

Emotional Intelligence: Managing Stress and Anxiety at work Place

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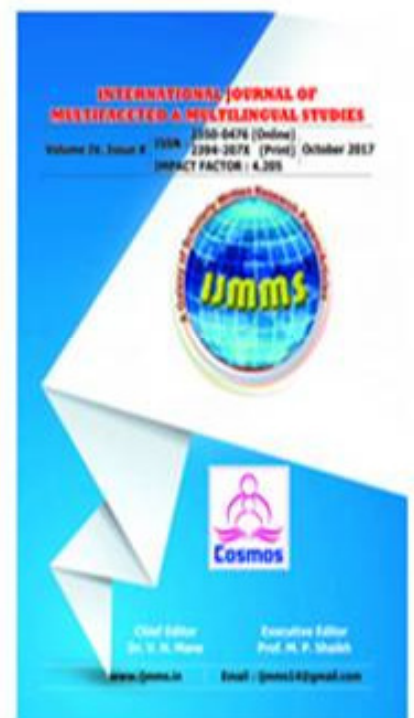
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Abstract

The phenomenon of emotional intelligence is a growing topic for behavioural investigation as researchers strive to understand its influence on various social interactions. Recent research indicates that emotions play an integral part in Managing stress and Anxiety at workplace. A review of the literature highlights the need for examination of the relationship of emotional intelligence as an overarching concept to the Management of Stress and Anxiety. The researcher examines and investigates the measurement of emotional intelligence as a predictor in managing Stress and Anxiety. Stress management component and anxiety component; emerge as a significant with respect to the relationship with Emotional Intelligence. **Key Words:** Emotional Intelligence, Stress Management, Intelligence Quotient, etc.

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