

EMOTIONAL EDUCATION: A PRACTICAL APPROACH, IMPLICATIONS AND FUTURE DIRECTIONS

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ABSTRACT

This research study is an effort to draw attention to the fact that Emotional Intelligence can be taught to adolescents. This has been proved by conducting a Emotional Education Training Programme among 50 adolescents in a Government school in Kamrup Metropolitan District of Assam. Several studies have been done in the west to prove the beneficial effects of Emotional Education. In India such studies are few and in the North East it is almost unheard of. The researcher through this approach would like to emphasize the need to make Emotional Education compulsory in the school curriculum. Incorporating Emotional Education in the academic syllabus would go a long way in channelizing our youth towards a sound emotional and mental wellbeing which is required for life success. Culture specific Emotional Education curriculum needs to be developed and parents and teachers should also be included in the process.

KEYWORDS: Emotional Education, Emotional Intelligence, Adolescent, Social and Emotional Learning (SEL), Adolescence