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 El 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 El'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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With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: https://www.mdpi.com/journal/behavsci. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

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