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The Relationship between Mental Health and Emotional Intelligence among Adolescents – An Impact Analysis

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Abstract

This study inspected the job of the capacity to understand people at their core to emotional wellness. In this review, the distinguished psychological wellness parts are uneasiness, misery, self-efficacy, and flexibility. This correlational exploration utilized relapse examinations were directed to analyze the correlational connections among factors The outcomes showed the EI is negative foresee uneasiness and discouragement, and reactivity, a part of flexibility. I was displayed to anticipate self-adequacy and strength among adolescents emphatically. These outcomes offer help for the possibility that sincerely canny people are more probable strong, have self-awareness adequacy, and, are less restless, less discouraged, and less receptive. The outcomes then show the versatile worth of the ability to appreciate people on a profound level, that is to say, it permits a person to decidedly adapt and conform to his/her current circumstance.

Keywords: Mental Health, Emotional Intelligence, Adolescents, and capability

Introduction

As an instructor, understudies share with me their scholastic issues as well as their most profound worries also. Throughout the normal process of everything working out, I noticed an arising example and profile of understudies who come to me for directing, or more often than not, for simply a listening ear: they are the people

who appear to be discouraged and bothered. Normally, they are the individuals who are very hesitant, with a solid requirement for consolation, and whose stresses appear to be unreasonable. They frequently express self-maligning comments, are seriously self-basic, and feel exploited, with little feeling of command over the pessimistic occasions

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of their lives. They likewise waver in school execution and have bombing relations with their family or companions. There are even the individuals who, in their most profound and haziest trouble, decided to take their young lives. Even though there are understudies who are profoundly troubled, there are additionally the people who seem, by all accounts, to be composed regardless of the difficulties of changes or even injury. They are the people who handle pressure and struggle well, who are strong with their companions and are loved by them, are dependable, relationally touchy, and amiable. They will quite often have elevated degrees of mindfulness and know about their assets and shortcomings, are clear about their qualities and standards, which are steady with their activities. They are sincerely savvy. The capacity to appreciate people at their core is believed to be the singular's capacity to process and use passionate data connected with key areas of viable working in daily existence. A mix of elements is viewed as connected with inspiration; motivation control; disposition guidelines (Li et al. 2021). The capacity to continue notwithstanding disappointment. Proof uncovers that ability to appreciate people at their core is an indicator of scholastic and proficient achievement.

Literature review

Among adolescents, the ability to appreciate individuals at their core is

found to assist with lessening pressure by diminishing struggle, further developing connections, and getting one's feelings. This sort of passionate well-being is key to successful learning and schooling. Understanding the interaction and components of realizing, which fundamentally includes self-viability, self-guideline, and capacity to impart and participate, in themselves fundamental parts of the ability to appreciate individuals on a deeper level, are additionally basic to understudy achievement. Upsetting occasions, like beginning school life, moving to another city, partition from companions, or loss of a parent, can incite the beginning of nervousness side effects among youths (Obeid et al. 2021). Among teenagers, uneasiness and confusion can be challenging to analyze as a juvenile's way of behaving is frequently ascribed to being "only a stage." When not tended to or left untreated, nervousness issues can continue to happen and meddle seriously with a young adult's life and can prompt missed school days, stressed peer relations, low confidence, liquor, or substance misuse. Additionally, tension is the most widely recognized passionate and psychological well-being issue that happens during puberty. Upwards of 1 out of 10 adolescents experience the ill effects of tension problems, with a greater number of females than guys impacted.

