



PET OWNERS AND NON PET OWNERS - A STUDY OF EMOTIONAL INTELLIGENCE IN RELATION TO PET OWNERSHIP

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ABSTRACT:

Background: Pets are integral part of people's life and provide love and companionship to their owners. Pets can help to develop emotional intelligence within their owners as they are emotionally attached to their owners and help them to identify, regulate and regulate their emotions without saying anything.

Aim: The purpose of the study was to examine the role of Pet ownership in the Emotional Intelligence of Pet owners and Non-pet owners.

Methodology: Data was collected from 60 participants. To meet the objectives of the study the researcher used Ex-post facto design was used. 60 participants were selected for the present study out of which 30 were pet owners and 30 were non pet owners. Samples were collected from the schools of Rishikesh, Uttarakhand by using accidental sampling. Participants between the age ranges of 13-18 were selected in the samples. Emotional Intelligence Scale developed by Dr. Sheela Prasad (2009).

Statistical Analysis: The data was analyzed by computing mean, standard deviation and t-test.

Result: Result of the present study showed that there is no significant difference on the level of emotional intelligence, self-control, trustworthiness, conscientiousness and adoptability between pet owners and non- pet owners. Also there is a significant difference on the level of innovation between pet owners and non-pet owners.

KEYWORDS:

PET, PET OWNER, NON-PET OWNER, PET OWNERSHIP, ADOLESCENT, EMOTIONAL INTELLIGENCE.

INTRODUCTION

Pets are the animal companions owned by humans and they are becoming an essential part of lives of peoples in today's era. They provide love, support and sense of belongingness to their owners. They are considerably kept by their owners as a source of companionship and pleasure. Both pets and pet owners provide benefits to each other and can be described involved in a symbiotic relationship [1]. Pets are very much considered as an integral part of family [2]. Owning a pet can give many psychological benefits to the owner other than physical benefits. Owning a pet means investing your time and efforts to a living organism and connecting with them emotionally. Adolescent pet owners consider their pets as their friend they spent most of the time playing with their pets and nurture their pets and this create a bound and emotional connection between the pet owners and their pets. Emotional Intelligence is the ability found in every human being and even in some animals which involves perceiving, understanding of emotions and controlling and

managing them in a positive way that provide ability to cope with negative emotions and are essential for better functioning in the society. Emotional Intelligence is the cluster of traits or abilities relating to the emotional side of life such as recognizing and managing oneself and restrain one's impulses, recognizing and managing others emotions and handling interpersonal relationship in an effective manner (Daniel Goleman, 1995, 1998).

Emotional intelligence consist of various competencies but present study only addresses the five elements of Emotional Intelligence they are Self-control, Trustworthiness, Conscientious, Adoptability and Innovation. Self-control is required in emotional intelligence as it is an individual trait which is about managing your negative, impulsive and disruptive emotions efficiently, effectively and staying positive in worst situation. Trustworthiness is required in emotional intelligence as it is an individual trait that enables the individual to display honesty and integrity and not forgetting his/her principles and authenticity, able to

build trust and admit their own mistakes and can easily confront their mistakes in front of others even if it can distant them from popularity. Conscientious is required in emotional intelligence as it is an individual trait which tells about an individual responsibility towards their work and duties and be organized in their work, meet commitments and keep their promises and consider their accountability for meeting their objectives. Adoptability is required in emotional intelligence as in this trait is about adapting changes and challenges and adopting a flexible approaches towards them and towards the sudden demands and developing tactics towards fulfilling them. Innovation is required in emotional intelligence as it in an individual trait which describes about an individual that how open he/she is to novel ideas, approaches and new information, seek fresh ideas from various sources, generates original ideas and applicable ideas and has risk taking in their thinking.

Various, Researches have been done to understand the special bond between animals and humans, and found that pets provide affection and social support to their human companions i.e., their owners. **Juhasz (1985)** conducted a study on adolescent pet owners and found that a pet's role is very significant in the development of the preadolescent's psychosocial dimension, and pets are classified as source of development in young adolescent age as the child perceived as a friend and responsibility. **Bowd(1984)** found that learning to care for the animals or pets in the childhood may lead to an emotional development or emotional empathy in the child. **Bryant and Whorley (1989)** found that young adolescents use their animal companions as social and emotional support, and they were able to relate it to the emotional support from their parents. **Paul (1992)** conducted a study on pet owners and non- pet owners and concluded that higher levels of childhood pet keepers showed positive attitude towards pet animals and were concerned towards the welfare of non – pet animals.

