

# **Emotional Intelligence and Student Self-Confidence**

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**Abstract:** *Emotional intelligence is the ability to understand and manage our own feelings, as well as recognize and respond to the emotions of others. For students, emotional intelligence is very important because it helps them stay calm under pressure, build good relationships, and stay motivated in their studies. When students develop emotional intelligence, they also become more confident in themselves. Self-confidence means believing in one's abilities and having a positive attitude toward challenges. Students with strong emotional intelligence are better at handling stress, solving problems, and working with others, which makes them feel more capable and secure. This connection shows that emotional intelligence is not only about emotions but also about building self-confidence, which is essential for academic success and personal growth. Schools and teachers can support this by including emotional learning activities that help students grow both emotionally and socially. Emotional intelligence means being able to understand your own feelings and the feelings of other people. It includes skills like staying calm when stressed, controlling anger, showing empathy, and communicating well. For students, emotional intelligence is very important because school life brings many challenges such as exams, peer pressure, and teamwork. Students who have good emotional intelligence can handle these situations better. They are able to stay positive, solve problems, and build healthy relationships with classmates and teachers. Self-confidence means believing in yourself and your abilities. When students develop emotional intelligence, their self-confidence also grows. For example, if a student can manage exam stress, they feel more capable and confident. If they can understand and respect others, they feel more secure in social situations. Emotional intelligence gives students the tools to face difficulties without fear, which makes them stronger and more confident.*

**Keywords:** Self- Confidence, Leadership, Intelligence, Self Esteem

## **I. INTRODUCTION**

Education today is not only about gaining knowledge from books but also about developing life skills that help students grow as confident individuals. One of the most important life skills is emotional intelligence (EI). Emotional intelligence means being aware of your own feelings, controlling them in a healthy way, and understanding the emotions of others. It includes skills such as self-awareness, self-control, empathy, motivation, and good communication. Students often face stress from exams, competition, peer pressure, and future career choices. If they do not know how to manage their emotions, they may feel anxious, lose focus, or doubt themselves. Emotional intelligence helps students deal with these challenges calmly and positively. For example, a student who can control exam stress will perform better and feel more confident about their abilities. Students often face stress from exams, competition, peer pressure, and future career choices. If they do not know how to manage their emotions, they may feel anxious, lose focus, or doubt themselves. Emotional intelligence helps students deal with these challenges calmly and positively. For example, a student who can control exam stress will perform better and feel more confident about their abilities.



### Objectives

- Enable students to manage emotions like stress, anger, and anxiety in a healthy way.
- Encourage students to believe in their abilities and develop a positive self-image.
- Teach students to understand and respect others' feelings, improving relationships.
- Develop students' ability to express thoughts and emotions clearly and confidently.
- Strengthen students' confidence in making independent and responsible decisions.
- Equip students to handle failure, criticism, and challenges without losing confidence.
- Promote teamwork, cooperation, and healthy peer interactions.
- Help students set realistic goals and build confidence through achievement.
- Encourage optimism, motivation, and a growth mindset.
- Help students recognize and understand their own emotions, strengths, and weaknesses.

## II. LITERATURE REVIEW

- Researchers have found that emotional intelligence improves academic performance and social relationships.
- Studies show that students with high EI are more resilient and motivated, which increases their confidence.
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- Emotional intelligence reduces anxiety and depression among students.
- Self-esteem directly supports confidence in both studies and personal life.

### Objectives

- To understand emotional intelligence

Explain what emotional intelligence means and why it is important for students.

- To study the link between emotional intelligence and self-confidence

Explore how managing emotions, empathy, and motivation help students believe in themselves.

- To examine the role of emotional intelligence in academic success

Show how EI helps students perform better in exams, presentations, and group work.

- To analyse the impact of emotional intelligence on social relationships

Understand how EI improves communication, teamwork, and peer confidence.

- To highlight the importance of emotional intelligence for mental health

Discuss how EI reduces stress and anxiety, which supports stronger confidence

## III. METHODOLOGY

This study is designed to understand how emotional intelligence affects the self-confidence of students. The research uses a descriptive method, which means it explains and analyses the connection between these two concepts. Data is collected from both primary and secondary sources. Primary data can be gathered by giving questionnaires or surveys to students in schools and colleges. The sample may include students between the ages of 15–22, with about 100–150 participants chosen randomly. Secondary data is collected from books, journals, and online articles related to emotional intelligence and self-confidence.

