

## EMOTIONAL INTELLIGENCE AND SELF EFFICACY AS DETERMINANTS OF WELL-BEING

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### ABSTRACT

The present study is descriptive one and has been conducted in Ludhiana District of Punjab. The sample comprised 200 students of 11<sup>th</sup> class (100 boys and 100 girls). The data was obtained using Emotional Intelligence Inventory by Mangal and Mangal (2008), Self Efficacy Scale by Mathur and Bhatnagar (2012) and General Well-Being Scale by Kalia and Deswal (2012). The obtained data was analyzed using Pearson's correlation and step-up regression. The major findings are (i) There exist significant positive relationship between Emotional Intelligence and Well-Being, (ii) There exist significant positive relationship between Self Efficacy and Well-Being and (iii) The conjoint effect of Emotional Intelligence and Self Efficacy on the Well-Being of adolescents is significantly higher as compared to their separate prediction.

**KEYWORDS:** Emotional Intelligence, Self Efficacy, adolescent.

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