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Assessment of risk taking behaviour, leadership effectiveness, intelligence, ability to handle stress in college going students and effect of self-control on parameters

BACKGROUND AND AIMS

Human intelligence is the intellectual prowess of humans which is marked by high cognition, motivation and self-awareness. Intelligence is an abstract ability which is easily identifiable and recognizable but interestingly very hard to define. Leadership is an art of motivating a group of people to achieve a common goal. A leader should be honest, aware, innovative and possess relationship building skills. Risk taking is conscious or non-conscious controlled behaviour with perceived uncertainty about its outcome. The present study was designed to assess the qualities required to be a good leader like risk taking, intelligence, ability to handle stress and the effect of self-control on these parameters.

MATERIAL AND METHOD

The present study was conducted on 40 male college going students. Informed written consent was taken and the procedure was explained to subjects. The study was performed in two phases. In the first phase, the subjects were asked to fill risk taking questionnaire, leadership effectiveness scale and their intelligence level was assessed. Their basal level of stress and cognitive test was recorded. Effect of stress was studied on parameters. In the second phase of the study, they were asked to practice self control in form of exercise for 15 days and its effect was seen on all the above parameters.

INCLUSION CRITERIA

- College going students
- No significant medical history based on a short clinical interview

EXCLUSION CRITERIA

- Significant drug or alcohol abuse history
- Psychiatry illness
- CNS disorder including traumatic brain injury
- Significant medical history including asthma, immune disorders, hypertension, seizures or any other known medical condition

Statistical analysis

For analysis of data, Wilcoxon rank sum test was used. The results were computed as significant at $p < 0.05$ level (*), more significant at $p < 0.01$ level (**) and highly significant at $p < 0.001$ level (***) .

RESULT

Group wise results were tabulated. Both statistically significant and non-significant differences were obtained among pre stress and post stress values; and baseline and post exercise values [PR, IHG, Stroop test] between three groups namely high risk takers, moderate and non-risk takers at different level

of significance [$p < 0.05$, $p < 0.01$ and $p < 0.001$]. On the other hand, comparison between first phase study and second phase study [Risk taking, Leadership effectiveness, IQ, EQ, stress parameters and stroop test] yielded both significant and non-significant results.

CONCLUSION

Self-control improves leadership effectiveness. Exercise helps to reduce stress response that is required for better decision making required by a leader.