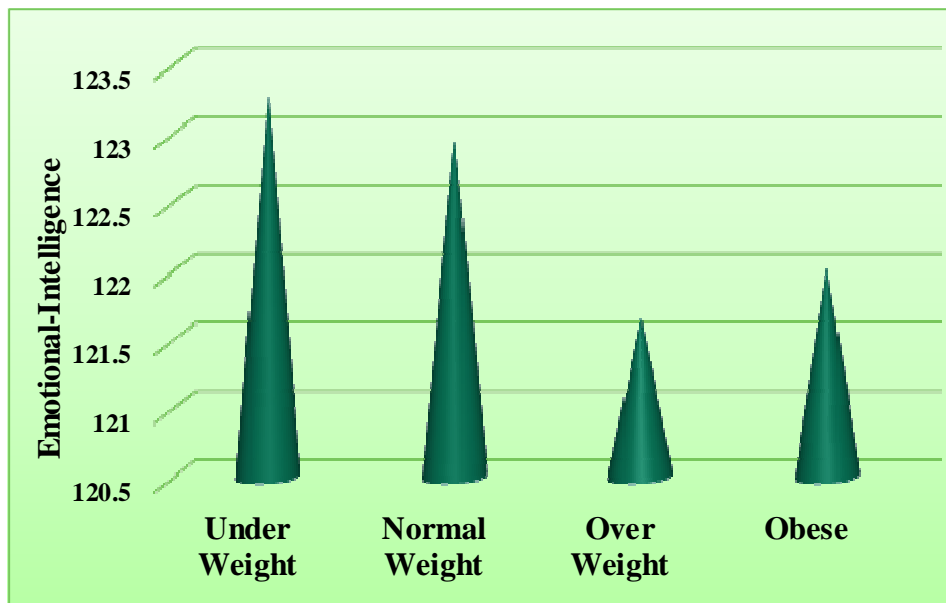


Figure 4.1.11: Mean scores of emotional intelligence of underweight, normal weight, over weight and obese college women

The result of Analysis of variance of mean scores of underweight, normal, over weight and obese college women on composite score of emotional intelligence has been presented in the table 4.1.25.

Table 4.1.25: Analysis of variance (ANOVA) among underweight, normal weight, over weight and obese college women on emotional intelligence (Total)

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Emotional Intelligence	Between groups	181.97	3	60.65	.293	.830
	Within groups	81920.02	396	206.86		
	Total	82101.99	399			

$F_{0.05}(3,396) = 2.62$

This may be clearly seen from table 4.1.25 that obese and non-obese college women did not indicate any significant mean differences on emotional intelligence as the calculated F value of .293 was found to be less than the tabulated value of 2.62 at 0.05 level. It may be inferred that underweight, normal weight, overweight and obese college women were having same level of emotional intelligence.

To discover the relationship between emotional intelligence and its sub domains to body mass index of college women the Pearson's product moment correlation was computed and coefficients of correlation (r) has been given in table 4.1.26 and depicted in figure 4.1.12, 4.1.13 and 4.1.14.

Table 4.1.26: Relationship of emotional intelligence and its sub domains to body mass index of college women

Sr. No.	Variables Correlated	Height	Weight	BMI
1	Self- awareness	.001	-.022	-.025
2	Empathy	.047	-.011	-.026
3	Self-motivation	.124*	-.116*	-.159**
4	Emotional stability	.025	-.005	-.016
5	Managing relations	.118*	.063	.008
6	Integrity	.026	-.017	-.028
7	Self-development	.031	.070	.050
8	Value orientation	-.028	.097	.111*
9	Commitment	.000	.030	.028
10	Altruistic behaviour	.025	.107*	.103*
11	Emotional intelligence	.089	.000	-.035

*Significant at .05 level

Table 4.1.26 depicted that emotional intelligence sub domain of self-motivation was significantly related to height ($r = .124$), weight ($r = -.116$) and body mass index ($r = -.159$); significant correlation was also found between managing relations and height ($r = .118$); between value orientation and body mass index ($r = .111$); between altruistic behaviour and weight ($r = -.107$); and body mass index ($r = -.103$) of the college women. Whereas other components of emotional intelligence namely self-awareness, empathy, emotional stability, integrity, self-development, commitment did not show any statistically significant coefficients of correlation with body mass index of college women among college women.

