

RECOMMENDATIONS

Modern life is unpredictable and this study has been done since emotional intelligence (EI) is the need of the hour, both globally and nationally. Women are vulnerable in losing their jobs due to recession, as they are considered less skilled than men. This has led to uncertainty about their career leading to crises but emotional intelligence competencies can aid them to become self-employed. EI assists women who face displacement due to war, etc., by enabling them to become adaptable to their new surroundings. The inability to handle relationships and lack of tolerance have led to the increase in divorce rates. EI competency of empathy plays a defining role in creating strong bonds and reducing divorce rates. Suicide rates is on the rise and the major reasons behind it, especially in India, are family problems, mental illness, issues related to marriage, failure in examination and love affairs. Self-awareness and self-regulation can counter this problem. EI aids in relieving boredom by adding purpose to life. Social intolerance based on race, caste, gender, religion has led to social fragmentation and isolation. EI counters social isolation by bringing about social integration. Through this study, EI is found to be a life skill that debars ineptitude, generates emotional stability and supports the spirit of resilience within women.