Adolescents are the on the budding stage of life to be an adult soon and needs support from their elder and love and belongingness from their loved ones and parents and friends. But it is not sufficient for the adolescents, as keeping a pet enhance their holistic development and building a sense of responsibility among them and it also help them to understand feelings of their pets which is largely related to the development of their emotional intelligence. Therefore it is necessary to identify that does really keeping a pet in adolescent affects the emotional intelligence, of the adolescent pet owners. So, the researcher thought it will be great to explore the sudden dimension of the adolescents. So, the researcher did the present study.

DEFINITIONS OF THE KEY TERMS USED IN THE STUDY:

Pets- A pet or companion animal is an animal kept primarily for person's company or entertainment rather than as a working animal, livestock or a laboratory animal.

Pet owners- Pet owner means any person owning, protecting or keeping a domestic animal such as dog, cat or any other pet animal caring and nurturing them and providing love and support to them.

Non-Pet owners- Person who doesn't own a pet is considered as non-pet owner.

Pet ownership- Keeping a pet and providing love, care and support along with fulfilling the physiological need of a domestic animal or pet and undertaking its whole responsibility and custody therefore is considered as pet ownership and ensuring its healthy development.

Adolescence- It is transitional period marked by substantial changes occur in physical maturation, changes in cognitive abilities and social interaction. This period begins from the age of 10 till 19 years. It is phase in which child's overall growth and development begin and he/she moves to attain adulthood.

Emotional Intelligence – It is the ability to perceive, understand, evaluate, use and manage your own as well as others emotions to get subsequently relieved from a stressful situation or to overcome negative emotions, challenges and changes of life.

RESEARCH PROBLEM

The present research will be accomplished by following the Formal research question:

"How pets and pet ownership affects the emotional intelligence of the pet owners and non- pet owners among adolescents?"

OBJECTIVE OF THE STUDY

The following are the objectives of the present study:

1. To assess the role of Pet ownership on the Emotional Intelligence of the Pet owners and Non pet owners.
2. To assess the role of Pet ownership on all the dimensions of Emotional Intelligence (Self Control, Trustworthy, Conscientious, Adaptability, and Innovation of the Pet owners and Non pet owners.

HYPOTHESIS

The following Null hypothesis was formulated for the present study:

- There will be no significant difference between Pet owners and Non pet owners on the level of Emotional intelligence.
- There will be no significant difference between Pet owners and Non pet owners on the level of Self Control.

- There will be no significant difference between Pet owners and Non pet owners on the level of Trustworthy.
- There will be no significant difference between Pet owners and Non pet owners on the level of Conscientious.
- There will be no significant difference between Pet owners and Non pet owners on the level of Adoptability.
- There will be no significant difference between Pet owners and Non pet owners on the level of Innovation.

METHODS

Samples The sample comprised of 60 subjects living in the residential area of Rishikesh city of the district of the state of Uttarakhand (India). The pet owners consisted of 30 subjects among whom 26 were dog owner, 3 were cat owner and 1 was rabbit owner and 19 were males and 11 females. The non-pet owner group also consisted of 30 subjects among them 14 males and 16 were females. There were males and female among 60 students. The sample ranged in age group between 13 to 18 years, all the samples are school going students.

SAMPLE TECHNIQUES

In the present study, the research used accidental sampling method to select participants from the population. A total of 60 participants, out of which 30 were pet owners and 30 were non pet owners from various schools of Rishikesh, Uttarakhand participated in the present study. The age ranged between 13 and 18 years.

RESEARCH DESIGN

The Researcher used ex-post facto design to study the role of pet ownership in developing emotional intelligence with

the adolescents and the data was analyzed using a proper statistical technique.

STATISTICAL ANALYSIS:

The data of the present study have been calculated and statistically analyzed by using appropriate standard statistical methods by calculating mean, standard deviation and t-test of the selected sample.

MEASURES

In the present study the Emotional Intelligence Scale developed by Dr. Sheetla Prasad (2009), the scale consist of 40 items, there are five subcomponents of emotional intelligence which are self-control, trustworthy, conscientious, adoptability, innovation mentioned in the scale. The purpose of the study this to determine how emotionally intelligent you are. The reliability of the scale are 0.86 (split half) and 0.79 (Test-retest) respectively. The content validity of the scale is very good .50.83 or below is the low category whereas 136.6 and above lies in extremely high category.