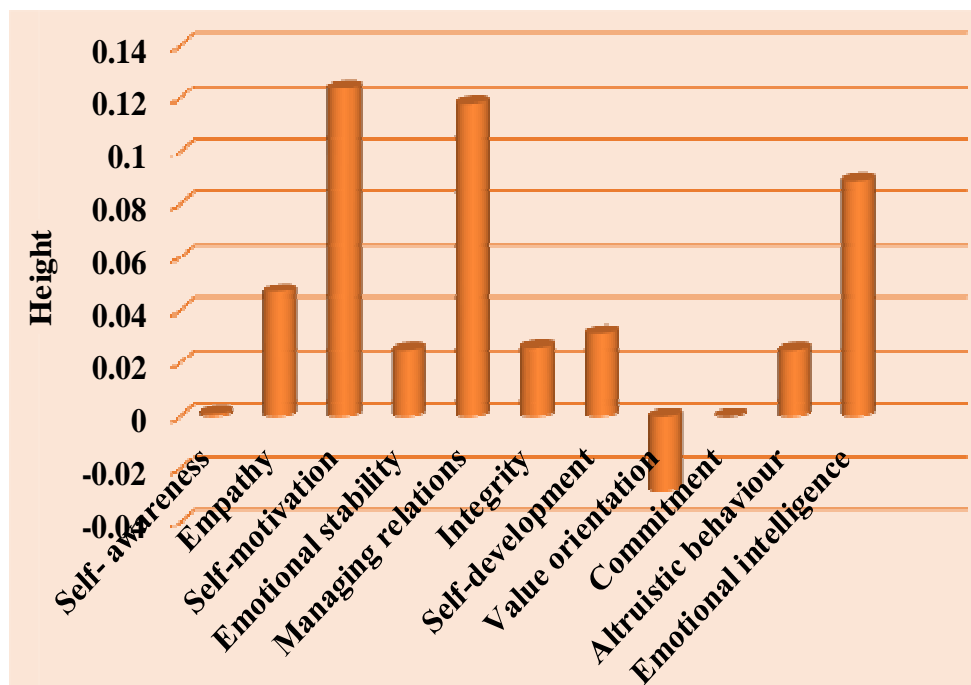


Figure 4.1.12: Relationship between height and emotional intelligence and its sub domains of college women

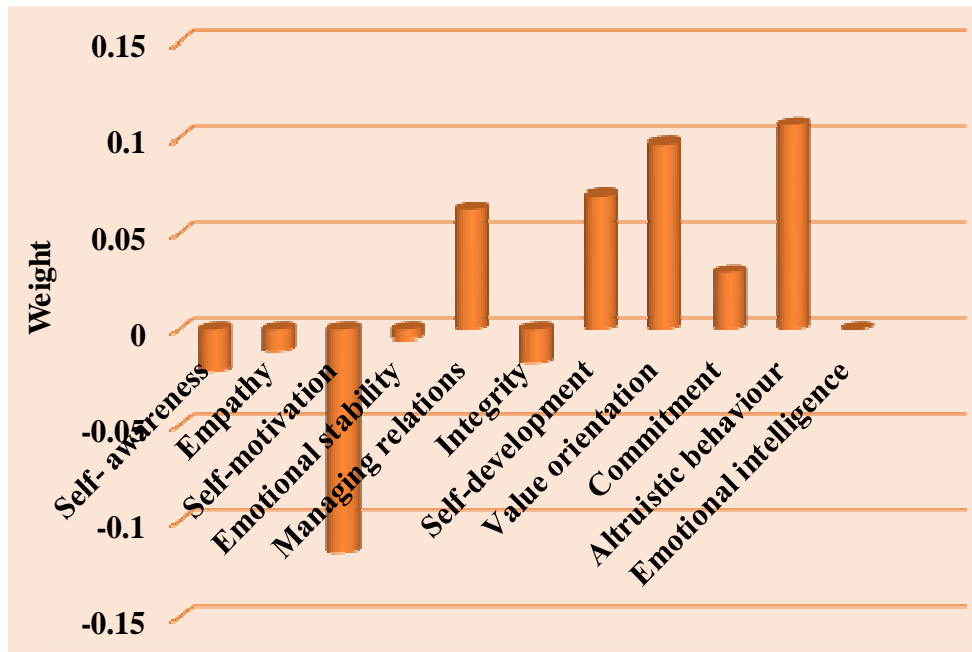


Figure 4.1.13: Relationship between weight and emotional intelligence and its sub domains of college women

