Preface

Emotion is an affective process which is of great importance in human life. We can’t imagine life without emotions- joy, anger, sorrow, fear, love, happiness etc. emotions consists of such depth and power which results into greatest potentiality and spirit, needed to perform huge tasks, either for oneself or for the whole society. In recent years emotions are increasingly being viewed as an organizing process that enable people to think and behave adaptively. The management of emotions has given rise to the construct of “Emotional Intelligence”. Emotional intelligence is comparatively a recent origin in the area of intelligence and can generally be understood as ‘the feeling side of intelligence’. Emotional intelligence enables a person to manage stress, work efficiently, cope up with negative circumstances, manage interpersonal relationships and lead a better life.

Keeping in view the importance of emotional intelligence in personal and professional life of human beings, the present study is aimed at studying emotional intelligence in relation with certain psycho-social predictors such as, aggression, self concept, extraversion, neuroticism, home environment, and social support, additionally with the sex and locale difference among adolescents. This thesis consists of six chapters, chapter one presents the introduction and the conceptual framework of emotional intelligence. Chapter two deals with the reviews of some of the recent studies related to the present study. Chapter three presents the problem and hypotheses and chapter four presents the method. Chapter five presents the results and discussion. At last, chapter six presents the summary and conclusions followed by references.

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