

Role of Emotional Intelligence in Promoting Mental Well-Being among School Students

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Abstract: *Emotional Intelligence has emerged as a critical factor influencing the mental well-being of school students. EI, defined as the ability to perceive, understand, regulate, and use emotions effectively, is closely associated with reduced stress, anxiety, and depressive symptoms while enhancing resilience, social relationships, and academic performance. This review consolidates existing research on the role of EI in fostering mental health among school-aged children and highlights interventions and programs that integrate EI training into educational settings.*

Keywords: Emotional Intelligence, Mental Well-being, School Students