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The Impact of Emotional Intelligence and Time Management on Academic Stress the Mediating Role of Coping Strategies and Moderating Role of Social Support

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KEYWORDS	ABSTRACT
Emotional Intelligence, Time Management, Academic Stress, Coping Strategies, Social Support.	This research investigates the influence of emotional intelligence and time management on academic stress, exploring the mediating role of coping strategies and the moderating role of social support. A quantitative research design was employed, grounded in a positivist research philosophy. Data were collected from 300 university students using a structured survey questionnaire. Convenience sampling was used to select participants. Statistical analysis was conducted using SPSS and Smart PLS SEM. The findings reveal that emotional intelligence significantly reduces academic stress by enabling students to manage their emotions effectively in challenging situations. Time management also emerged as a critical factor in mitigating stress, as students who plan and prioritize effectively experience lower levels of academic pressure. Coping strategies were found to mediate the relationship between emotional intelligence, time management, and academic stress. Social support was identified as a moderating factor, enhancing the positive effects of emotional intelligence and time management on reducing academic stress. The study highlights the importance of emotional intelligence, time management, and social support in alleviating academic stress.
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