

## NEED AND IMPORTANCE TO STUDY ON STRESS AND EMOTIONAL INTELLIGENCE IN RELATION TO COPING STRATEGIES AMONG ADOLESCENT

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### **ABSTRACT**

*The problem of stress and adjustment is widely regarded as both a social and an individual behavioral issue. When a person does not succeed in their career on a regular basis, they become stressed and maladjusted. Emotional intelligence is a notion that may be used to effectively solve these challenges and assist individuals in adjusting to society. In recent years, there has been a surge in interest in emotional intelligence among organizations, institutions, and schools. The concept of emotional intelligence has sparked study and curriculum development in order to improve educational curricula and incorporate these ideas into everyone's learning. Emotional intelligence development has a long-term impact. Many parents and educators are scrambling to teach youngsters the skills essential for emotional intelligence, frightened by rising levels of conflict in young schoolchildren ranging from low self-esteem to early drug and alcohol use to despair. As a result, research into the "impact of stress and emotional intelligence on coping strategies among adolescents" is important.*

**KEYWORDS:** *Stress and Emotional Intelligence on Coping Strategies*