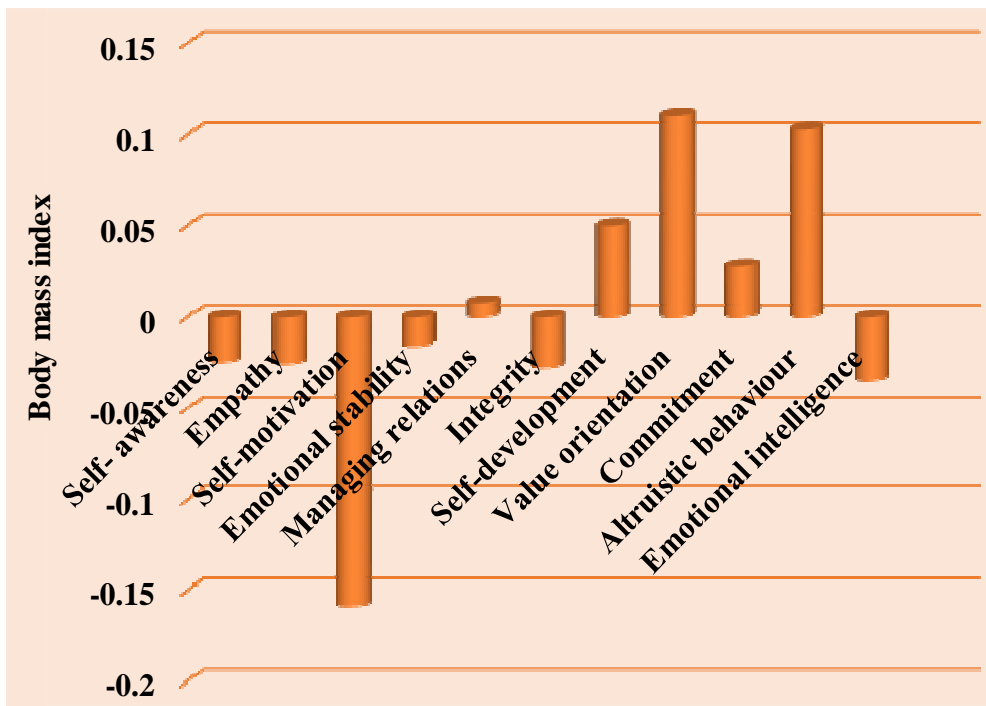


Figure 4.1.14: Relationship between body mass index and emotional intelligence and its sub domains of college women

To discover the relationship between emotional intelligence and its sub domain to eating attitude of college women the Pearson's product moment correlation was computed and coefficients of correlation (r) has been given in table 4.1.27 and has been depicted in figure 4.1.15, 4.1.16, 4.1.17 and 4.1.18.

Table 4.1.27: Relationship of emotional intelligence and its sub domain to eating attitude of college women

Variables	Bulimia	Oral control	Dieting	Eating attitude
Self- Awareness	-.061	.069	.019	.021
Empathy	.113*	.037	.104*	.123*
Self-Motivation	.017	.034	.097	.082
Emotional Stability	.076	.062	.041	.070
Managing Relations	.018	-.033	.008	-.004
Integrity	-.007	-.015	.045	.020
Self-Development	.052	.061	.055	.075
Value- Orientation	.097	.067	.061	.108*
Commitment	-.003	.048	.121*	.105*
Altruistic- Behaviour	-.021	.009	.117*	.084
Emotional Intelligence	.049	.055	.116*	.115*

*Significant at .05 level

Table 4.1.27 depicted that emotional intelligence variables of Empathy was significantly related to bulimia ($r = .113$), dieting ($r = .104$) and eating attitude ($r = .123$); significant correlation was also found between value orientation and eating attitude ($r = .108$); between commitment and dieting ($r = .121$); between commitment and eating attitude ($r = .105$), between Altruistic behaviour and dieting ($r = .117$), between composite score of emotional intelligence and dieting ($r = .116$) and eating attitude ($r = .115$) of the college women. Whereas other components of emotional intelligence namely self-awareness, self-motivation, emotional stability, Integrity, self-development did not show any statistically significant coefficients of correlation with eating attitude and its sub domain of college women. Composite score of emotional intelligence,

commitment and altruistic behaviour did not show any statistically significant coefficients of correlation with bulimia and dieting subscale of eating attitude of college women.

