

## Effect of Emotional Behaviour on the Life Cycle of Human Beings: A Review

Sagar Kumar Jha\*, Kriti Sharma\*\*, Gaurav Pandey\*\*\* & Sumant Swain\*\*\*\*

\* Associate Manager, Give India, ORCID Id: <https://orcid.org/0009-0007-3735-8857>

\*\*PGDM student, International Institute of Health Management Research, New Delhi, India.

ORCID Id: <https://orcid.org/0009-0002-0285-1960>

\*\*\*Program Officer, JSI (John Snow, Inc.), ORCID Id: <https://orcid.org/0000-0003-1563-1780>

\*\*\*\*Assistant Professor, International Institute of Health Management Research, New Delhi, India.

ORCID ID: <https://orcid.org/0000-0003-2513-1739>

### ABSTRACT

**Background:** Emotions are an inherent aspect of the human condition, encompassing the experience and expression of feelings. However, there are discernible patterns in emotional response and development that vary across the lifespan. Emotions are crucial to a normal existence, yet their management is paramount. Emotional regulation is vital to well-being as it informs about what is relevant and guides actions. This paper aims to identify the diverse factors influencing emotional behaviour throughout the human lifespan, including stress, anxiety, anger, fear, happiness, mental pressure, and more. **Methods:** PRISMA-compliant review is being conducted. Online free web search platforms that make it easier to find scholarly and scientific research include Google Scholar, Pub Med, and Research Gate were used for this review paper. **Results:** Every individual possesses unique psychological characteristics, such as intelligence, emotional maturity, motivation, adaptability, self-concept, self-efficacy, and susceptibility to depression, anxiety, and stress, which impact their behaviour. **Conclusion:** Emotions are crucial for wellbeing, influencing individual conduct and learning techniques. Understanding psychological aspects is essential for successful education, as it helps identify needs and guide action.

**Keywords:** Depression, Anxiety, Stress, Emotional intelligence, emotional maturity, creativity, motivation, adjustment, self-concept, and self-efficacy.

### BACKGROUND

Emotions have a significant role in every aspect of an individual's life, from the day they are born to the day they pass away. They focus attention on crucial elements that should be remembered, get the body ready to move, and guide judgments and actions. Emotions are human reactions to events or circumstances. The situation that creates the emotions influences the type of emotion a person will experience. For example, someone is

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#### Address for correspondence :

Dr Sumant Swain, Assistant Professor, International Institute of Health Management Research, New Delhi, India.

E-Mail ID: [sumant@iihmrdelhi.edu.in](mailto:sumant@iihmrdelhi.edu.in)

ORCID ID: <https://orcid.org/0000-0003-2513-1739>

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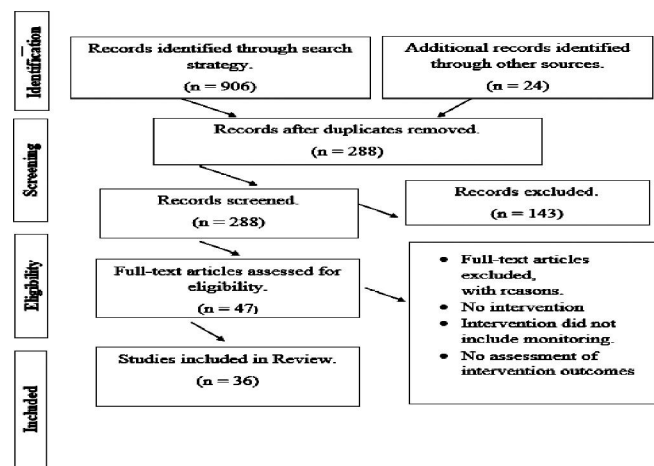
overjoyed when they receive good news. When someone is in danger, they become afraid. <sup>2</sup>Emotions have a tremendous impact on people's everyday routines. People make choices by their emotions, such as happiness, fury, sadness, boredom, or irritation. They choose interests and activities based on their sentiments. Understanding emotions can make life simpler and steadier to manage. In everyday life, terms such as emotions, feelings, and mood are implemented. Emotions are reactions to stimuli and the feelings that arise as a result. People experiencing the same emotion may feel completely different things based on how the situation is viewed, which influences the emotion. <sup>(3)</sup>When dising parents, emotions can vary due to differing perceptions. Anger may be perceived as frustration, while rage may be dominant. Mood refers to transient emotional experiences and identifying the cause of a mood can be challenging. For example, a person might feel good about their situation but may be depressed for days without knowing why. Emotions can affect human health and can be influenced by evident things or external factors. According to research, <sup>(4)</sup> persistent dread can result in anxiety, which has been linked to inflammation and a compromised immune system. Chronic depression is associated with worse physical health, but happiness is associated with a longer lifetime. <sup>(5)</sup>Anger is linked to unhealthy habits like smoking and conditions like heart disease. <sup>(6)</sup>It is healthy to experience a range of emotions, but one should learn how to express them well to prevent them from harming your health.

