## SNEH TEACHERS TRAINING COLLEGE, JAIPUR

"Foster Emotional Intelligence in Youth Through Education" (ICFEIYE-2024)

DATE: 15 April 2024



International Advance Journal of Engineering, Science and Management (IAJESM)

Multidisciplinary, Indexed, Double-Blind, Open Access, Peer-Reviewed,

Refereed-International Journal, Impact factor (SJIF) = 7.938

## Foster Emotional Intelligence in Youth through Education

Dr. Rajrani Khurana, Professor, Economics, J.N.S. Govt. P.G. College, Shujalpur, District – Shajapur (M.P.)

## **Abstract**

A person with high intelligence is unable to adjust to his environment due to lack of control over his emotions. While an emotionally intelligent person is able to idantily his emotions and their so the emotional aspect is more impecrtant than mere intelligence. A balanced per sonality of an individuals can be formed only by the coordination of harmony and balance between mind a and heart. A cloresence is a period of strees and tinsion when a person enters the stage of adolescence a lot of changes begin. E. physical changes emotional changes, social changes etc. Therefore it is quite normal that the student behaver chiltently duting I this phase.

Keyword – Students, Academic, stress, Emotional intelligence, Relationships.

