

## A COMPARATIVE STUDY OF EMOTIONAL QUOTIENT AND ADJUSTMENT BETWEEN INTROVERT AND EXTROVERT PERSONALITY OF STUDENTS

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### ABSTRACT

The study was conducted to explore the comparison of emotional quotient and Adjustment between introvert or extrovert personality. The study was conducted in N.M.V. Lalitpur (U.P.). The data were collected from 100 undergraduate college students. Emotional Intelligence Inventory (EII) by S.K. Mangal and Shubhra Mangal and Personality Inventory (PI) by yashvir Singh and Har Mohan Singh and Adjustment Inventory for college student (AICS) by A.K.P. Sinha and R.P Singh were used to collect data. Data were analyzed by using analysis of variance (ANOVA). Thus, on the basis of result we find that there are no significant differences in EII, AICS and PI. In gender; Boys have more, Emotional Intelligent then girls, girls have more Adjustment than boys and on the other hand we find no significant difference on EQ and Adjustment.

**KEYWORDS:** Emotional Quotient, Adjustment, Personality