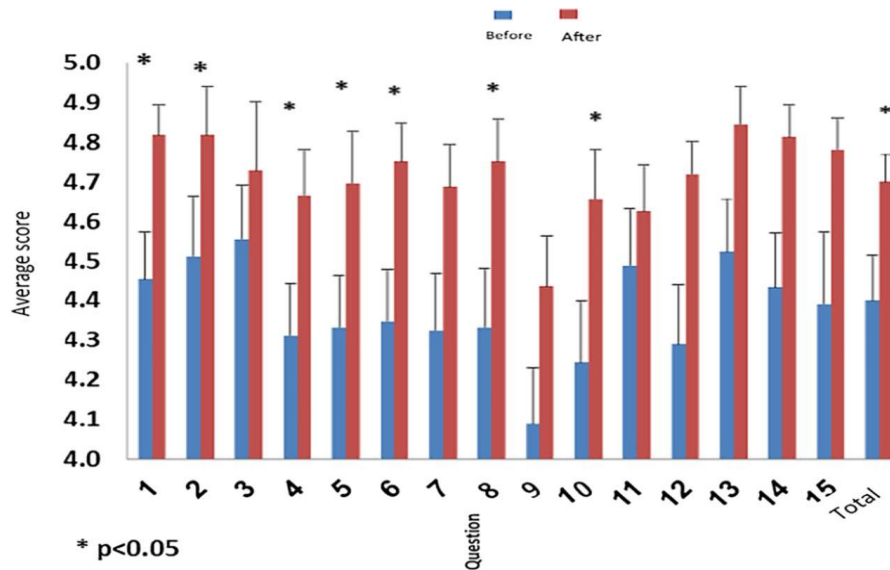


Figure 1: A pilot study of an emotional intelligence training intervention

(Source: Wu et al. 2021, p.931)

This is reliable with the investigation showed a predominance of uneasiness problems among females, and that this commonness shows up right off the bat throughout everyday life, at age six, and that females are demonstrated to be two times as liable to encounter nervousness jumble than are guys. About portion of youths with tension issues are co sullen with other mental or conduct problems, or with a subsequent uneasiness problem, sadness? Among teenagers, sorrow can be an impermanent reaction to stressors. A discouraged mindset is entirely expected because of development, the burdens associated with it, the effect of hormonal changes, and freedom issues with guardians (Yudes et al. 2021). The investigation showed that downturn, as is uneasiness, is hard to analyze in immaturity as an ordinary young adult's way of behaving is set apart by changes in temperaments. Sorrow is likewise shown

diversely among youths. Drawn out enthusiastic torment may likewise prompt genuine actual issues as in inconsistent eating and resting propensities. At the point when left unnoticed, ignored or untreated, wretchedness and nervousness sway each part of a juvenile's life. Then again, studies have shown that ability to appreciate individuals on a profound level has a defensive impact against self-destructive ideation and endeavors; stress; and melancholy. In addition, studies uncover that ability to appreciate people on a deeper level facilitatively affects generally well-being and life fulfillment. This concentration likewise conceptualizes EI as fundamentally connected with versatility and self-efficacy. In particular, this examination predicts that specific components of the EI branch, utilizing enthusiastic information, are marked as adaptable reasoning, and imaginative (Vega et al. 2021).

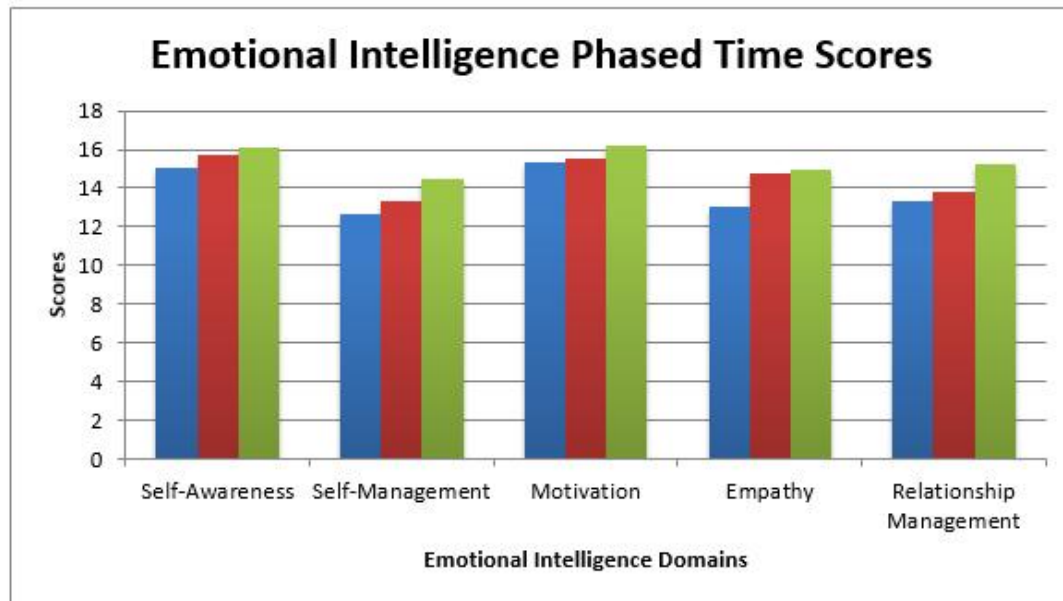


Figure 2: Impact of emotional intelligence
(Source: Cherewick et al. 2021, p.141)

