



## **Relationship between Emotional Intelligence and Academic Stress of Students**

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### **Abstract**

In today's high-stress atmosphere, students at all educational levels need to have high levels of emotional intelligence in order to succeed academically. Emotional intelligence refers to the ability to recognise and comprehend one's own and others' feelings. Emotional intelligence may be developed. In other words, it's the capacity to recognise and express one's emotions. As a person's personality is defined by their emotions, it is possible to discern the underlying social patterns. Developing students' emotional intelligence is critical to the educational process because it gives them the tools they need to deal with difficult situations. Self-awareness, empathy, self control, self-management and collaboration are all aspects of emotional intelligence. Those who have a high level of emotional intelligence are more creative and more successful.

**Key words:** Emotional, Intelligence, Academic, Stress, Students etc

### **Introduction**

In an attempt to control or cope with the stresses in one's life, one's body, mind, and behaviour undergo biochemical, physiological, cognitive, and behavioural changes. Every one of us needs a certain amount of stress in our lives because, without it, we'd be lazy and unmotivated beings. The term "bad item" doesn't always apply. It is a matter of personal preference. Stressors that are distressing to some people may not be stressful to others. When it comes to preparing for a test at the last minute, some students find it motivating while others find it stressful, resulting in their inability to complete even the most basic duties. Stress may spur us to act differently and get us closer to our long-term objectives, ambitions, and aspirations. We wouldn't be motivated to take action if we didn't feel any tension. It's termed Eustress when the stressor is used as a motivation. You will be more productive and motivated, and you will be able to direct your energy in the proper way. Invigorating and inspiring, it helps us believe in our skills.



In recent decades, the importance of emotional intelligence (EI) as a component of individual skills has expanded. Its advancement may provide solutions to a wide range of issues, including those relating to theory and psychology as well as health, education, and management. Capacity to deal with emotional issues, ability to accept the truth of things, and adaptability are all components of emotional intelligence. Self-control, persistence, and drive are all part of EI, according to him, and they all work together to improve one's IQ. He had the view that it is better to confront one's feelings than to ignore them. EI, according to Bar-On, is a collection of numerous talents that let people perform well and effectively adapt to their environments. In order to deal with stress, one must learn to adapt to changing social standards and circumstances. In addition to age, sex, motivation, self-esteem, and academic self-concept, academic stress and the surroundings have a significant impact on students' experiences. Stress management skills may be taught to those who score high on the emotional intelligence scale (EI). Psychosocial well-being was influenced by emotional and stressor indicators. Furthermore, it has been suggested that culture might influence how people perceive the impact of EI on depression.

### **Stress and Academics**

Two forms of chronic stress were identified and studied in terms of their impact on college students. This sort of chronic stress is generated by a single incident that has a lasting effect on one's life. Failing a test and then seeking to improve one's grade for the remainder of the semester is one example. The second sort of chronic stress is induced by a long period of difficulty, such as a chronic illness. The researchers in this study took into account both forms of stress. The stress level of first-year students was greater than that of sophomores, who were concerned about picking a major, missing home, and missing their faraway friends. The study's goal was to find out what causes stress among college students who live in dorms. Chronic disease, anxiety, and sleep problems were revealed to be important predictors for stress. Sophomores in college report greater levels of stress than their peers from prior years because of the unique demands of their year in school. When stress is severe and sustained, it may lead to a variety of health problems. Stress is the most common concern among college students, closely followed by body image, AIDS, physical fitness, and cancer, according to a cross-institutional research. Depression is a common health problem resulting from a high level of



ongoing stress. According to the findings, college students often experience high levels of stress. Many pupils (43%) and as many (16%) believed that life had no meaning or purpose and hence was not worth living. Another research looked at how disturbed and non-stressed college students dealt with life's challenges and stressors.

### **Academic Stress**

Students who are experiencing academic stress may be experiencing it because of external influences such as high expectations for their own academic performance from instructors, parents, and others in their school or community, as well as the time and effort required to meet such standards. Academic stress is a state of mental anguish that stems from the fear of academic failure, or simply the mere understanding that it is a possibility. The student's relationship with academic stress may be understood as the interaction with environmental stressors, cognitive assessment and coping mechanisms of academic related stresses, and psychological or physiological reaction to the stressors. 4 Students are under a lot of academic pressure, including school exams, displaying progress in school topics, answering questions in class, working in tuition courses to score well, competing with other classmates, meeting instructors' and parents' academic expectations, and so on and so forth.. As a result, students endure stress in handling these expectations, as the requirement is to attain academic success.

### **Emotional Intelligence**

“Emotional intelligence is the ability to recognise and express one's own feelings while taking into account the feelings of others (EI). Emotional intelligence is generally considered to include at least three abilities: emotional awareness, or the ability to recognise and name one's own emotions; emotional control, or the ability to manage one's own emotions and help others do the same; and emotional regulation, or the ability to harness one's own emotions and use them in thinking and problem solving”.

### **Conclusion**

Students might be children, teens, or adults who are attending school, college, or university who are learning something. WHO defines 'Adolescents' as persons between the ages of 10 and 19, and 'Youth' as those between the ages of 15 and 24. Issues related to parental separation



(emotional or physical) develop at this period. It is, nevertheless, a vital stage in the development of one's own values when one feels isolated from one's surroundings. According to a 2006 poll of college students by the American College Health Association, academic stress is one of the biggest obstacles to students' academic success. As many as a third of college students said that their academic stress had led them to skip classes or get less than passing grades. As a result, it's critical that educators emphasise the importance of helping students improve their emotional intelligence (EQ) as well as cope with the pressures of school.

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