A rich mental life can be given to the agents via emotional behaviours, which can also foster empathy and drama. <sup>(7)</sup>According to authors Don Hockenbery and Sandra E. Hockenbury, an emotion is a complex psychological state that consists of three unique elements: an internal experience, a bodily reaction, and a behavioural or expressive reaction. Emotional activity can have a beneficial or negative impact on a person's life. Joy and excitement are two emotions that are more likely to make someone more motivated to repeat the conduct in the future. Human want to feel joy, pride, contentment, or triumph in their accomplishments and achievements. The motivation to learn about a subject or complete a task will also improve if the subject or task is interesting. Frustration and other negative emotions, on the other hand, lower motivation. Awareness of impacts allows for better communication, understanding, and bonding with others, enhancing

personal and professional interactions and fostering stronger bonds. This article provides insight into various situations that arise during the life cycle of humans and their impact on human life.

## MATERIALS AND METHODS

The present synthesis was based on a review following the PRISMA guidelines. The procedures that were followed are described below and outlined. Google Scholar, PubMed, and Research Gate are popular searchengines that facilitate the discovery of academic and scientific research. This study adopts a descriptive research approach and focuses on investigating various aspects related to emotional behaviour in mental health disorders.



## RESULTS

**Depression, anxiety and stress in modern life :** In today's demanding workplace, anxiety, despair, and stress etc all are increasing. The level of mental suffering is the same for people from all backgrounds and locations worldwide. The disruption of the people's daily routine has made them feel more agitated, apprehensive, and unhappy. Anxiety is characterised by an excessive degree of concern and fear about some aspect of ordinary life, whereas depression is a type of illness that affects how someone feels and thinks. <sup>(8)</sup> Mental health is one of the most important health indicators that increases morbidity. One in eight individuals, or 970 million people worldwide, had a mental disorder in 2019, according to research from the World Health Organisation (WHO), with anxiety and depressive disorders being more common. Due to the COVID19 pandemic, there were significantly more people suffering from anxiety and depression disorders in 2020. <sup>(9)</sup> The majority of persons suffering from mental illnesses do not have access to effective methods of

prevention and treatment. Human right breaches, racism, and stigma are also widespread. Anxiety disorders are characterized by excessive dread, worry, and aberrant behaviours. The four forms of anxiety disorders are separation anxiety disorder, panic disorder, social anxiety disorder, and generalised anxiety disorder. Excessive worry is an indicator of generalised anxiety disorder; panic episodes are a feature of panic disorder; fear and worry in social circumstances are a sign of social anxiety disorder; and separation anxiety is a characteristic of separation anxiety disorder. There are effective psychological interventions available, and medicines may also be considered depending on the patient's age and severity. Anxiety disorders affected 301 million people in 2019—58 million of them were adolescents and teens. <sup>(9)</sup> Depression is not the same as a brief emotional reaction to issues in daily life or typical mood fluctuations. A period of depression lasts for a minimum of a couple of weeks and is characterised by a person's low mood (they may feel empty, irritable, or unhappy) and loss of interest in activities. Other symptoms may include difficulty focusing, feelings of excessive guilt or low self-worth, hopelessness for the future, thoughts of suicide or death, changes in food patterns, sleep disturbances, and a general lack of energy. Globally, there were 280 million people suffering from depression in 2019 <sup>(7)</sup>, including 23 million children and teenagers, revealing that just 2.5% of people believed people might fully recover from significant mental diseases, whereas 54.5% of people will visit a medical practitioner if they experience any mental ailment. <sup>(10)</sup> Individuals with mental health illnesses experience widespread prejudice, challenges, and mis-understandings regarding mental health care in society. Even though it is misunderstood and underestimated, mental health is essential for world development. Due to stigma and discrimination, very few people have access to counselling, despite the fact that many mental health issues may be adequately treated for a low price.

