

## **Emotional Intelligence and Mental Health of Youths.**

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### **Abstract**

The present study was conducted to find out the Relationship between Emotional Intelligence and Mental Health of Youths with reference to gender. The samples consisted of 100 youths among them 50 Male and 50 Female youths are selected in Aurangabad district. The age range of selected sample is 18 to 22. In this research Emotional Intelligence measured by Emotional Intelligence scale developed by Dr. S. K Mangal and Mrs. Shubhra Mangal and mental health measured by mental health battery developed by Dr. Arun Kumar Singh and Alpana Sen Gupta. The proposed statistical procedure is descriptive statistics i.e. Mean, Sd, t-test and Pearson product moment correlation coefficient is used. The results of the findings are there is significant and positive relationship between emotional intelligence and mental health. Also the significant difference is found to male and female youths on Emotional Intelligence. Also the study is showing that there is a significant difference between male and female youths on Mental Health.

**Keywords-** *Emotional Intelligence, Mental Health, Youth.*