Moreover, in this review, self-adequacy is conceptualized as an individual's convictions about his abilities to deliver a specific degree of execution that exercises impact over occasions that influence his life. Strength is characterized in this concentrate as the capacity to successfully adjust the requests of one's current circumstance, to keep a hopeful mentality despite requesting circumstances, to manage misfortune, or to recuperate from a negative encounter. Two flexibility sub develops are utilized in this review: dominance, characterized as the capacity to influence one's current circumstance and includes idealism and versatility; and enthusiastic reactivity, characterized as an inclination for excitement or edge of resilience to feel (Hafsa et al. 2021). This study conceptualized sadness as an outcome of affect-loaded perceptions. The three primary useless conviction constructions that rule a discouraged individual's reasoning are alluded to as the

mental ternion: "I'm flawed or deficient"; "Each of my encounters brings about losses or disappointments"; and, "what's to come is irredeemable." When these convictions are available in somebody's perception, sorrow is probably going to happen. In this review, nervousness is imagined as tension inclination, or at least, as a character quality (A-attribute). Characteristic tension mirrors the presence of stable individual contrasts in the propensity to answer with uneasiness in the expectation of undermining circumstances. This study conjectured that the ability to appreciate anyone on a profound level is emphatically connected with strength and self-adequacy, and adversely connected with - passionate reactivity, wretchedness, and uneasiness. The free factor of this study is the capacity to understand individuals on a profound level, and the reliant factors are strength authority, self-viability, passionate

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reactivity, discouragement, and self-adequacy (Kuk et al. 2021).

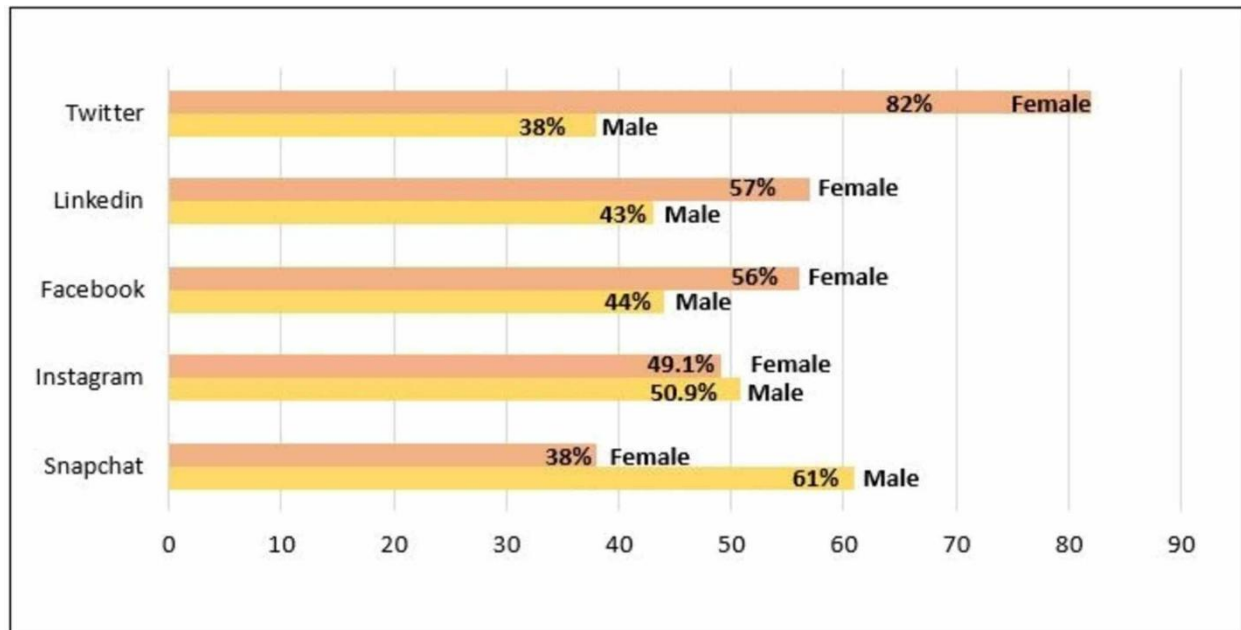


Figure 3: Use of social media
(Source: Santini et al. 2021, p.146)

This study looks to examine the relationship of EI to juvenile emotional wellness:

1. What is the relationship of the ability to understand people at their core to juvenile self-viability?
2. What is the relationship of the capacity to understand people on a profound level to young adult flexibility?
3. What is the relationship between the ability to appreciate individuals on a profound level to juvenile nervousness?
4. What is the relationship between the capacity to appreciate anyone on a deeper level to young adult sorrow?