### **EMOTIONAL INTELLIGENCE AND EMOTIONAL MATURITY AS GUIDES**

Emotional intelligence is defined as the ability to recognise, appraise, and control one's own emotions as well as the emotions of other people and groups. It can also be referred to as a skill. Beings with strong emotional intelligence are very aware of themselves and exhibit understanding for others. They are approachable, adaptable, and optimistic. Interestingly, the concept of emotional intelligence is relatively recent, gaining popularity after the publication of Daniel Goleman's

book, "Emotional Intelligence: Why It Can Matter More Than IQ," in 1995. By cultivating their emotional intelligence, individuals can enhance their productivity and success in various endeavours while also assisting

others in achieving the same. <sup>(11)</sup> The method and results of building emotional intelligence also include a number of elements that are proven to lower stress levels in both people and organisations, including resolving conflicts, building connections and understanding, and advancing harmony, stability, and continuity. Moreover, emotional intelligence is strongly linked to the concepts of love and spirituality. Over the past two decades, the nature of work in most organizations has undergone significant transformations. While there are notable changes such as a reduction in hierarchical management structures and less autocratic management styles, the shift has also been towards knowledge-based and team-oriented roles that prioritize client satisfaction. This evolution has granted individuals greater autonomy, even at lower organizational levels. <sup>(12)</sup>

As modern organizations continuously seek to enhance their performance, they have come to recognize the tangible benefits that arise from higher emotional intelligence. These advantages include increased sales, improved recruitment and retention rates, and more effective leadership. Consequently, organizations now value emotional intelligence to improve overall outcomes.

As a result, the criteria for success in the workplace have also evolved. Employees are evaluated not only based on their intelligence, training, and expertise but also on their ability to manage themselves and work well with others. Personal qualities like perseverance, self-control, and interpersonal skills have a strong influence on how individuals are assessed. Increasingly, these new yardsticks are employed to make decisions regarding hiring, retention, promotion, and even dismissals within organizations. <sup>(13)</sup>

Emotional intelligence and emotional maturity are two different yet related concepts. Emotional intelligence refers to the ability to understand, express, and control one's emotions. It involves perceiving and discerning emotions in oneself and others, using this information to guide thoughts and actions. Emotional maturity, on the other hand, involves effectively managing emotions and taking responsibility for one's behaviour. It is not about suppressing emotions but rather expressing them in a constructive manner. Emotional maturity is not solely dependent on age but encompasses the ability to

adapt, be flexible, and exhibit responsible behaviour. While emotional intelligence is a prerequisite for emotional maturity, the latter focuses on the application of emotional knowledge in behaviour.

**THE IMPACT OF CREATIVITY ON HUMAN LIFE-**

Creativity involves creating original and adaptive products, but it also requires their usefulness and novelty. The Four C Model of creativity suggests that creativity ranges from mini-c (personally meaningful), little-c (everyday creativity), Pro-c (professional creativity), and Big-C (eminent creativity). (14) Both novelty and usefulness are essential for creativity to be considered. There is a symbiotic relationship between creativity and wellbeing, according to studies. One study showed that happiness encouraged creativity, and the other found that happiness encouraged creativity. (15) (16) To assess the dynamic qualities of creativity, many different criteria have been provided. Divergent thinking is one of the predictors of creative achievements. (17) Positive emotions, such as joy and hope, facilitate cognitive flexibility and creativity, as individuals feel safe to explore new ideas without fear. Studies have shown that positive moods contribute to the broadening of cognitive processes and acceptance of new information. The correlation between subjective well-being and self-perceived creativity is positive, while subjective well-being is negatively associated with self-perceived stress. Similarly, self-perceived creativity is negatively linked to self-perceived stress. Additionally,

fostering creativity can positively influence well-being and contribute to personal growth and development.

