



# Influence Of Emotional Intelligence And Anxiety On The Achievements Of School Students

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## ARTICLE INFO

## ABSTRACT

This study explores the complex correlation between emotional intelligence (EI), anxiety, and academic performance in school kids. Emotional intelligence, which includes the capacity to identify, comprehend, and control one's own emotions, as well as the emotions of others, is now widely acknowledged as a vital element in educational environments. On the other hand, anxiety, which is frequently caused by academic pressure, social expectations, and performance concerns, can greatly hinder students' academic achievements. This research examines the relationship between different levels of emotional intelligence and anxiety levels in students, and how this interaction influences their academic performance, using a thorough analysis of current literature. This study examines the possibility of strong emotional intelligence to act as a protective barrier against the negative consequences of worry, hence reducing its influence on academic performance. In contrast, it investigates situations in which deficiencies in emotional intelligence worsen anxiety, resulting in reduced academic achievement. This research aims to offer significant insights for educators, politicians, and mental health practitioners by illuminating the intricate relationship between emotional intelligence, anxiety, and academic accomplishment. Gaining insight into these processes can guide the creation of focused interventions designed to cultivate emotional intelligence, decrease anxiety levels, and ultimately enhance academic performance for kids.

## Introduction

Emotional intelligence refers to the ability to recognize, understand, and manage one's own and others' emotional states (Mayer & Geher, 1996). Research has shown that this collection of abilities greatly affects many facets of life, including performance in the classroom. Students who score high on measures of emotional intelligence also likely to do well when faced with academic difficulties, according to the research. They have enhanced abilities to deal with pressure, express themselves clearly, understand and appreciate the feelings of others, overcome challenges, and discover answers. The likelihood of these students displaying superior problem-solving ability, self-regulation skills, motivation, and persistence is higher (Dulewicz & Higgs, 2000). Furthermore, academic achievement may be aided by emotional intelligence's key function in creating and sustaining social support networks. Students who are emotionally intelligent are also more likely to have appropriate coping mechanisms for managing test anxiety (MacCann et al., 2020).

## The Impact of Anxiety on Student Performance

Many students deal with anxiety, and it can affect how well they do in school. Anxiety, according to a plethora of research, can lower academic performance, concentration, and cognitive functioning. Anxious students may struggle with many academic activities, including taking tests, remembering information, and solving problems. They might also procrastinate more frequently and have trouble managing their time wisely. Students' motivation and self-esteem might take a hit when they suffer from anxiety, which in turn causes them to be less invested in school-related activities and less confident in their talents (Bernal-Morales et al., 2015).

## Correlation Between Emotional Intelligence and School Achievements

A high level of emotional intelligence is associated with better academic performance, according to the research. It is crucial to employ techniques to help students improve their emotional intelligence and control their anxiety because of the strong correlation between these two factors and academic achievement (Adeyemo,

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2012). Teachers can help students become more emotionally intelligent by implementing socio-emotional learning programs in the classroom. These programs cover topics such as self-awareness, relationship management, social awareness, and self-regulation. Students can learn to identify and control their emotions, develop empathy, and form strong bonds with their teachers and classmates through these activities. Children's ability to manage anxiety can be enhanced if schools incorporate stress-reduction and mindfulness activities into their curricula. Teaching students the habit of mindfulness can equip them with essential abilities to handle stress, boost their ability to concentrate and focus, and enhance their overall well-being. Additionally, to cultivate a positive and encouraging learning atmosphere, it is crucial to provide students with assistance and resources to aid them in overcoming challenges related to anxiety. Recognizing the connection between emotional intelligence, anxiety, and academic performance, educational administrators and instructors can work towards creating a nurturing and empowering learning environment that fosters the development of emotional intelligence skills necessary for academic achievement and effective anxiety control (AL-Qadri & Zhao, 2021).

### **Assessing the Effects of Anxiety on Educational Outcomes**

The effects of anxiety on learning and academic achievement can be substantial. Students may find it challenging to concentrate and recall knowledge due to a decline in cognitive functioning. Students' capacity to do well in school is already compromised when they suffer from worry, which can lead to sleep disruptions, exhaustion, and even physical health problems. There has to be a comprehensive strategy to tackle the impact of anxiety on academic performance (Erzen, 2017). Addressing the impact of anxiety on educational results requires the integration of mental health support services into the school setting. Individual and group treatment, together with tools for learning stress management and coping mechanisms, can be offered by mental health specialists and school counselors. Schools can improve their students' mental health and well-being, which in turn leads to better academic performance, by establishing a complete support system. Educators should not just offer mental health support but also be sensitive to their students' emotional needs while they are learning (Van Ameringen et al., 2003). Anxiety and poor academic performance can be mitigated by making the classroom a welcoming and accepting place for all students. Instructors can integrate relaxation techniques and mindfulness practices into their lessons by providing brief opportunities for students to practice deep breathing or follow a guided relaxation approach while in class. In addition, there can be a notable difference when parents and guardians are involved in helping their children with their mental health. To help parents understand the warning signs of anxiety in their children and how to meet their emotional needs at home, schools can host workshops and informational sessions. Schools can take a more comprehensive approach to helping children succeed academically and mentally by treating anxiety and fostering emotional intelligence (Brumariu et al., 2022). Schools may create an atmosphere that supports children's social and emotional growth in addition to their academic success if teachers, mental health experts, and parents all work together.

