

عنوان مقاله:

Emotional Intelligence in the Classroom: A Review of its Crucial Role in Student Achievement and Well-being

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خلاصه مقاله:

This review article explores the relationship between emotional intelligence, academic performance, and well-being in school students. The paper provides an overview of the concept of emotional intelligence, its dimensions, and theoretical models, and delves into its role in students' cognitive, emotional, and social development. The review investigates empirical evidence linking emotional intelligence to academic performance and students' well-being, highlighting its impact on learning processes, academic motivation, study habits, time management, goal setting, stress management, and coping strategies. The article also presents strategies for enhancing emotional intelligence in schools, including curriculum integration, teacher training, and school-wide initiatives. Finally, the review addresses the challenges and limitations of emotional intelligence research in school settings, emphasizing the need for further research to fill gaps in knowledge and understanding. By fostering emotional intelligence in schools, educators can potentially improve students' academic success and overall well-being.

کلمات کلیدی:

emotional intelligence, academic performance, student well-being, education, school settings

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