PROCEDURE

In order to attain the basic objective of the study i.e. Pet Owners and Non Pet Owners - A Study of Emotional Intelligence in relation to Pet Ownership. The data was successfully collected by the school going students of age group (13-18 years) by directly approaching them. Subjects were properly informed regarding the study and their consent was taken as well before they voluntarily participated in the study. The test was administered successfully on 30 pet owners and 30 non pet owner. The instructions given in the manual of Emotional Intelligence Scale developed by Dr. Sheetla Prasad was used for the administration and scoring of the samples collected. The subjects were fully assured that their responses will be kept strictly and no prior personal details regarding to them will not be shared.

RESULTS

TABLE 1: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF EMOTIONAL INTELLIGENCE.

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	86.56	11.81	3.020	58	0.08	p<0.05
Non Pet owners	30	86.82	11.57				

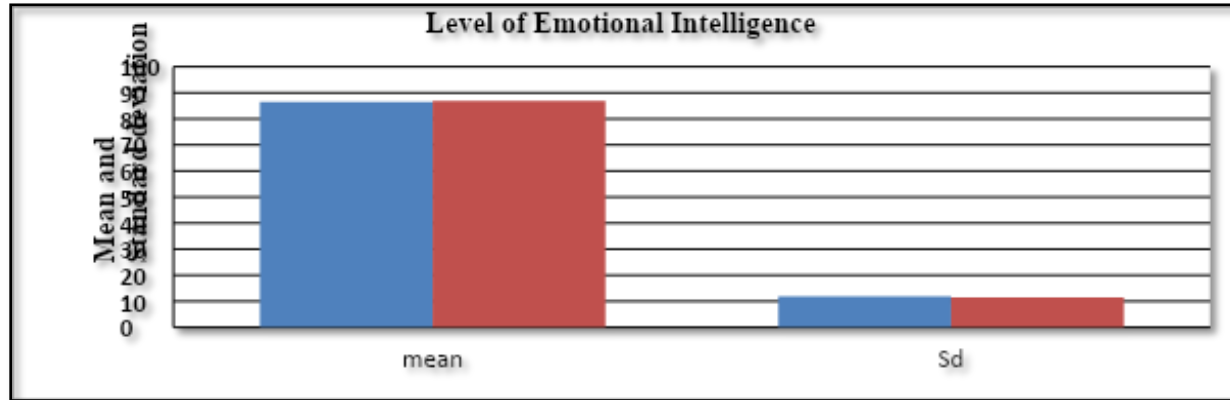
GRAPHICAL PRESENTATION OF TABLE 1

TABLE 2: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF SELF CONTROL.

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	8.53	3.95	0.941	58	0.7	p<0.05
Non Pet owners	30	9.26	3.13				