Ref'': -[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8305859\(18\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8305859(18))

Note. SWLS = Satisfaction with Life Scale, SPANE = Scale of Positive and Negative Experience, SWB = subjective well-being, SPS = self-perceived stress, SPC = self-perceived creativity. \*\* p< 0.01, \*\*\* p< 0.001.

To investigate the association between numerous parameters and subjective well-being, a hierarchical multiple regression analysis was performed. The analysis consisted of two steps. In the first step (Model 1), gender (with males as the reference category), race (with Chinese as the reference category), religion (with Christians as the reference category), and self-perceived stress was assessed as independent variables. In the second step (Model 2), self-perceived creativity was added as an additional independent variable.

Model 1 was statistically significant, F (8, 247) = 21.65, p 0.001, explaining 41.2% of the variance in subjective well-being (adjusted R-square = 0.393). However, only self-perceived stress exhibited a significant connection with subjective well-being, with a standardised coefficient ( ) of -0.64, SE = 0.099, t = 12.84, p 0.001. The 95% CI for the coefficient ranged from -1.46 to -1.07.

Model 2 was equally significant, with F (9, 246) = 21.93, p 0.001, explaining 44.5% of the variance in subjective well-being (adjusted R-square = 0.425). The addition of self-perceived creativity resulted in a statistically significant change in R-square (R2) of 0.033 (F (1, 246) = 14.61, p 0.001). Importantly, self-perceived creativity had a positive connection with subjective well-being after controlling for demographic characteristics and self-perceived stress, with a standardised coefficient ( ) of 0.20, SE = 0.068, t = 3.82, p 0.001. The coefficient's 95% confidence interval (CI) ranged from 0.13 to 0.39.

**ATTACHMENT IS AN ASPECT OF HUMAN LIFE**

Ever found yourself in a bad relationship? Strong tools for establishing healthy personal and professional boundaries are provided by attachment theory. Understanding attachment coping mechanisms is crucial for managing emotions, creating a supportive work environment, and ensuring the wellbeing of your team. (19) Attachment theory illuminates strengths and weaknesses by providing insight into emotional

Means, Standard Deviations, Correlation, and values of Skewness and kurtosis Among Variables for Study 1.

Variables	1	2	3	4	5	6
<b>Undergraduate Students</b>						
1.SWLS	(0.83)					
2.SPANE-Positive	0.40 ***	(0.84)				
3.SPANE-Negative	-0.30 ***	-0.44 ***	(0.87)			
4.SWB	0.79 ***	0.77 ***	-0.74 ***	-		
5.SPS	-0.37 ***	-0.49 ***	0.62 ***	-0.64 ***	(0.80)	
6.SPC	0.24 ***	0.33 ***	-0.12	0.30 ***	-0.19 **	(0.92)
M	21.30	22.27	17.15	26.43	19.44	52.01
SD	5.77	4.26	4.82	11.35	5.70	8.57
Z <sub>Skewness</sub>	-0.83	0.02	1.26	-1.03	1.34	-0.63
Z <sub>Kurtosis</sub>	-0.90	-2.02	-0.37	-0.10	1.37	2.56
<b>Working Adults</b>						
1.SWLS	(0.87)					
2.SPANE-Positive	0.31 ***	(0.85)				
3.SPANE-Negative	-0.31 ***	-0.37 ***	(0.87)			
4.SWB	0.78 ***	0.69 ***	-0.74 ***	-		
5.SPS	-0.39 ***	-0.47 ***	0.57 ***	-0.63 ***	(0.77)	
6.SPC	0.34 ***	0.35 ***	-0.23 ***	0.41 ***	-0.31 ***	(0.90)
M	23.35	22.19	15.19	30.35	17.91	54.20
SD	5.35	3.71	4.42	10.042	5.061	6.77
Z <sub>Skewness</sub>	-4.02	1.48	2.10	-1.52	-2.81	0.64
Z <sub>Kurtosis</sub>	1.67	-1.65	0.87	1.51	2.08	2.09

connections with others and the underlying motivations behind ideas and expectations about relationships. <sup>(20)</sup>

Three broad groups typically describe our attachment styles: Be careful, Fearful-ambivalent and Unfriendly.

