

Emotional Intelligence, single mother preliminary study

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ABSTRACT

Emotional intelligence (EI) refers to the ability to recognize, understand, manage, and influence one's own emotions and the emotions of others. For a single mother, having strong emotional intelligence can be particularly beneficial in managing the challenges of raising children alone, balancing responsibilities, and maintaining personal well-being. Emotional Intelligence (EI), which encompasses Interpersonal, Intrapersonal, Stress Management, Adaptation and General Mood is crucial for successfully addressing these challenges. The aim of this study is to identify the domain Component of Emotional Intelligence among SINGLE MOTHER and develop EI training Program for them. Study design is Quantitative and 100 sampling involved. By addressing these challenges through the enhancement of emotional intelligence, SINGLE MOTHER especially in Sabah Province, Malaysia can help them achieve better life and emotional Well Being. Emotional intelligence for a single mother is a powerful tool that supports her ability to manage her own emotions while fostering a supportive and emotionally healthy environment for her children. It helps her build resilience, create deep emotional bonds, and navigate the complexities of single parenting with balance and confidence.

JEL Codes: I31, J12, D91

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