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**A STUDY OF EMOTIONAL INTELLIGENCE OF ADOLESCENTS**

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**ABSTRACT**

Emotional intelligence (EI) in adolescents plays a crucial role in their personal and social development. This developmental stage is marked by significant emotional, psychological, and social changes, making EI an essential skill set. Adolescents with high emotional intelligence can recognize, understand, and manage their emotions effectively. They are better equipped to cope with stress, build healthy relationships, and navigate social complexities. EI also enhances their ability to empathize with others, fostering stronger interpersonal connections and reducing conflicts. Moreover, emotional intelligence contributes to improved academic performance, as adolescents with strong EI skills can manage their emotions during exams and other challenging situations. It also helps them make informed decisions, leading to better life choices. In today's increasingly complex world, where adolescents are often exposed to various stressors, the ability to regulate emotions becomes even more critical. Schools and parents can support the development of EI through targeted programs and positive reinforcement. Encouraging self-awareness, empathy, and emotional regulation can empower adolescents to thrive both academically and socially, laying the foundation for a successful and fulfilling adulthood.