However, individuals use the hyper activating and deactivating sub-strategies within each attachment style to deal with attachment-related stress. In a nutshell, human either become detached and dependent or attached and needy. An anxious, obsessed attachment style employs hyper activating techniques. If they get too fixated and concerned about particular relationships, these people are frequently insecure and require continual reassurance. These actions may come across as obnoxious or clinging, putting pressure on relationships, and adding to the cycle of stress and worry.

On the other side, people with a dismissive avoidant attachment type employ deactivation technique. These individuals frequently avoid emotional closeness by seeming emotionally aloof or dismissive because they are afraid of vulnerability and intimacy. They may appear to push people away because they value independence and self-reliance. Lack of emotional connection with others may cause tension, stress, isolation, and loneliness to fester. <sup>(21)</sup>

When determining the underlying causes of emotional tensions and suffering in business contexts, attachment theory is extremely pertinent. By fostering a safer, more encouraging, and more productive workplace, this may help teams get off to a respectful start when it comes to collaboration and communication as we grow to recognise the different attachment styles of those around us. Those who have an anxious or insecure attachment style could benefit from learning self-soothing skills and emotional regulation. Relationships with co-workers and superiors can become more solid and fruitful when wants and sentiments are expressed. <sup>(21)</sup>

For those who have an avoidant or dismissive attachment style, developing understanding and empathy may be beneficial. Being vulnerable and expressing one's emotional needs can strengthen relationships and establish trust. As more people recognise that this is an bonds growing stronger. <sup>(22)</sup>

### **CONSISTENT ATTACHMENT RELATIONS FROM CHILDHOOD TO ADULTHOOD.**

The relationship between initial experiences with attachment and the attachment patterns of adults has been

investigated in retrospective investigation. Hazan and Shaver (1987) discovered that adults who had secure romantic relationships tended to remember their childhood connections with their parents as loving, caring, and welcoming. These findings, along with similar research by Feeney and Noller (1990), suggest the association between attachment styles in the child-parent area and those in intimate relationships is only moderate.

These findings have notable consequences for adult attachment theory. According to some researchers, the theory's most essential assumption is that the bonding framework, which was designed for babyhood, continues to influence actions, emotions, and perception throughout adulthood. <sup>(23)</sup> This is true whether or not individual differences in the organisation of the attachment system stay constant over an extended period of time and across different types of personal connections.

Attachment theorists propose social and cognitive mechanisms that imply consistency across different kinds of attachments may be the norm instead of the special case. However, depending on how they are conceptualised, these processes can anticipate both long-term continuity and discontinuity. <sup>(24)</sup> Fraley (2002) discussed two attachment theory-derived continuum models that make distinct predictions about long-term stability, despite being based on the same theoretical principles. According to these ideas, early experiences with carers shape individual differences in attachment representations, which in turn affect the quality of subsequent attachment experiences.

According to the first model, representations that already exist are continuously updated and modified in light of new information, eventually replacing earlier representations. This model forecasts a long term stability of individual differences approaching zero, according to mathematical calculations. The second model, while identical to the first, assumes that representational models developed during a person's first year of life are preserved and continue to influence their relationship behaviour. The investigation of this model reveals that long-term stability can approach a non-zero limiting point.

