

# Emotional Intelligence and Mental Health of College Students

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**Abstract:** For the study of Emotional Intelligence and Mental health, sample randomly selected 100 College Students (50 boys & 50 girls) from various places in Raigad districts- (Mahad, Poladpur, Mangaon). The Emotional intelligence inventory of Dr. Mangal and S. Mangal and Mental Health Test of Dr. Singh and Dr. Gupta have been taken solved from these selected students. By Considering have hypotheses and variables, Various statistical techniques such as mean, standard deviation, t-value and 'r' used for analysis. The conclusion is that the factors of Mental health such as emotional intelligence, emotional stability, security, insecurity, self-concept, and intelligence are better in girls than boys; the factor over all adjustment is better in boys. Mental health is better than emotional intelligence, emotional intelligence and mental health have positive co-relation.

**Keywords:** Emotional Intelligence, Mental Health, Gender.

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