



**National Conference on Innovations in Science,  
Engineering, Technology and Humanities  
(NCISETH – 2023)  
30<sup>TH</sup> July, 2023, New Delhi, India**

**CERTIFICATE NO : [NCISETH/2023/C0723541](#)**

**IMPACT OF MENTAL HEALTH AND EMOTIONAL INTELLIGENCE ON  
SECONDARY SCHOOL STUDENT**

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**ABSTRACT**

Mental health and emotional intelligence significantly impact secondary school students' academic performance, social interactions, and overall well-being. Positive mental health fosters a conducive learning environment, where students can concentrate, engage actively, and perform well academically. Conversely, mental health issues such as anxiety, depression, or stress can impair cognitive functions and hinder academic achievement, leading to absenteeism and disengagement. Emotional intelligence, which encompasses self-awareness, self-regulation, empathy, and social skills, is equally crucial. Students with high emotional intelligence are better equipped to manage their emotions, navigate social challenges, and build supportive relationships with peers and teachers. This ability to understand and manage emotions can enhance resilience, improve communication skills, and promote a more positive school experience. Moreover, emotional intelligence helps students handle academic pressure and interpersonal conflicts more effectively, contributing to a more balanced and less stressful school life. Educators and parents play a key role in fostering both mental health and emotional intelligence by creating supportive environments, encouraging open communication, and providing resources for emotional and psychological support. By prioritizing these aspects, we can help students thrive academically and personally, preparing them for future challenges.