Until this point, there is a shortage of EI research that targets Indian teenagers. Not many that zeroed in on juvenile examples inspected EI's relationship with scholarly accomplishment and execution. Most EI research in the Philippines that zeroed in on grown-up respondents analyzed regions

as occupation fulfillment, work execution, administration, administrative abilities, and dynamic styles. There is, then, a hole of EI information on young adult prosperity and psychological well-being (Hertzand Barrios 2021).

Teenagers face considerable difficulties in enthusiastic turn of events. They're as yet creating self-appreciation and passionate capability related to the times when they face requests in school or stresses in everyday life, and a solid need to fit in among companions. The expense of enthusiastic lack among teenagers is upsetting like expanded wretchedness and nervousness fostering their passionate capacities might further develop their adapting abilities which thus might deliver better emotional wellness in the long haul. The ongoing EI studies are worried about the model-and-measure-advancement applied to administrative execution with

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grown-up respondents. Little exploration had been done that inspected the versatile capacity of the ability to appreciate anyone on a deeper level among adolescents. This writing survey will introduce the idea of the ability to understand anyone on a deeper level, the ongoing capacity to appreciate individuals at their core models,

and an improved model of the ability to appreciate people on a profound level. This audit examines the hypotheses and experimental exploration of variables that are found to foresee the capacity to understand people on a profound level, like self-adequacy, strength, sadness, and tension (Kozina 2021).

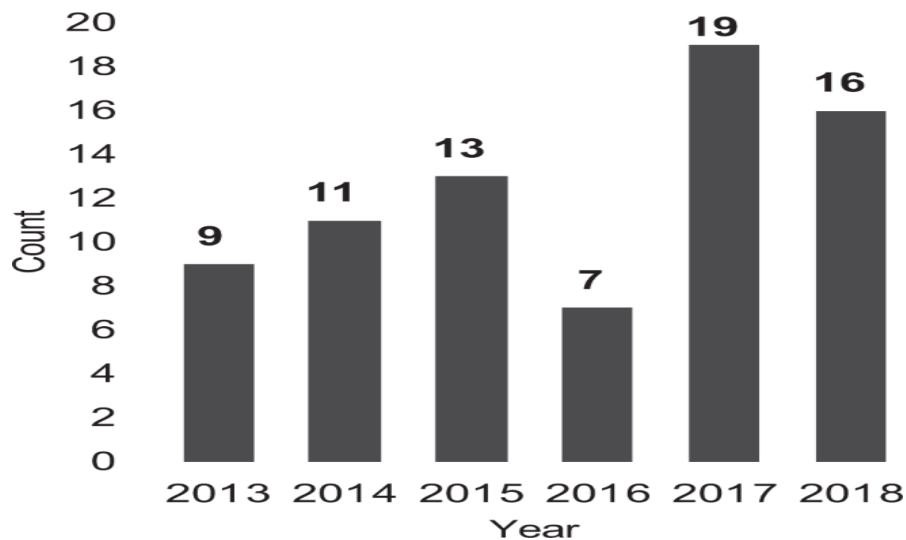


Figure 4: Predictive techniques for mental health status

(Source: Camangianand Cariaga 2021, p.149)

The principal part of this audit will analyze ideas connected with the ability to appreciate individuals on a deeper level like the terms feeling, knowledge, and the capacity to understand anyone at their core. A qualification will likewise be made between the various models of the capacity to understand people at their core, the one that underscores mental capacity from those that join mental capacities with character qualities. Inspiration, recognized as the principal set of mental cycles, is actuated as a reaction to actual drive, for example, yearning, thirst, or sexual requirements, which guides living beings to fulfill their endurance needs. They further recommended that feelings appeared to advance among mammalian

species to highlight genuine or saw changes in the climate and to get reactions to an evolving climate, while comprehension permits the living being to tackle issues and gain from its current circumstance and incorporates learning, memory, and critical thinking, data handling that is cognizant and adaptable. The term the ability to understand anyone on a profound level proposes the combining of feeling and cognizance (Sechi et al. 2021). It characterizes knowledge as a "need of mental capacity for transformation in, or molding or choice of any ecological setting, not simply in any one specific natural setting". This is like the definition proposed by Weschler in 1958 as the person's "worldwide ability to

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act deliberately, to think reasonably, and to manage his current circumstance". The expression "knowledge" for the most part suggests data gathering, handling the data accumulated, and thinking about utilizing data. In 1921, Terman portrayed a shrewd

person as one who can perform theoretical reasoning. Generally, dynamic reasoning has been considered a critical sign of insight. Regularly, knowledge is viewed as a mental ability for problem-solving, examination, and conceptual thinking.

