

Annexure-1

A Study on Emotional Intelligence and Occupational Stress of University Teachers in Myanmar

Table 3.1 Sample of the Study

| Variables | | N | Total |
|----------------|---------------------|-----|-------|
| Gender | Male | 61 | 475 |
| | Female | 414 | |
| Marital Status | Single | 330 | 475 |
| | Married | 145 | |
| Job Status | Tutor | 203 | 475 |
| | Assistant Lecturer | 108 | |
| | Lecturer | 105 | |
| | Associate Professor | 59 | |

Table 4.1 Descriptive Statistics for the Emotional Intelligence of Teachers

| Variable | N | Mean | SD | Minimum | Maximum |
|------------------------|-----|--------|--------|---------|---------|
| Emotional Intelligence | 475 | 122.09 | 10.994 | 78 | 157 |

Table 4.2 Descriptive Statistics for Dimensions of Emotional Intelligence of Teachers

| Dimensions of EI | Mean | SD | Minimum | Maximum |
|--------------------------------------|-------|--------|---------|---------|
| Emotional Recognition and Expression | 64.33 | 10.535 | 32 | 100 |
| Understanding Other Emotions | 62.26 | 10.478 | 30 | 90 |
| Emotions Direct Cognition | 75.28 | 9.307 | 48 | 98 |
| Emotional Management | 77.06 | 9.167 | 30 | 100 |
| Emotional Control | 67.21 | 10.577 | 33 | 100 |

Table 4.3 Frequencies and Percentages of Teachers' Emotional Intelligence Levels

| Variables | Levels | Frequency | Percentage |
|------------------------|----------|-----------|------------|
| Emotional Intelligence | Low | 66 | 13.89% |
| | Moderate | 351 | 73.89% |
| | High | 58 | 12.21% |

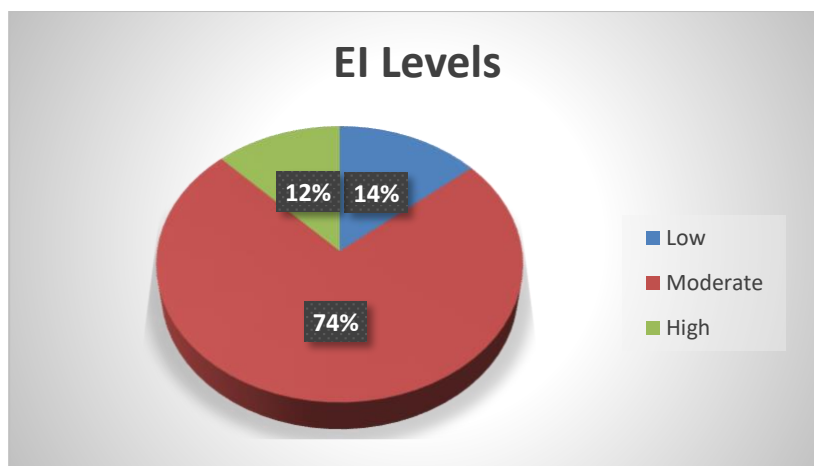


Figure 1 Percentages of University Teachers on EI Levels

Table 4.4 Mean Comparison of Teachers' Emotional Intelligence by Gender

| Variable | Gender | <i>N</i> | Mean | SD | <i>t</i> | <i>df</i> | <i>p</i> |
|------------------------|--------|----------|--------|--------|----------|-----------|----------|
| Emotional Intelligence | Male | 61 | 119.31 | 12.397 | -2.121* | 473 | .034 |
| | Female | 414 | 122.50 | 10.728 | | | |

Note: *The mean difference is significant at 0.05 level.

Table 4.5 Mean Comparison of Teachers' Emotional Intelligence by Marital Status

| Variable | Marital Status | <i>N</i> | Mean | SD | <i>t</i> | <i>df</i> | <i>p</i> |
|------------------------|----------------|----------|--------|--------|----------|-----------|----------|
| Emotional Intelligence | Single | 330 | 121.61 | 10.679 | -1.435 | 473 | .152 |
| | Married | 145 | 123.18 | 11.644 | | | |

Table 4.6 Mean Comparison of Teachers' Emotional Intelligence by Job Status

| Job Status | <i>N</i> | Mean | SD | <i>F</i> | <i>p</i> |
|---------------------|----------|--------|--------|----------|----------|
| Tutor | 203 | 121.04 | 11.782 | 3.975** | .008 |
| Assistant Lecturer | 108 | 121.30 | 10.573 | | |
| Lecturer | 105 | 122.49 | 9.426 | | |
| Associate Professor | 59 | 126.42 | 10.695 | | |
| Total | 475 | 122.09 | 10.994 | | |

Note: **The mean difference is significant at 0.01 level.

Table 4.7 Post Hoc Analysis of Teachers' Emotional Intelligence by their Job Status by Tukey HSD Method

| I (Job Status) | J (Job Status) | Mean Difference (I-J) | <i>p</i> |
|---------------------|--------------------|-----------------------|----------|
| Associate Professor | Tutor | 5.379** | .005 |
| | Assistant Lecturer | 5.127* | .020 |

Note: *The mean difference is significant at 0.05 level.

