

## Special Issue

# Emotional Intelligence and Psychological Well-Being in Children and Adolescents

### Message from the Guest Editors

Emotional intelligence (EI) is generally understood as the disposition to perceive, understand, and regulate our emotions, both within ourselves and in our interactions with others. While EI is not a new concept, it remains a dynamic and evolving construct, especially as it is increasingly being studied in the contexts of childhood and adolescence. In psychology, empirical studies highlight EI's adaptive role in promoting psychological well-being and the quality of interpersonal relationships. High levels of emotional self-efficacy are linked to fulfilling relationships with peers, family members, and adults and have predictive value in addressing deviance, mood disorders, and behavioral problems, including social maladjustment, substance abuse, and bullying. The growing body of evidence underscores the importance of assessing EI to inform appropriate interventions for preventing and treating youth distress and to support the development of emotional competence during childhood and adolescence. With this Special Issue, we invite submissions of articles that explore the relationship between EI and psychological well-being in children and adolescents.

### Guest Editors

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### Deadline for manuscript submissions

15 December 2025



## Behavioral Sciences

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#### Editor-in-Chief

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