

## EMOTIONAL INTELLIGENCE: A REVIEW

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### ABSTRACT

*The development of emotional maturity as a theory is traced in this article, which also includes a literature assessment. It goes through the many ideas and views about emotion and cognition, as well as how the theory of emotional maturity came to be. It also covers the three main models of emotional maturity, their contributions to the theory, and a short assessment of how the theory may be improved in the future.*

**KEYWORDS:** *Acceptance, Emotional Intelligence, Expression, Improvement, Feeling.*

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