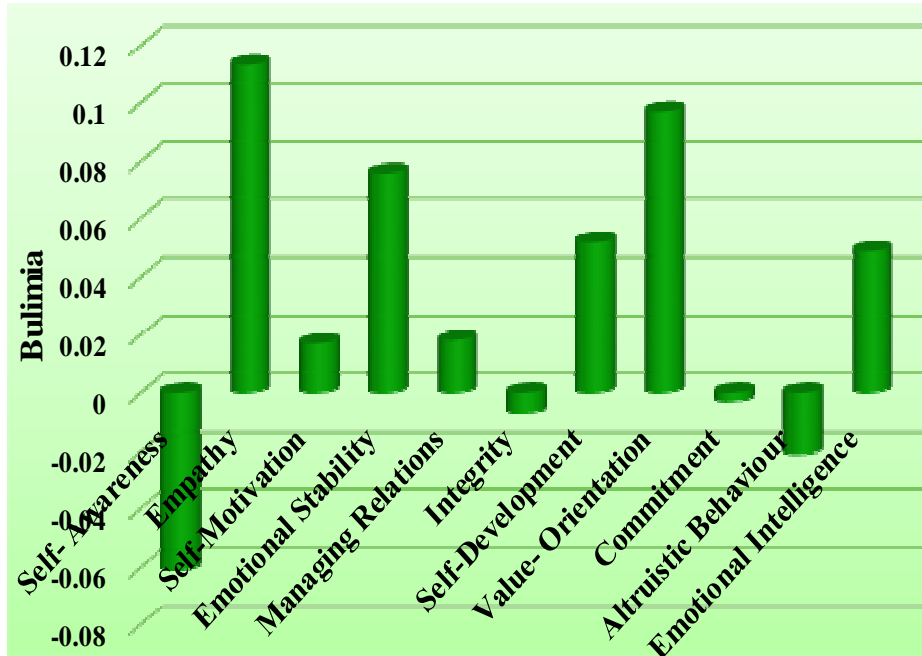


Figure 4.1.15: Relationship between bulimia and emotional intelligence of college women

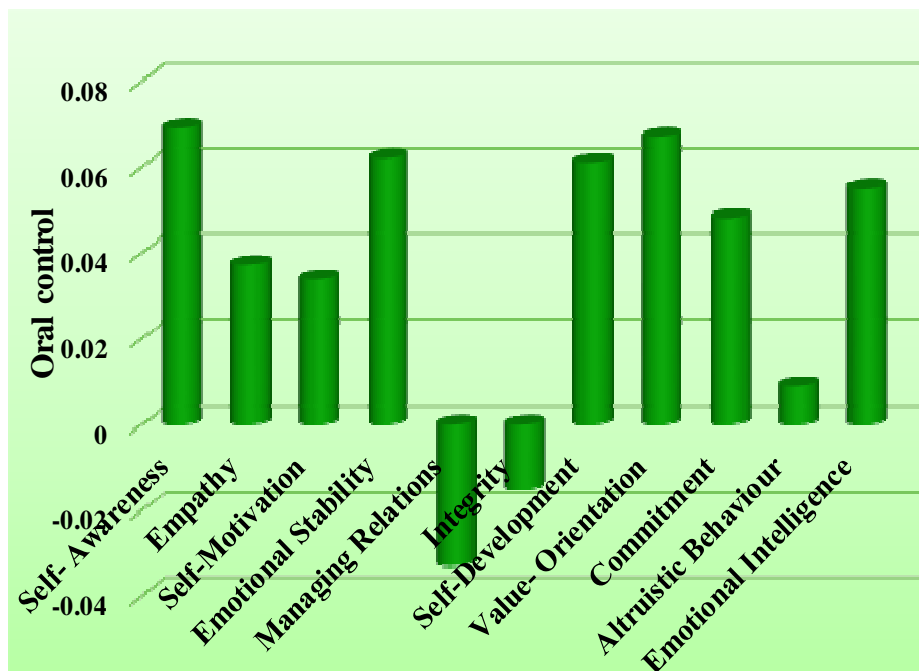


Figure 4.1.16: Relationship between oral control and emotional intelligence of college women