**The mean difference is significant at 0.01 level.

Table 4.8 Descriptive Statistics for Occupational Stress of Teachers

| Variable | <i>N</i> | Mean | SD | Minimum | Maximum |
|---------------------|----------|-------|--------|---------|---------|
| Occupational Stress | 475 | 83.76 | 12.129 | 54 | 142 |

Table 4.9 Mean Comparison of Teachers' Occupational Stress by Gender

| Variable | Gender | <i>N</i> | Mean | SD | <i>t</i> | <i>df</i> | <i>p</i> |
|---------------------|--------|----------|-------|--------|----------|-----------|----------|
| Occupational Stress | Male | 61 | 89.08 | 15.086 | 3.038** | 70.533 | .003 |
| | Female | 414 | 82.97 | 11.444 | | | |

Note: **The mean difference is significant at 0.01 level.

Table 4.10 Mean Comparison of Teachers' Occupational Stress by Marital Status

| Variable | Marital Status | <i>N</i> | Mean | SD | <i>t</i> | <i>df</i> | <i>p</i> |
|---------------------|----------------|----------|-------|--------|----------|-----------|----------|
| Occupational Stress | Single | 330 | 83.72 | 12.263 | -.085 | 473 | .932 |
| | Married | 145 | 83.83 | 11.859 | | | |

Table 4.11 Mean Comparison of Teachers' Occupational Stress by Job Status

| Job Status | <i>N</i> | Mean | SD | <i>F</i> | <i>p</i> |
|---------------------|----------|-------|--------|----------|----------|
| Tutor | 203 | 84.27 | 11.410 | 1.76 | .154 |
| Assistant Lecturer | 108 | 85.32 | 13.139 | | |
| Lecturer | 105 | 82.08 | 11.760 | | |
| Associate Professor | 59 | 82.12 | 13.001 | | |
| Total | 475 | 83.76 | 12.129 | | |

Table 4.12 Mean Comparison of Teachers' Occupational Stress by Emotional Intelligence Levels

| EI Levels | Low EI | Moderate EI | High EI | <i>F</i> | <i>p</i> |
|-----------|--------|-------------|---------|-----------|----------|
| <i>N</i> | 66 | 351 | 58 | 46.820*** | .000 |
| Mean | 92.95 | 83.70 | 73.62 | | |
| SD | 12.356 | 11.094 | 9.542 | | |

Note: ***The mean difference is significant at 0.001 level.

Table 4.13 Post Hoc Analysis of Teachers' Occupational Stress by Emotional Intelligence Levels by Tukey HSD Method

| (I)EI level | (J)EI level | Mean Difference(I-J) | <i>p</i> |
|-------------|-------------|----------------------|----------|
|-------------|-------------|----------------------|----------|

| | | | |
|----------|----------|------------|------|
| Low | Moderate | 9.254*** | .000 |
| | High | 19.334*** | .000 |
| Moderate | Low | -9.254*** | .000 |
| | High | 10.080*** | .000 |
| High | Low | -19.334*** | .000 |
| | Moderate | -10.080*** | .000 |

Note; ***The mean difference is significant at 0.001 level.

Table 4.14 Correlation between Dimensions of Emotional Intelligence and Occupational Stress of Teachers

| Variables | | OS | ERE | UOE | EDC | EM | EC |
|-----------|---------------------|---------|--------|--------|--------|--------|----|
| OS | Pearson Correlation | 1 | | | | | |
| ERE | Pearson Correlation | -.127** | 1 | | | | |
| UOE | Pearson Correlation | -.061 | .330** | 1 | | | |
| EDC | Pearson Correlation | -.261** | .180** | .249** | 1 | | |
| EM | Pearson Correlation | -.513** | .212** | .226** | .434** | 1 | |
| EC | Pearson Correlation | -.290** | .086 | .046 | .160** | .475** | 1 |

Note; **Correlation is significant at 0.01 level (2-tailed). (OS = Occupational Stress, ERE = Emotional Recognition and Expression, UOE = Understanding Other Emotions, EDC = Emotions Direct Cognition, EM = Emotional Management, EC = Emotional Control, EI = Emotional Intelligence)

Table 4.15 Multiple Regression Analysis for Prediction of the Dimensions of Emotional Intelligence on Occupational Stress

| Variables | <i>B</i> | <i>Beta</i> | <i>t</i> | <i>R</i> | <i>R</i> Square | Adjusted <i>R</i> Square | <i>F</i> |
|-----------------------|----------|-------------|----------|----------|--------------------|--------------------------------|-----------|
| Significant Predictor | | | | | | | |
| OS | 141.314 | | 26.874** | .518 | .268 | .262 | 43.053*** |
| ERE | -.072 | -.016 | -.384** | | | | |
| EDC | -.160 | -.049 | -1.111** | | | | |
| EM | -1.517 | -.459 | -9.226** | | | | |
| EC | -.240 | -.063 | -1.399** | | | | |

Note; ** $\rho < 0.01$, *** $\rho < 0.001$ (OS = Occupational Stress, ERE = Emotional Recognition and Expression, EDC = Emotions Direct Cognition, EM = Emotional Management, EC = Emotional Control)