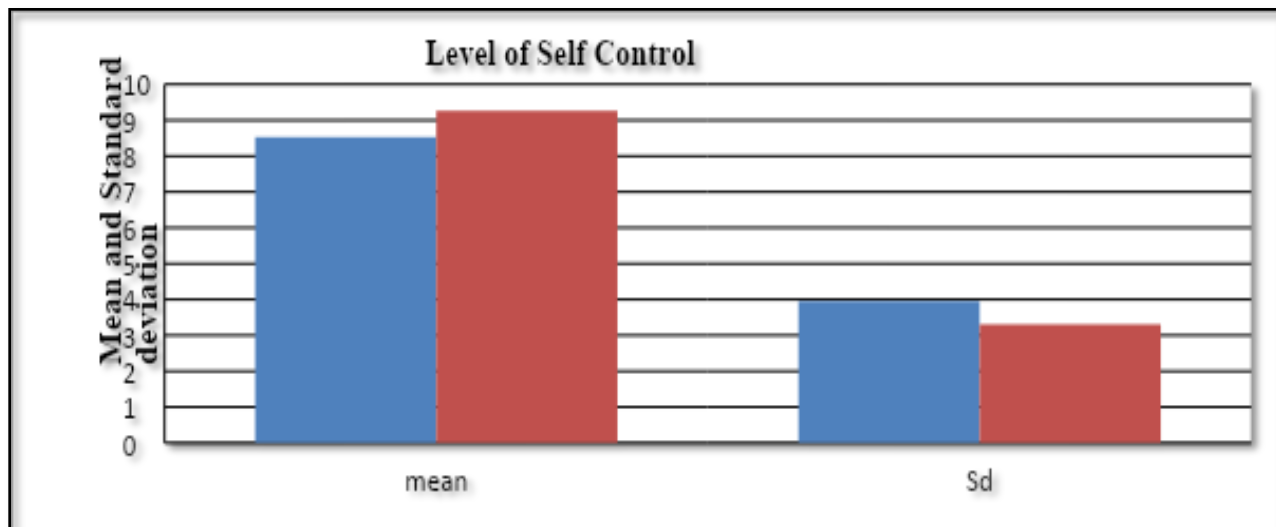
GRAPHICAL PRESENTATION OF TABLE 2

TABLE 3: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF TRUSTWORTHINESS

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	8.116	2.88	0.602	58	1.29	p<0.05
Non Pet owners	30	9.116	3.11				

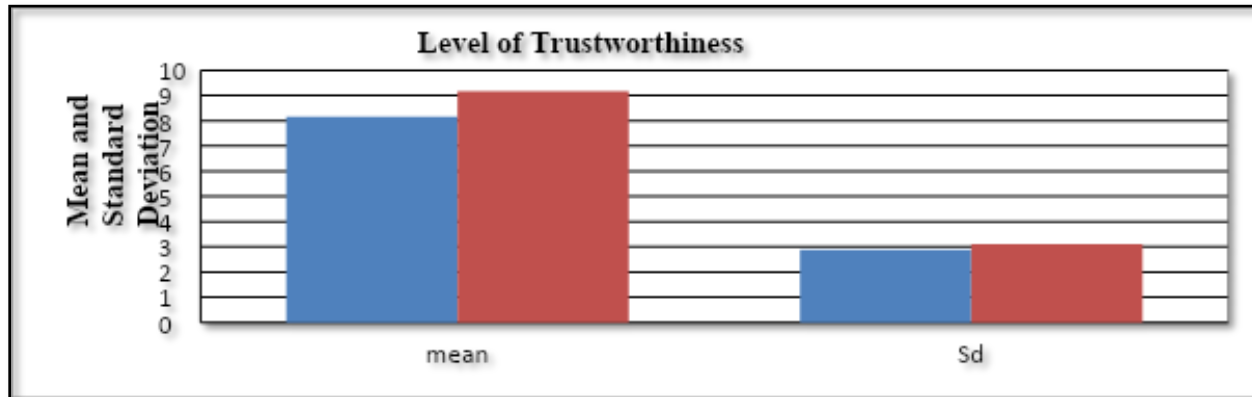
GRAPHICAL PRESENTATION OF TABLE 3

TABLE 4: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF CONSCIENTIOUS.

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	6.76	3.14	0.7	58	0.09	p<0.05
Non Pet owners	30	6.83	3.33				