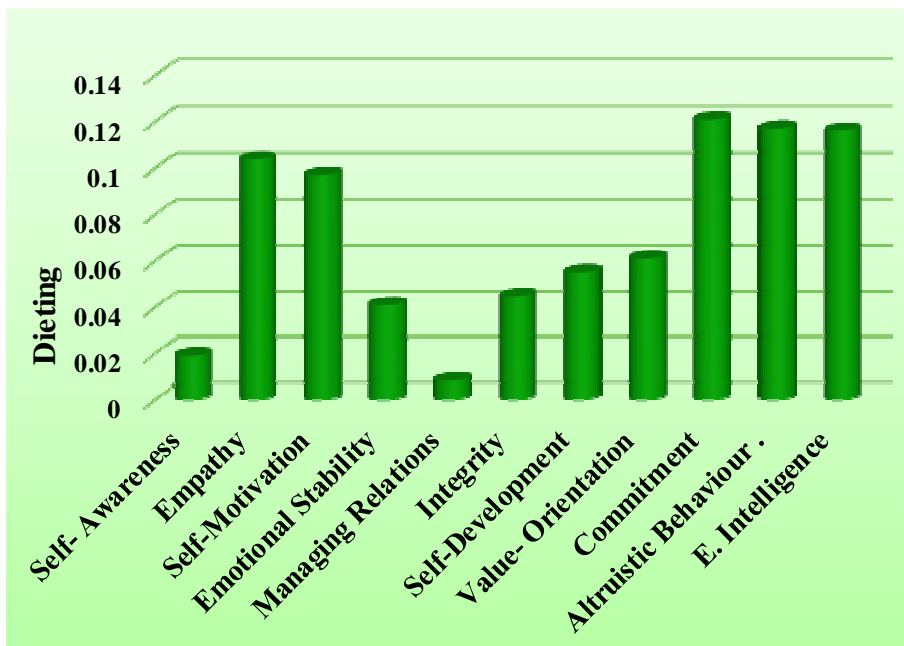


Figure 4.1.17: Relationship between dieting and emotional intelligence of college women

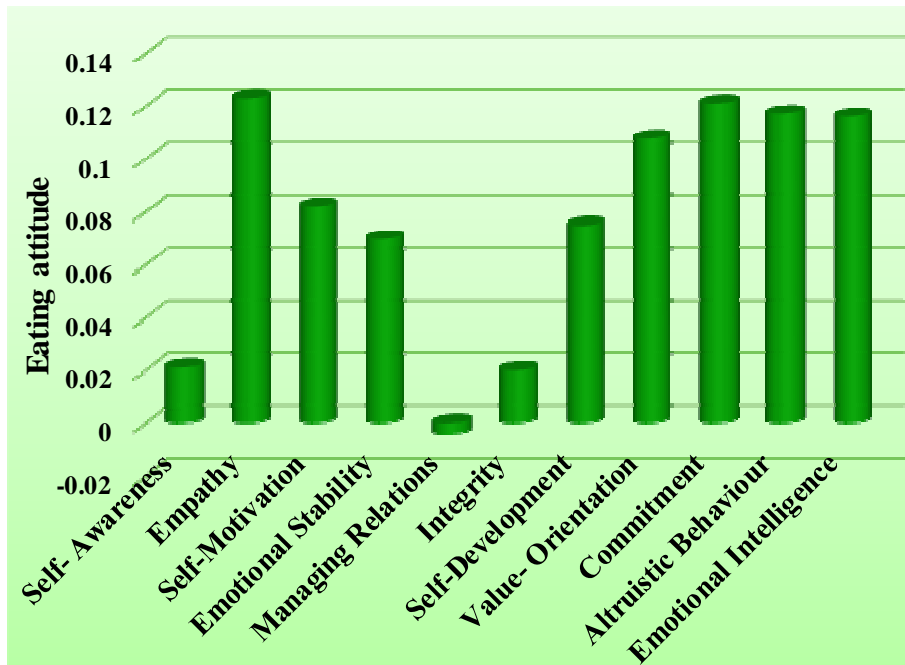


Figure 4.1.18: Relationship between eating attitude and emotional intelligence of college women