

Emotional Competence of Women's Students in Tamilnadu

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Abstract: *Emotional competence refer to the mastering of abilities to do a task, sufficiency of means for living, easy circumstances or, in ethical since, a right to task cognizance which specifies the process of observation, comprehension, explanation, exploration and manipulation of the experiences more objectively, with the fullest use of an individual's normal capabilities. Izard (1993) notes that although emotional experiences are activated by neural, sensorimotor, motivational, and cognitive systems, neural systems can activate emotions without cognitive mediation. Emotions are generally of short duration and are associated with a specific stimulus.*

Keywords: Emotional Competence, Self- efficacy, Intelligence

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