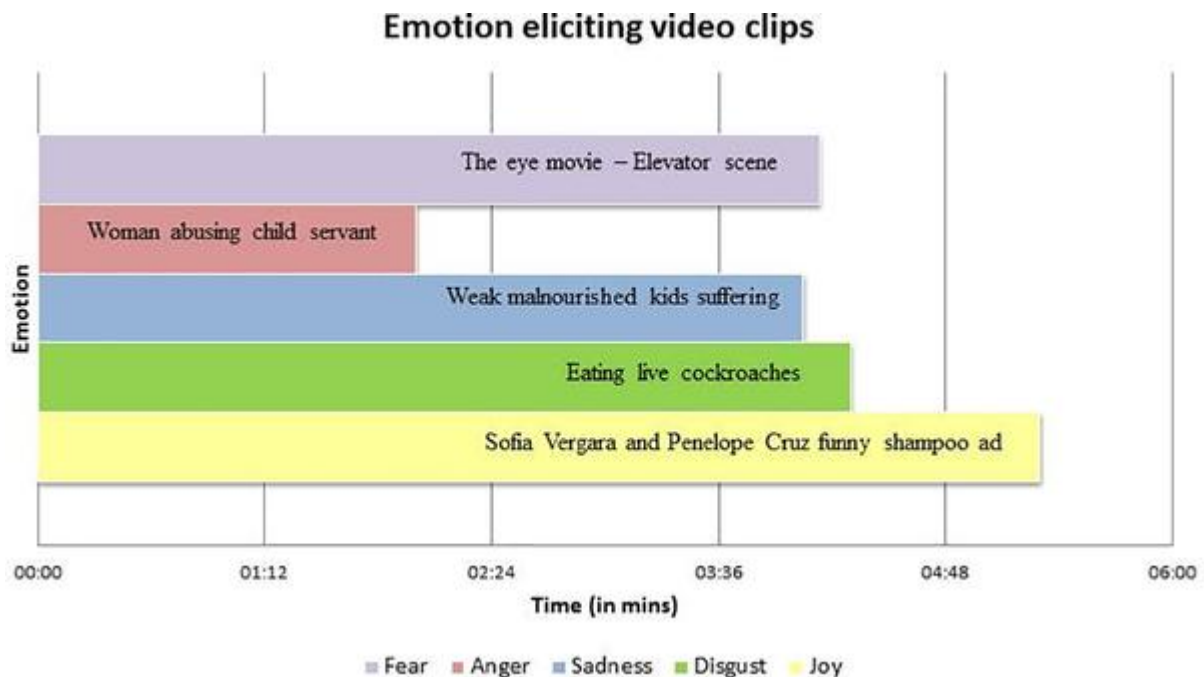


Figure 5: Multimodal prediction of trait emotional intelligence
(Source: Ford et al. 2021, p.86)

Drawing from this agreeable blend of insight and feeling, the capacity to appreciate people on a profound level might be characterized as a nonexclusive capacity in seeing feelings in oneself and others, dealing with feelings, and adapting successfully to passionate loaded circumstances. The idea of the ability to understand individuals on a profound level can be followed in John Dewey's origination of social insight in 1909: "definitive moral thought processes and powers are not much or not exactly friendly knowledge - the force of noticing and appreciating social circumstances - and social power-prepared limits of

control-at work in the assistance of social interests and points". Also, Thorndike in 1920 depicted social knowledge as "the capacity to oversee and get people, young men, and young ladies, to act astutely in human relations".

