



Foster Emotional Intelligence in Youth through Education

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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 identify his emotions and their so the emotional aspect is more important than mere intelligence. A balanced personality of an individual can be formed only by the coordination of harmony and balance between mind and heart. Adolescence is a period of stress and tension 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 behavior changes during this phase.

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

