## SNEH TEACHERS TRAINING COLLEGE, JAIPUR

"Foster Emotional Intelligence in Youth Through Education" (ICFEIYE-2024) DATE: 15 April 2024



International Advance Journal of Engineering, Science and Management (IAJESM)

## Multidisciplinary, Indexed, Double-Blind, Open Access, Peer-Reviewed, Refereed-International Journal, Impact factor (SJIF) = 7.93 Using Emotional Intelligency In Times of Conflicts and Other Difficult Situation

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## Abstract

In present days emotional stability affacts the students study as well as their carrier. It is becoming very needed thing to find the solution to solve the problem. In this article main objectives are to understand the meaning of emotion, emotional intelligency, the needed of emotional intelligency and using Emotional intelligency in times of conflicts and other difficult situation. There is also discussed about the tips to improve emotional intelligence and School's efforts to devevelop emotional intelligence.

Key words- Emotional intelligency, conflicts, School's efforts so on.