Research methodology

In this review, self-viability is alluded to as the individual's convictions about his capacities to create a specific degree of execution that exercises impact over occasions that influence his life. The General Perceived Self-Efficacy Scale was utilized in this review to evaluate apparent self-adequacy. The development of seen

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self-adequacy mirrors a hopeful self-conviction. Reactions to a 4-direct scale toward every one of the 10 things are summarized to yield a last composite score which goes from 10 to 40. The scale is typically self-managed and requires 4 minutes on normal to finish. To score, reactions made on a 4-point scale are summarized for every one of the 10 things to yield the last composite score with a reach from 10 to 40. No recoding was required. Schwarzer (1995) didn't demonstrate cutoff scores (Carlos et al. 2021). Nonetheless, he suggests that one can lay out bunches given the exact circulation of the reference test. In this review, scores higher than 39 above reflect high self-viability; scores 24 to 34 reflect sufficient self-adequacy, scores 10 and beneath propose an absence of identity viability. Tests of 23 countries, recently revealed Cronbach's alpha went from .76 to .90. Approval studies have shown that it is substantial in 26 terms of merged and discriminant legitimacy. Dependability in a pilot test acted in 2009 demonstrated the GES to be inside steady (10 things; $\alpha = .83$). Beck Depression Inventory (BDI-II) Depression, as characterized by Beck (1961) is a result of effect-loaded feelings. This 21-thing overhauled release incorporates things that evaluate serious gloom. A few things were overhauled to show increment or diminishing in rest or craving, things recently named as self-perception, work trouble, weight reduction, substantial distraction were rephrased as unsettling, fixation trouble, and loss of energy. The announced coefficient alpha for BDI-II is .92 for short-term patients and .93 for understudies. Developing legitimacy of BDI-II has been laid out. Factorial

legitimacy has likewise been affirmed for BDI-II for the understudy test as it estimates mental full of feeling and substantial side effects of wretchedness. The result from current dependability testing tracked down the BDI-II, with a test of 300, to be profoundly solid (20 things; $\alpha = .86$). Characteristic Anxiety Inventory (TAI) In this review, tension is perceived in Spielberger's Trait-State hypothesis. Spielberger (1983, referred to by Groth-Marnat, 2009) recognized two nervousness develops: fleeting or state tension (A-state) and uneasiness inclination as a character quality (A-characteristic). State nervousness is characterized as an undesirable passionate excitement in face of compromising requests or risks. A mental examination of danger is essential for the experience of this inclination (Lazarus, 1991). Quality nervousness, then again, mirrors the presence of stable individual contrasts in the inclination to answer with state tension in the expectation of 27 undermining circumstances. In the review, just attribute uneasiness was evaluated (Daunic et al. 2021).

Results and discussion

This segment presents the discoveries of the review: depiction of the factors of interest, in a particular capacity, to understand anyone on a profound level, and emotional well-being factors (i.e., saw self-efficacy, flexibility, nervousness, and wretchedness). The correlational connections of the autonomous factors, the ability to appreciate anyone on a profound level, and psychological well-being factors are introduced here too Emotional insight. As displayed in Table 1, the respondents got a mean score of 87.52 (SD =9.08)

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considered in the normal reach and proposing a satisfactory familiarity with feelings, lucidity, and self-guideline. For the EI subscale enthusiastic consideration, respondents revealed a normal score of 44.15 (SD = 5.98), recommending developing passionate mindfulness. For clearness of sentiments, respondents

acquired a mean score of 24.90 (SD =3.97) considered normal scores, recommending developing enthusiastic lucidity. For enthusiastic fix, respondents acquired a mean score of 15.50 (SD = 2.64) in a passionate fix, proposing satisfactory capacity at mindset administration

Variable	Subscales	M	SD	Range
Emotional Intelligence		87.52	9.08	25-125
	Attention to Emotions	44.15	5.98	13-65
	Clarity of Emotions	24.90	3.97	8-40
	Repair of Emotions	15.50	2.64	12-20

Table 1: Parenting Styles and Temperament

(Source: Author)

The ability to understand individuals at their core Components as Predictors of Mental Health

Various relapse investigations were utilized to test parts, in particular enthusiastic consideration, passionate lucidity, and enthusiastic fix foresee emotional well-being The outcomes upheld the speculations that EI and EI parts altogether predict self-viability, versatility, nervousness, and melancholy.

The relapse results uncovered EI scales to anticipate apparent self-viability $R^2 = .058$, $F(3, 296) = 6.023$, $p < .01$), with EI part passionate lucidity fundamentally anticipated self-adequacy ($\beta = .196$, $p < .01$). Concerning size, 5.8% of the fluctuation of seen self-viability was made sense of by EI parts. Factual power, processed post-hoc was .68. The outcomes likewise showed EI scales to anticipate strength dominance ($R^2 = .114$, $F(3, 296) = 12.662$).

