



# Emotional Intelligence and Empathy among Postgraduate Medical & Dental Students: Insights from a Cross-Sectional Study

Nisha Mani Pandey\*; Apul Goel, Professor & HoD, Urology; Pooja Ramakant, Professor, Endocrine Surgery and Faculty ME  
 \*Presenting & corresponding Author, Additional Professor (NM), Geriatric Mental Health, Pursuing MHPE, ME, KGMU nishamani@kgmcindia.edu 9452092914

**Background:** Emotional intelligence (EI) is a set of essential attributes that helps to manage things properly for self and others and empathy is one of the core components of EI. High levels of EI and empathy lead to higher clinical competence, fewer malpractice claims, and patient satisfaction. Nevertheless, little research has been done to characterize the degree of empathy and emotional intelligence (EI) among postgraduate (PG) medical and dental students. Therefore, this study was planned, proposed and carried out to fulfilment of the requirements for the Degree of MHPE.

## Objective

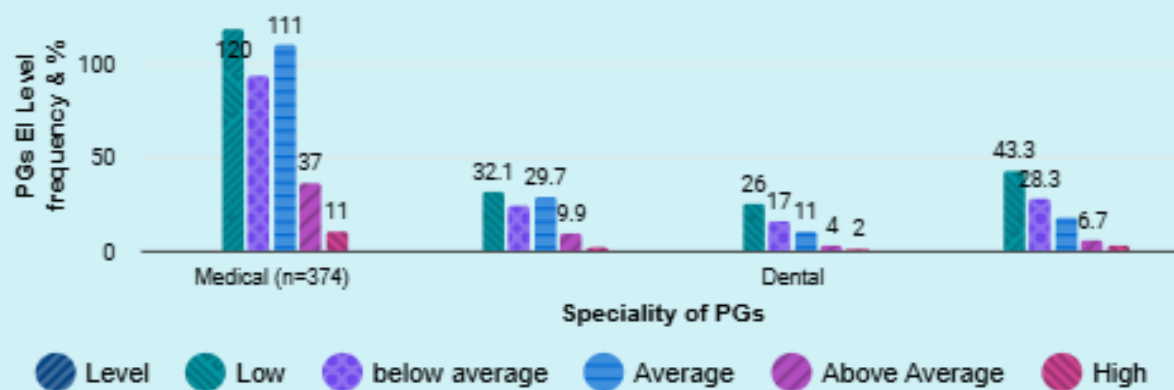
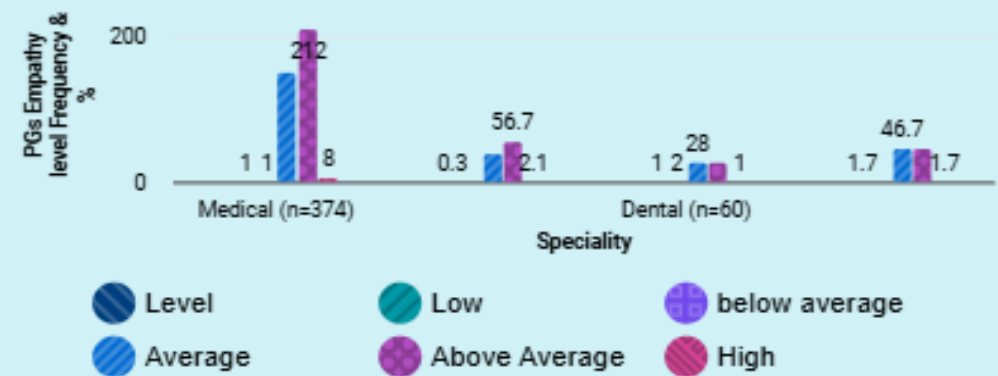
To assess the level of emotional intelligence (EI) and empathy among PG students of various field.

## Methodology

**Study type:** Observational  
**Participants:** PG medical and dental students of KGMU giving consent.  
**Tools applied:** EI (Situational) and Empathy Assessment Scale.  
**Ethical clearance:** obtained from Institutional Ethical Committee.  
**Study procedure:** Permission of HoDs and consent from PGs. After briefing about the study purpose the proforma was distributed to collect the data.  
**Data Analysis:** Percentage statistics and Mann-Whitney U test (Wilcoxon rank-sum test) was applied for comparing the medical and dental PGs group.

## Observation and Results

Description	No.	Percent
Medical	344	79.3
Dental	60	13.8
Not revealed	30	6.9



## Conclusion

- Data of 434 participants was analyzed.
- The majority of the participants were from medical departments (79.3%); 13.8% were from dental departments. About 7% of participants didn't reveal their department.
- The results reveal more than 50% of participants were having below average EI.
- Mann-Whitney Test of significance medical PG's scored high both for EI and empathy.
- on further analysis, females scored better than their counterpart males.

## Implications

- The study reports EI and empathy of PG students of a tertiary care academic institute.
- Sample size allows for generalizability of findings within similar professional environments.
- The study also reveals gender differences in EI and empathy, highlighting the need for interventions to balance skill development across genders.
- Developing emotional regulation and empathy skills can help professionals balance work-life stress, build better relationships with patients, and improve overall workplace harmony.

## References:

- Murugesan, K., & Srinivasan, P. (2014). Construction and standardization of Emotional intelligence Scale. In National Psychological Corporation, Agra (p. 39).
- Malakcioglu, C. (2022). Empathy Assessment Scale. Northern Clinics of Istanbul, 9(4), 358–366. <https://doi.org/10.14744/nci.2022.55649>

**Acknowledgement:** My sincere thanks to all the learned faculty of the KGMU who had given their valuable support in carrying out the study. I appreciate the PG participants who completed the proforma.