PREFACE

Today, the main object is to give the children education and settle in a job, they are not much concerned about their mental health which are very important for adolescents. Adolescence is a period of life course involving extensive change. For some young people, these changes stimulate further growth.

According to the proponents of emotional intelligence (EQ), a person’s emotional make up largely determines his or her professional success. They believe that EQ is the most important determinant of the extent of professional and personal success in life. It is interesting to note that so many people with high IQ fail whereas those with less intellectual endowment are extremely successful. Even in certain renowned business establishments, whereas people are trained to be smart, the most valued and productive managers are those who have a high emotional intelligence level, and not necessarily those with the highest IQ. Such examples abound in business, politics, academia and administration. It is increasingly recognized that IQ may account for only about 20 percent of a person’s success in life. The remaining 80 percent depends largely on a person’s emotional intelligence, i.e. EQ.

The present study was hence, undertaken to explore certain psychological aspects, viz. mental health as related to locale, gender and emotional intelligence among adolescents.

The report of study divided into five chapters includes Introduction, Review of Literature, Research Design and Methodology, Finding and Discussion.

The first chapter is devoted to nature and importance of emotional intelligence. It also deals with the adolescents and mental health.
The second chapter includes the review of literature relevant in context to the variables selected for the study.

The third chapter includes the research design and methodology of the present study. The details concerning objective, hypothesis and the tools employed in the study have been described in it.

Findings of the study have been presented in tabular forms and been elaborated in the fourth chapter.

In fifth chapter quantitative results have been discussed qualitatively. Some suggestions for further research have been given in last, stating the limitations of the study.

Above five chapters are followed by bibliography and appendices.

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