Variable	Subscales	<i>M</i>	<i>SD</i>	Range
Perceived self-efficacy		29.41	4.84	10-40
Resilience	Mastery	55.67	8.3	0-80
Resilience	Emotional reactivity	32.10	13.11	0-80
Depression		18.67	10.11	0-63
Anxiety		25.98	7.01	0-60

Table 2: Mental Health Components

(Source: Author)

In aggregate, complete capacity to appreciate anyone on a deeper level decidedly predicts apparent self-efficacy and authority and adversely predicts passionate reactivity, discouragement, and nervousness. EI parts, which were found to foresee psychological wellness, were enthusiastic clearness and fix. There were two focal examination inquiries in this review: The first is worried about the variables that anticipate the capacity to appreciate anyone on a profound level, and the second is centered around the capacity of the ability to understand people at their core to foresee young adult psychological wellness. The outcomes support the speculations recently set forth, that capacity to understand anyone on a deeper level predicts juvenile emotional wellness. In particular, EI was found to emphatically anticipate apparent self-viability and the

sub-element of versatility, and authority; and adversely anticipated nervousness, misery, and one more sub-component of strength, enthusiastic reactivity (Ford et al.

2021). As far as broad psychological wellness, proof from research is steady with these outcomes. For instance, it uncovered that people with higher EI levels experience better psychological well-being; it showed self-detailed EI is connected with self-revealed prosperity; O'Connor and Little (2003) likewise observed that high EI people report fewer clinical side effects, like nervousness and sorrow; and Bar-On (2000) showed EI to connect with different proportions of emotional well-being. The areas beneath talk about the connection between the ability to appreciate anyone on a profound level and psychological wellness parts.

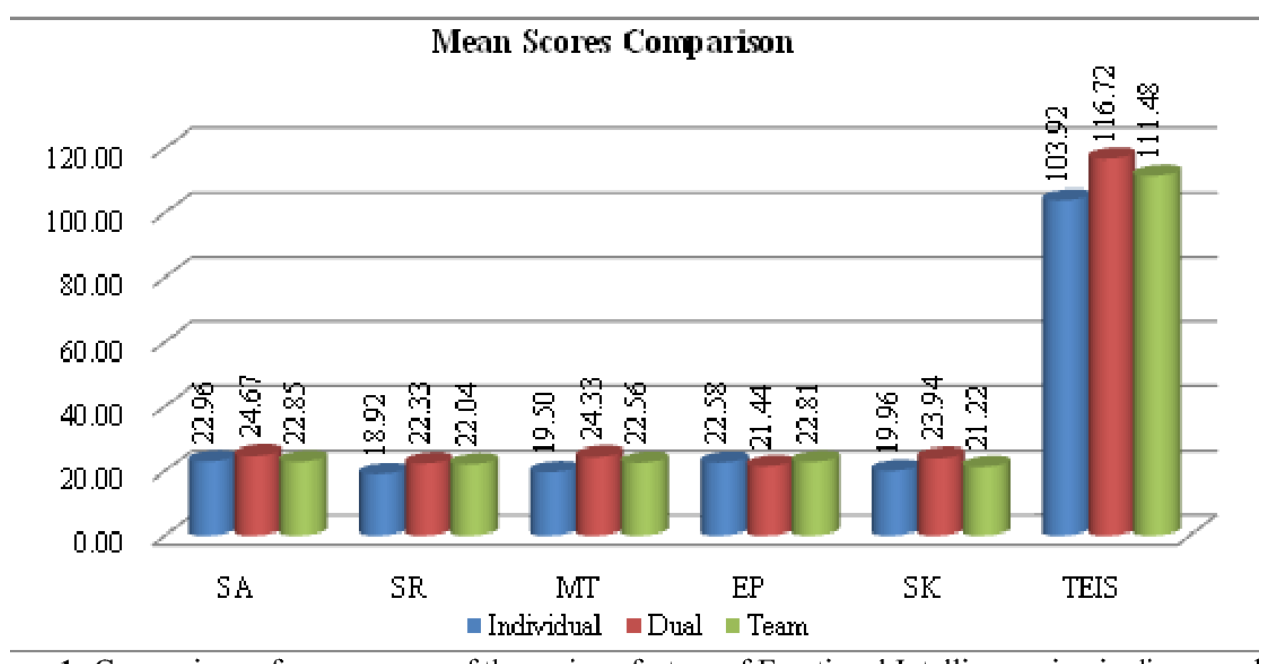


Figure 6: Study of emotional intelligence

(Source: Hafsa et al. 2021, p.104)