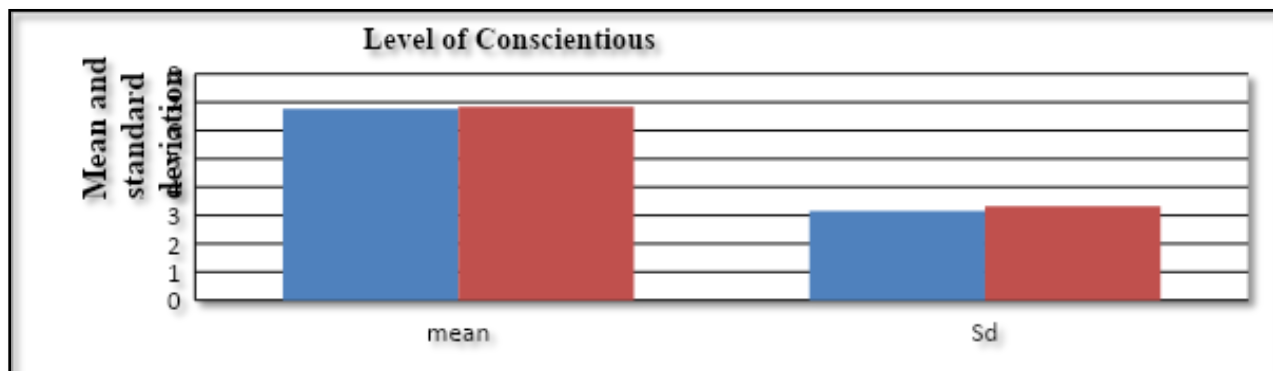
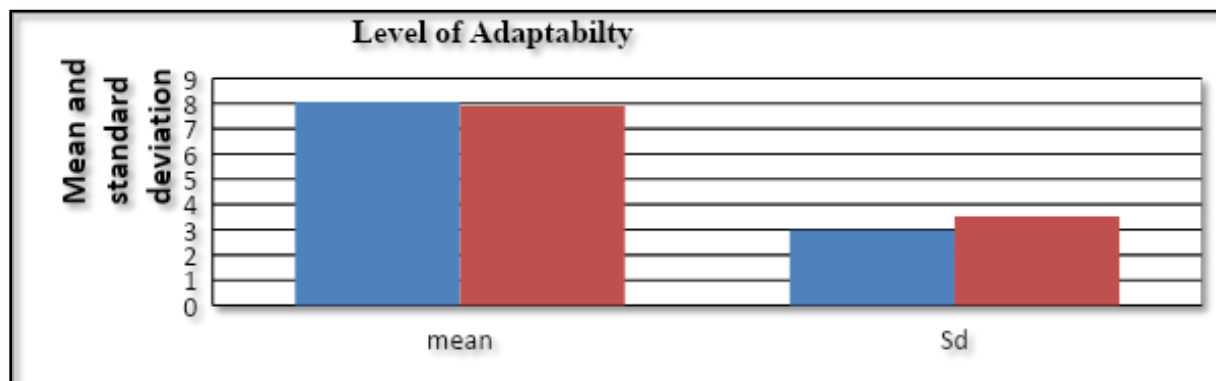
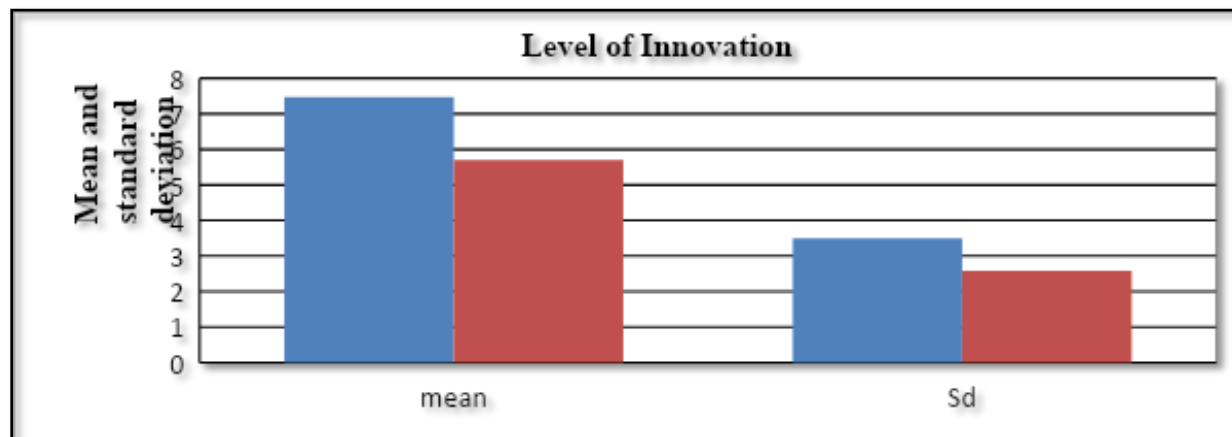
GRAPHICAL PRESENTATION OF TABLE 4

TABLE 5: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF ADOPTABILITY.

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	8.066	2.97	0.84	58	0.19	p<0.05
Non -Pet owners	30	7.9	3.52				

GRAPHICAL PRESENTATION OF TABLE 5**TABLE 6: THERE WILL BE NO SIGNIFICANT DIFFERENCE BETWEEN PET OWNERS AND NON PET OWNERS ON THE LEVEL OF INNOVATION.**

Groups	N	Mean	SD	SE _D	DF	t-value	Significance level
Pet Owners	30	7.46	3.50	0.7	58	2.22	Significant at the level of 0.05 (2.01) (2.21>2.01)
Non -Pet owners	30	5.7	2.58				

GRAPHICAL PRESENTATION OF TABLE 6**DISCUSSION**

Results obtained from the present don't tend to support that keeping a pet really affects the emotional intelligence, self-control, trustworthiness, conscientious and adoptability except the development of innovation in an individual

The result table 1 shows that there is no significant difference between pet owners and non- pet owners on the level of emotional intelligence, here_the mean of Pet owners and Non-Pet owners are 86.56 and 86.82, standard deviation score of Pet owners and Non-Pets owners 11.81and 11.57 respectively . The obtained t-test value is 0.08 and the calculated t- value is less than the critical value (0.08<2.01) which is non-significant at 0.05 level of confidence where df = 58. Thus null hypothesis has been accepted.

