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- Definitions of Stress
- Signs of Stress
- Types of Stress
- Causes of Stress
- Models of Stress
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- General Adaptation Syndrome
- Transactional Model
- Concept and Definitions of Emotional intelligence
- Definitions of Emotional intelligence
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- Ability Model
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- Concept and definitions of Self-efficacy
- Definitions of Self-efficacy
- How Self-efficacy beliefs influence human functioning
- Factors Affecting Self-efficacy
- Types of Self-efficacy
- Stress, Emotional intelligence, Self-efficacy and Psychological well-being among Adolescents
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- Objectives of the Study
- Research questions of the study
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- Break-up of the sample
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- General Self-Efficacy Scale (GSE)
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- Procedure of Data Collection
- Statistical Analysis

Chapter 4: Results

Chapter 5: Discussion, Summary and Conclusion

- Conclusion and Summary
- Implications of the Study
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REFERENCES

APPENDICES