

The competencies of emotional intelligence, individuals can learn may come into situations by which individuals; as such, can be more aware of emotional triggers that can instigate an angry violent responses, learn mental behavioural strategies tactics to manage one's own mental state during stressful situations, and pay greater attention be more attentive to the impact of everyday daily emotions on long-term moods and attitudes towards colleagues and others (Saville, 2006 as cited in Fiedler, 2011). Salovey and Mayer (1990) defined described emotional intelligence as "the subset of social intelligence which that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and use to this information to guide one's thinking and actions". Goleman (2001) argued argues that emotional intelligence determines the learning potential to learn of the practical skills that underline the competencies of self-awareness, self-management, social awareness, and relationship management or social skills. Such These emotional competencies assess the measure an individual's potential to achieve by the realization from learning and mastering the skills; and transforming the intelligence into on-the-job capabilities. The domains of self-awareness and self-management explain the clarify personal competencies in the awareness and management knowing and managing of one's emotions in oneself; while social awareness and social skills describe the social competencies in understanding knowing and managing emotions in others (Goleman, 2001).

Theory suggests that highly emotionally intelligent individuals individuals are experiencing higher psychological well-being (Salovey & Mayer, 1990). A six-factor model of psychological well-being washas been developed by Carol Ryff (1989) to measure multiple dimensions of the psychological well-being that which covered autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and as well as self-acceptance. The dimension of autonomy aspect describes an individual's the internal assessment locus of evaluation by an individual, whereby which he/ or she does not look to others for other's approval, but rather evaluates oneself by personal standards. The autonomy of oneself has been related to Several studies emphasize inge self-determination, independence, and the regulation of self-behaviour regulation were related to the autonomy of oneself (Ryff, 1989). From Ryff's model, Ryff and Keyes (1995) further explained from Ryff's model that an individual with the well-being of who possesses the wellness of environmental skills effectively mastery manages one's their life

and ~~the surrounding environments~~ surrounding world effectively. In particular, ~~the ability of an individual~~ is characterised by one's mental ability to choose or create environments suitable ~~for~~ ~~one's~~ ~~his or her~~ psychic conditions ~~is deemed as a characteristic of their mental health~~. Meanwhile, personal growth measures an individual's overall potential to ~~grow and~~ expand while actualise oneself, ~~to~~ realise one's potentialities, and ~~to be~~ openness to experience ~~in order to~~ ~~to~~ ~~function~~ fully ~~functioning~~ as an individual (Ryff & Keyes, 1995). ~~In this model,~~ Positive relations with others ~~represent in this model reflects~~ an individual, who expresses strong feelings of empathy and affection for all human beings; and ~~who is being~~ capable of greater love, deeper friendship, and more complete ~~connections~~ identification with others (Ryff, 1989). Purpose in life is well ~~expressed~~ ~~incorporated~~ with an individual who has goals, intentions and a sense of direction that contributes to a meaningful life (Ryff, 1989). Lastly, the ~~component of~~ self-acceptance ~~component~~ emphasises the importance ~~of maintaining to hold~~ a positive attitude ~~towards~~ oneself, which ~~can be a fundamental~~ ~~may emerge as a central~~ characteristic of positive psychological functioning. The ~~greater~~ ~~higher~~ the sense of self-acceptance, the more ~~positivity~~ an individual possesses ~~a positive attitude~~ towards oneself; ~~the more one~~ acknowledges and accepts multiple aspects of oneself; and ~~the more one~~ feels positive about ~~his or her~~ past life (Ryff & Keyes, 1995).

~~Literature e~~ ~~Evidences in the existing literature~~ has ~~shown~~ ~~proved~~ ~~the a positive correlation~~ ~~between that~~ emotional intelligence ~~and is positively correlated to~~ psychological well-being ~~of among employees at work~~ ~~workers in the workplace~~. Adekunle (2017), ~~who~~ studied 276 police officers in Ibadan, Oyo State, Nigeria, ~~and~~ revealed ~~that emotional intelligence has a~~ positive relationship ~~between emotional intelligence and with~~ psychological well-being among police officers. Irshad (2015) ~~has~~ also found that emotional intelligence has ~~significant~~ positive ~~significant~~ effects on the dimensions of psychological well-being examined among 150 medical students ~~at of~~ public and private colleges. A study ~~of n~~ 800 bank professionals in Iran by Ahmadi, Azar, Sarchoghaei, and Nagahi ~~et al.~~ (2014) ~~indicated~~ ~~indicates~~ that emotional intelligence has a significant positive impact on ~~employees' the overall~~ psychological well-being ~~of employees~~. ~~This is supported by~~ Rathnakara (2014), ~~who~~ also ~~emphasized~~ ~~highlights~~ ~~the same~~ ~~this concept~~ in his study on public and private sector executives. Meanwhile, Raina and Bakhshi, (2013) ~~have~~ identified that emotional intelligence predict ~~sed~~ the overall- ~~index~~ and each index of eudaimonic well-being among professionals. Furthermore, ~~the hypothesis that emotional intelligence is related~~

to the well-being of college students is supported by Burrus, et al. Betancourt, Holtzman, and Minsky (2012) supported the hypothesis that emotional intelligence is related to the well-being of their study on 131 college students. Additionally, Carmeli, Yitzhak Halevy, and Weisberg et al. (2007) have also discovered that 300 employees working in five different organizations (namely, financial institutions, the court of justice, defense industry, advertising firms, and software companies) demonstrated higher psychological well-being when they possessed a high level of emotional intelligence.