

STUDY OF EMOTIONAL INTELLIGENCE AMONG ADOLESCENTS IN RELATION TO THEIR GENDER

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ABSTRACT

Emotional Intelligence can be defined as the accumulation of all cognitive, non-cognitive and non-physical capabilities and skills a person possess, that help one to deal with the demands and pressure of everyday life. People who possess the skills of emotional intelligence are healthier, less depressed, more productive at work and have better relationship. The present study was undertaken to compare the emotional intelligence of male and female adolescents i.e. 10+2 class students. It was found that the male adolescents were more stronger emotionally than females which was attributed to the fact that male children are exposed to more congenial physical and socio-cultural environment and become emotionally stronger than girls.

KEYWORDS: Emotional Intelligence, depressed, productive, adolescents.

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