

A STUDY OF EMOTIONAL COMPETENCIES OF SECONDARY SCHOOL PUPILS

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ABSTRACT

Research in brain-based learning suggests that emotional health is fundamental to effective learning. According to a report from the National Centre for Clinical Infant Programs, the most critical element for a student's success in school is an understanding of how to learn i.e. Emotional competence. The key ingredients for this understanding are confidence, curiosity, intentionality, self-control, relatedness, capacity to communicate, and ability to cooperate. These traits are all aspects of emotional competence. Basically, a student who learns to learn is much more apt to succeed. Emotional competence has proven a better predictor of future success than traditional methods like the IQ and standardized test scores etc. Hence, the great interest in emotional intelligence on the part of corporations, universities, and schools nationwide. The idea of Emotional Intelligence has inspired research and curriculum development throughout these facilities. Researchers have concluded that people who manage their own feelings well and deal effectively with others are more likely to live content lives. In addition, happy people are more apt to retain information and do so more effectively than dissatisfied people. This paper aim to find out Emotional competence of adolescence students .100 Secondary School Pupils were selected for the sample in and around Narasaraopet, Palnadu district of Andhra Pradesh.

KEYWORDS: *Emotional competence, Secondary School Pupils, adolescence students.*