### **Emotional Intelligence as a Predictor of Academic Achievement**

Academic success is strongly predicted by emotional intelligence, which is defined as the capacity to identify, comprehend, and control one's own emotions and social relationships (Yahaya et al., 2012). Academic achievement is more common among students who score higher on measures of emotional intelligence, which are associated with enhanced problem-solving abilities, more robust interpersonal relationships, and more flexibility. Emotional intelligence also aids students in controlling their stress and anxiety, which keeps them interested in and productive in class. According to studies, a student's emotional intelligence is one of the most important factors in determining their level of academic success. Students that are emotionally intelligent not only do better in school, but they are also more resilient when things get tough (Zahed-Babelan & Moenikia, 2010). Their health, happiness, and achievement in and out of the classroom are all impacted by how well they handle stress and social situations.

Furthermore, emotional intelligence is not only a quality that certain children are born with; it can also be cultivated and improved via focused interventions and encouragement. By incorporating emotional intelligence development programs into the school curriculum, educators can provide students with the tools and skills necessary to strengthen their emotional intelligence. The four cornerstones of emotional intelligence—self-awareness, self-regulation, social awareness, and relationship management—can be included into these programs through various activities and exercises. High levels of emotional intelligence have been associated with favorable life outcomes such as improved mental health, stronger relationships, and professional success, along with academic achievement (Matešić, 2015). In order to ensure students' future success and happiness, it is crucial to cultivate their emotional intelligence. This will have a positive impact on their academic achievement as well.

School administrators and educators must also understand the importance of students' emotional intelligence, anxiety, and academic performance in relation to one another. When schools prioritize the emotional health of their students as a whole, they can foster an atmosphere where every kid feels respected, understood, and given the tools they need to thrive in school and in life. Schools can set the stage for a new generation of kids who are

emotionally resilient, successful in all areas of life, and emotionally intelligent if they prioritize the development of these skills and help children effectively manage anxiety.

### **Strategies to Enhance Emotional Intelligence and Reduce Anxiety in Students**

The effects of anxiety on academic performance can be substantial. Students' capacity to focus, remember what they've learned, and do well in school might be negatively impacted by severe anxiety. Not only do students confront difficulties in the classroom, but worry can also cause them to withdraw socially and isolate themselves, which worsens their health. Educators and school officials must take the initiative to combat anxiety in the classroom if they want to foster an atmosphere that is favorable to learning.

The following techniques can be put into place by educators and school officials to help kids develop emotional intelligence and decrease anxiety:

1. Include specific lessons or activities that teach students how to manage their emotions, empathize with others, and interact well with others as part of the school curriculum to help them develop emotional intelligence.
2. Make sure your pupils have plenty of chances to practice relaxation techniques like meditation and deep breathing to help them deal with stress and anxiety.
3. Encourage kids to talk about how they're feeling and ask for help when they need it by making the school a welcoming and accepting place.
4. Offer counseling services and support groups for students who may be experiencing heightened anxiety or struggling with emotional regulation.
5. Promote a positive and inclusive classroom culture that values and celebrates diversity, fostering empathy and understanding among students.
6. Implement peer mentoring or buddy systems, where older students serve as mentors to younger students, promoting social and emotional growth.
7. Encourage open communication between students, teachers, and parents to address any concerns or challenges related to emotional well-being and anxiety.

These measures can help schools foster an atmosphere where students can develop their emotional intelligence and feel less anxious.

### **Conclusion**

Eventually, it is critical to treat anxiety in the classroom if we want pupils to succeed academically and be healthy all around. Schools can create a supportive environment for students to succeed academically and emotionally by acknowledging the effects of anxiety on academic performance, incorporating mental health support services, encouraging emotional intelligence, and implementing strategies to decrease anxiety in the classroom. Educators and school officials can help every kid succeed and thrive by working together in a holistic way.

The ability to understand and manage one's own emotions as well as those of others, as well as strong social and empathic skills, are all components of emotional intelligence. The ability to identify and control one's own emotions, as well as those of others, and to successfully negotiate complicated social relationships, depends on all of these factors coming together. Emotional intelligence is a key component of academic performance since it determines how well students adjust to school, how actively they learn, and how well they get along with teachers and classmates. When faced with scholastic difficulties, research shows that students who score better on measures of emotional intelligence are more likely to persevere. Their resilience, concentration, and capacity to ask for help when they need it are all noticeably improved. Beyond the classroom, emotional intelligence impacts students' ability to build strong relationships, make good decisions, and articulate their emotions clearly.

In addition, there are a number of educational programs and support networks that help foster the development of emotional intelligence. Students can have more chances to practice self-reflection, empathy, and good communication when emotional intelligence development programs are a part of the school curriculum. Students can improve their chances of success in school and in life in general by working on developing these abilities. Emotional intelligence is crucial for kids' future happiness and success because of the influence it has on both academic achievement and personal development. People that are emotionally intelligent tend to be happier, have more satisfying relationships, and be more successful professionally. Educators provide the groundwork for students' academic, social, and professional success by highlighting the need of developing emotional intelligence.

Finally, school leaders and teachers must understand that anxiety, emotional intelligence, and academic success are all interrelated. Schools can better equip their students to overcome obstacles, ask for help when they need it, and reach their full potential if they cultivate an atmosphere that values emotional health. Teachers and principals can do a better job of supporting students' personal growth and academic success if they have a firm grasp on the role that emotional intelligence plays in the classroom. Schools have a unique opportunity to

help prepare the next generation for success in all areas of life by promoting emotional intelligence, reducing anxiety, and placing a premium on mental health.

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