"A study of Emotional Intelligence in managing Stress and anxiety at work place"

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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.

KEYWORDS: - Emotional Intelligence, Stress Management, Intelligence Quotient

INTRODUCTION:

Emotions are our responses to the world around us. The various emotions of anger joy, fear, sadness etc are the result of our thoughts and feelings and actions. Our emotions are perhaps the greatest potential source of uniting all members of the human species. Emotions are universal. Emotions affect our day to day living in the personal as well as Professional ground. Emotions matter a lot in life they are the most important resources that human beings possess. Emotions connect us deeply to other; hence they are the lifelines to self awareness and self preservation. Emotions act as motivational factors in our life; They provide us with happiness, enthusiasm, self Control& determination.

Statement of the problem:-

Each and every research starts with the problem. A problem is an intellectual motivation calling for an answer in the form of scientific enquiry. Statement of the problem is "Importance of Emotional intelligence in managing stress and anxiety at work place."