

Emotional Awareness among Junior College Students

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Abstract

Emotional awareness is a key to leading a happier and more fulfilling life. The junior college students face stress in the new atmosphere of college. It is essential to guide the students in the junior college to know their emotions and control their emotions, therefore the researcher tried to find out the level of emotional awareness among the girls in the junior college. For present study the researcher collected data from 100 girl students studying in FYJC in Junior Colleges of Commerce. The researcher has observed that the junior college girls can differentiate among their emotions but there are some students who can do it very well. Most of these girls had average level of emotional awareness.

Keywords: Emotional awareness, Junior College Students.

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