In this review, self-viability is seen as an individual's confidence in their capacities to influence decidedly their presentation or life occasions. The outcomes have shown that the capacity to understand people on a profound level emphatically predicts apparent self-viability. Similar outcomes likewise showed that passionate clearness, the capacity to comprehend and separate among sentiments, is the EI part that fundamentally predicts apparent self-viability. These outcomes are reliable with the writing investigated, which showed the capacity to understand people on a deeper level as an indicator of general apparent self-viability. That ability to appreciate people on a profound level predicts apparent self-adequacy is made sense of by the Mayer and Salovey four-branch EI model. This EI model recommended that people, who can get their feelings, are probably going to utilize this passionate information for their potential benefit.

Throughout improvement, people foster the capacity to ponder their feelings, or a meta-experience of their dispositions. Articulations, for example, "this feeling is influencing my reasoning," mirror a comprehension of one's sentiments that is particular from a simple view of mindset. Enthusiastic meta-experience might be named meta-assessment and meta-guideline. Meta assessment connects with the degree of consideration one provides for one's temperaments, likewise the level of lucidity, and the degree of its impact. Meta regulation relates to the singular's endeavors to work on a disagreeable mindset or keep up with charming ones.

Conclusion

This study was directed to look at the job of the ability to appreciate individuals at their core to emotional wellness, and the causal request of nurturing, demeanor, and EI on juvenile psychological well-being.

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The outcomes likewise offer help for the possibility that sincerely shrewd people are more probable capable change promptly to circumstances, are less restless and less discouraged, hence, showing the versatile worth of the ability to appreciate individuals on a deeper level. Every one of these is critical for Indian mental exploration and is applicable in the comprehension and upgrading the Indianadolescents' psychological and psycho-emotionalwell-being. There were two focal exploration inquiries in this review: The first is worried about the elements that anticipate the capacity to understand individuals at their core, and the second is centered around the capacity of the ability to appreciate people on a deeper level to foresee young adult psychological wellness. The outcomes support the speculations recently set forth, that capacity to appreciate anyone on a profound level predicts juvenile psychological well-being. In particular, EI was found to 40 emphatically anticipate apparent self-adequacy and the sub-element of strength, authority; and adversely anticipated nervousness, discouragement, and one more sub-component of flexibility, passionate reactivity. As far as broad emotional well-being, proof from research is predictable with these outcomes. In aggregate, the complete ability to understand people at their core emphatically predicts apparent self-viability and authority and adversely predicts enthusiastic reactivity, misery, and tension. EI parts, which were found to anticipate psychological wellness, were passionate lucidity and fix.

Future scopes

The discoveries of this study are significant in that they uncover the significance of nurturing styles, the impact of personality on the capacity to appreciate people on a profound level, and their consolidated effect on juvenile emotional wellness. A few general proposals are introduced also. For schools. While most EI research, even on the neighborhood front, has designated grown-up examples, this concentrates explicitly on designated youths in school. The outcomes give our very own smidgen understudies' EI and condition of their emotional well-being. There is motivation to say now that our understudies' EI is essential to their healthy identity adequacy, good faith, and flexibility, and that EI assumes a part they would say of pain. It might, then, at that point, be a proper opportunity to investigate the chance of incorporating enthusiastic skills in the educational plan when teachers are sharp at searching for replies to understudy issues like an unfortunate direct, relational struggle, and even, savagery. For advising and clinical work. That EI is a significant variable to emotional well-being by and large, and to self-viability, strength, uneasiness, and melancholy, explicitly, is data that can increase the value of current guiding and clinical practice. A few late patterns in guiding and treatment are EI-based. For instance, Greenberg and Pascual-Leone's (2006) feeling-centered treatment proposes that the way to client change is by assisting the client with further developing EI, by understanding, investigating, communicating, and yet again shaping the feeling in an empathic and certified relationship. In this sense, the advocate or advisor can go about as a 42 "feelings

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mentor," who assists the client with becoming mindful, acknowledging, and figuring out their enthusiastic experience.

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