

ANXIETY LEVEL AND THEIR RELATIONS WITH SOCIAL AND EMOTIONAL SKILLS IN ADOLESCENTS

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ABSTRACT

The present study was conducted in two institutes situated at Haryana and Delhi. Hundred adolescents equally representing both the sexes i.e. 50 girls and 50 boys were selected from both the institutes. Hence, a total of 200 adolescents (100 from Haryana state and 100 from Delhi) constituted the sample for present study. The performance was studied in four dimensions of social skills (self awareness, empathy, effective communication and interpersonal relationships) and two dimensions of emotional skills (coping with emotions and coping with stress). In both institutions majority of adolescents on all six dimensions of social and emotional skills were found in average to below average category. Adolescents with lower levels of social and emotional skills were found to have high levels of anxiety.

KEYWORDS: *Anxiety, Social and Emotional Skills, Adolescents*