Jagodic (1999) conducted a study on 356 university

students (200 females and 156 males) of an age range of 21 years out of which 74% participants were pet owners and remains 26% were non-pet owners and concluded that the word pet ownership tells us little about the quality of child pet relationship .The mere presence of pet in the individuals household doesn't guarantee a strong and close pet-child relationship. So it can't be assumed that having a pet really does affect the emotional intelligence of the child.

The result table 2 shows that there is no significant difference between pet owners and non- pet owners on the level of Self- Control, here_the mean of Pet owners and Non-Pet owners are 8.53and 9.26, standard deviation score of Pet owners and Non-Pets owners 3.95 and 3.31 respectively . The obtained t-test value is 0.9 and the calculated t- value is less than the critical value (0.9<2.01) which is non-significant at 0.05 level of confidence where

df = 58. Thus null hypothesis has been accepted.

Psychologist Holly.C.Miller conducted a study on humans and dogs to assess their self-control and found that human and non- human self -control process rely on the same biological mechanism. The findings indicate that non humans self -control processes depend on the same biological resources as human self- control .So it is subsequently clear that keeping the pets doesn't affects the level of self-control of the individuals .

The result table 3 shows that there is no significant difference between pet owners and non- pet owners on the level of Trustworthiness, here_the mean of Pet owners and Non-Pet owners are 8.11 and 9.11 standard deviation score of Pet owners and Non-Pets owners 2.88 and 3.11respectively . The obtained t-test value is 1.29 and the calculated t- value is less than the critical value ($1.29 < 2.01$) which is non-significant at 0.05 level of confidence where df = 58. Thus null hypothesis has been accepted.

Jagodic (1999) Lack of differentiation between pet ownership and child pet attachment may atleast a partly role for this inconsistency in results. The adolescence mostly prefer their human companions as they are on the mutual relationship with them , pets encourage positive attitude but can't be always be available to the individual unlike their human companions.

The result table 4 shows that there is no significant difference between pet owners and non- pet owners on the level of Conscientious, here_the mean of Pet owners and Non-Pet owners are 6.76 and 6.83, standard deviation score of Pet owners and Non-Pets owners 3.14 and 3.33 respectively . The obtained t-test value is 0.09 and the calculated t- value is less than the critical value ($0.09 < 2.01$) which is non-significant at 0.05 level of confidence where df = 58. Thus null hypothesis has been accepted.

Gosling and Bonnenburg (1998) conducted a study on dog owners and cat owners, found that cat people were more neurotic than dog owners but found no significant difference for conscientiousness , extraversion and agreeableness.

The result table 5 shows that there is no significant difference between pet owners and non- pet owners on the level of Adoptability, here_the mean of Pet owners and Non-Pet owners are 8.06 and 7.9, standard deviation score of Pet owners and Non-Pets owners 2.97 and 3.52 respectively . The obtained t-test value is 0.19 and the calculated t- value is less than the critical value ($0.19 < 2.01$) which is non-significant at 0.05 level of confidence where df = 58. Thus null hypothesis has been accepted.

Jagodic (1999) the quality and intensity of the pet and child relationship is also considered not just the mere presence of the pet within the household.

The individuals with pet companion should have high intensity and sense of responsibility towards their pets.

The result table 6 shows that there is no significant difference between pet owners and non- pet owners on the level of Innovation, here_the mean of Pet owners and Non-Pet owners are 7.46 and 5.7, standard deviation score of Pet owners and Non-Pets owners 3.50 and 2.58 respectively . The obtained t-test value is 2.22 and the calculated t- value is excess than the critical value ($2.22 > 2.01$) which is significant at 0.05 level of confidence where df = 58. Thus null hypothesis has been rejected.

M Maruyama (2010) found that students whose parents show more effective guidance on pet care have more advanced skill of thinking and solving problem , had advanced skill of cognition and flexible problem solving than students received little or no guidance at all.

CONCLUSION

It can be concluded that in the present study shows there is no significant difference between pet owners and non -pet owners on the level emotional intelligence; on the level of self- control; on the level of trustworthiness; on the level of conscientiousness; on the level of adoptability. Also there is a significant difference between pet owners and non- pet owners on the level of Innovation.

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