

## Emotional Intelligence and Its Relation to the Stressors of Life among King Saud University Students

**Authors :** Abdullah Ahmed Alzahrani

**Abstract :** The aim of current study is to identify more life stressors, and the dimensions of emotional intelligence prevalent from the point of view of male and female students at King Saud University. Also, it comes to identify the relationship between emotional intelligence and the nature of life stressors faced by students at King Saud University. The Study tries to identify the differences in emotional intelligence and life stressors for students of King Saud University, which attributed to sex, age, grade point average, and the type of study scientific, literary The study sample consisted of 426 male and female students at King Saud University. The results shows that there are significant differences between emotional intelligence and life stressors faced by students at King Saud University. It turns out that there are differences in emotional intelligence between males and females in favor of females; While there are no differences in both the type of study and age. Finally, the study shows that there are differences of stressors in a lifetime for the age group between 19-25; While there are no differences in both type the type of study.

**Keywords :** emotional intelligence, life stressors, gender, students

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