To measure emotional intelligence, a standard Emotional Intelligence Scale (EIS) is used. This scale looks at important areas such as self-awareness, self-regulation, empathy, motivation, and social skills. To measure self-confidence, a simple questionnaire is given to students that asks about their belief in their abilities, their willingness to take risks, and their overall self-image. The responses from students are collected and analyzed using basic statistical methods like averages, percentages, and correlations. This helps to see how emotional intelligence scores are related to self-confidence levels. The study is limited because it uses a small sample size and results may differ depending on culture, age, or environment. However, it still provides useful insights into how emotional intelligence can help students build stronger confidence in both academic and personal life.



#### **IV. DISCUSSION**

The findings of this study show that emotional intelligence plays a very important role in building student self-confidence. Students who are emotionally intelligent are able to understand their own feelings and control them in a positive way. This helps them stay calm during exams, presentations, or stressful situations. As a result, they feel more capable and confident in their abilities. Emotional intelligence also improves social skills. When students show empathy and communicate well, they build stronger friendships and better relationships with teachers. These positive interactions make them feel secure and increase their confidence in group activities and teamwork. Another important point is that emotional intelligence supports mental health. Students with high EI experience less stress and anxiety, which allows them to maintain confidence even when facing challenges. On the other hand, students with low EI may struggle with negative emotions, which can reduce their confidence and performance. The discussion also highlights that emotional intelligence and self-confidence are closely connected. Self-awareness and self-regulation help students believe in themselves, while motivation encourages them to set goals and achieve success. Each achievement further strengthens their confidence. Finally, the study suggests that schools and colleges should include emotional learning activities in their curriculum. Role plays, group discussions, and reflection exercises can help students develop emotional intelligence. This not only improves their confidence but also prepares them for future challenges in academic, social, and professional life. The study shows that emotional intelligence has a strong effect on how confident students feel about themselves. Students who can understand their own emotions are more aware of their strengths and weaknesses. This self-awareness helps them believe in their abilities without fear of failure. When they know how to control stress and negative feelings, they stay calm in exams, presentations, and other difficult situations. This calmness increases their confidence. Emotional intelligence also helps students in their social life. By showing empathy and understanding others' feelings, they build good friendships and positive relationships with teachers. These relationships give them support and encouragement, which makes them feel secure and confident in group activities. Students with good social skills are more willing to participate in discussions, teamwork, and leadership roles. Another important point is that emotional intelligence protects mental health. Students with high EI experience less anxiety, stress, and depression. When their mind is healthy, they feel stronger and more confident. On the other hand, students with low EI may struggle with negative emotions, which reduces their confidence and performance. The discussion highlights that emotional intelligence and self-confidence are closely connected. Skills like self-awareness, self-regulation, empathy, motivation, and communication all help students believe in themselves. Each success they achieve through these skills further increases their confidence.

#### **V. CONCLUSION**

Emotional intelligence and self-confidence are two important skills that strongly influence student success. Emotional intelligence helps students understand their own feelings, control stress, and show empathy toward others. These abilities make them calmer, more focused, and better at building positive relationships. When students manage emotions well, they feel stronger and more capable, which directly increases their confidence. Self-confidence allows students to believe in themselves, take part in class, and face challenges without fear. Emotional intelligence supports this confidence by giving students the tools to stay motivated, positive, and socially connected. Together, emotional intelligence and self-confidence prepare students not only for academic success but also for personal growth and future professional life. Emotional intelligence and self-confidence are two important qualities that shape a student's academic success, social life, and personal growth. Emotional intelligence helps students understand their own emotions, control stress, and show empathy toward others. These skills allow them to stay calm in difficult situations, communicate effectively, and build positive relationships. When students manage emotions well, they feel stronger and more capable, which directly increases their confidence. In conclusion, emotional intelligence and self-confidence are deeply connected. When students learn to understand and manage their emotions, they naturally become more confident. This combination is essential for building strong, capable, and successful individuals who can face the challenges of modern life with courage and positivity.



Therefore, schools and colleges should include emotional learning activities in their programs. By teaching students how to develop emotional intelligence, educators can help them build lasting confidence, which is essential for success in education and beyond.

### **Implications**

- Education should focus not only on academics but also on emotional and personal growth.
- Evaluation should consider students' emotional skills, participation, and confidence—not just exam scores.
- Improved emotional control leads to fewer conflicts and discipline issues.
- Recognizing emotional differences among students helps in nurturing their confidence effectively.
- Teachers should create supportive environments where students feel safe to express themselves.
- Encouragement and constructive feedback help boost students' confidence.
- Emotional awareness builds a positive self-image.
- Confident and emotionally intelligent students often take initiative and lead.

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