

## IMPACT OF STRESS AND EMOTIONAL INTELLIGENCE ON COPING STRATEGIES AMONG ADOLESCENTS

*M. Rose Palina*<sup>1</sup> & *Dr. M.E.S. Elizabeth*<sup>2</sup>

<sup>1</sup>Research Scholar, Department of Education, Acharya Nagarjuna University, Andhra Pradesh, India

<sup>2</sup>Assistant Professor, Department of Education, Acharya Nagarjuna University, Andhra Pradesh, India

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### **ABSTRACT**

*Many adolescents believe that they are able to cope with problems alone. However, many adolescents find that the solutions they choose do not always live up to their expectations. Throughout childhood, help and assistance for solving problems were received from parents and teachers. Hence, most adolescents are not experienced in coping with problems alone. Adolescents prefer to feel that they are independent and they demand the right and freedom to cope with their own problems. Adolescents reject attempts on the part of parents and teachers to help them. Adults may fail to recognize the logic or accuracy of an adolescent's perceptions. This would result in misunderstanding the intentions of adolescents and would lead to interpersonal conflict between adults and adolescents. Misunderstandings and interpersonal conflicts would in turn add stress to their lives. So the present topic is necessary to investigate the "Impact of stress and emotional intelligence on coping strategies among adolescents.*

**KEYWORDS:** *Stress, Emotional Intelligence on Coping Strategies, Adolescents*