The important thing to remember here is that developmental models based on the concepts of attachment theory can forecast the long-term sustainability of variations among individuals rather

drastically. As a result, rather than being a theoretical assumption, a presence of longevity should be regarded as an empirical inquiry.<sup>(22)</sup>

### LIFE IS BETTER WITH ADJUSTMENT

Adjustment is an ongoing and lifelong process that involves adaptation, achievement, and compromise. It is crucial for living a happy and fulfilling life as it establishes a harmonious relationship between individuals and their environment. Throughout the course of human life, numerous physical, psychological, behavioural, cognitive, and emotional changes occur. Personal and emotional adjustment can be considered satisfactory when an individual's needs are met through socially acceptable patterns of behaviour.<sup>(25)</sup> Psychology defines adjustment as the behavioural process through which individuals and living beings find a balance between conflicting demands or goals and the constraints imposed by their environments.<sup>(26)</sup> Emotions play a significant role in a child's attitudes and behaviour, and uncontrolled emotional reactions can hinder their ability to make decisions and behave freely.

In society, individuals are constantly influenced by others' opinions and judgments, driven by their desire for acceptance and appreciation. Social adaptability is demonstrated when individuals successfully adhere to societal norms, values, and regulations, becoming recognized members.<sup>(27)</sup> Social adjustment is crucial in individual lives as it helps maintain balance in interpersonal relationships through the effective use of social skills. Psychologists study the adjustment process to understand individuals based on their behaviours. Those who are satisfied with their lifestyles and have their needs and desires fulfilled tend to experience greater enjoyment in life and achieve emotional stability.

### THE KEY TO SUCCESS IS SELF-CONFIDENCE

Self-confidence is recognized as a powerful motivator and behavioural regulator in people's daily lives.<sup>(28)</sup> Extensive study indicates that one's impression of ability or self-confidence is a critical aspect in achieving one's goals.<sup>(29)</sup> While some use the terms self-confidence and self-esteem interchangeably, others differentiate self-esteem as a measure of self-worth and self-confidence as belief in one's competence and abilities.<sup>(30)</sup> Women often face challenges due to gender stereotypes that portray men as confident and women as uncertain, despite being aware of these stereotypes from an early age.<sup>(31)</sup>

Self-confidence alone is not sufficient for motivation. It represents a judgment of one's capabilities to achieve a particular goal and should be considered within the broader framework of motivation that provides the context for the desired outcome. Sustaining confidence can be challenging as it can fluctuate, but it empowers individuals to pursue their aspirations and goals. Confidence is not a motivator but must be understood within a broader motivation framework that defines the goal context, as it is a judgment of one's abilities to achieve a specific objective. According to Bandura, a person may possess the necessary skills and strong self-beliefs but lack the motivation to utilize them.

The image depicts the relationship described by Bandura's theory between confidence information, confidence expectations, and behaviour and cognition patterns.

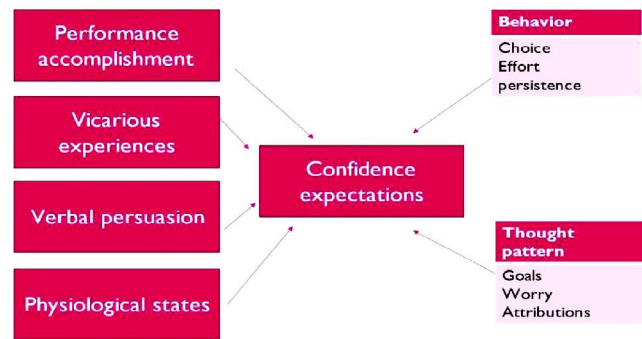


Fig: 1 Relationship between sources of confidence information, confidence expectations, and behaviour/thought patterns.<sup>(32)</sup>

The research of a case focuses on Ms. Vidyambirajan's path as an entrepreneur who used obstacles to drive her success in the automotive industry.<sup>(33)</sup> Despite coming from the scientific field, she found the strength to confront societal expectations, difficulties, and business owners' fears. However, her self-assurance, dedication, and hard work have helped her become a successful woman entrepreneur today.<sup>(34)</sup> The population has a high level of self-confidence, which shows that the belief in oneself and have knowledge of their own strengths and weaknesses. They adopt a positive attitude and feel acceptance of their own talents. It proved that people had high levels of emotional intelligence and control. People were found to have high levels of self-drive, understanding, and interpersonal abilities, indicating that they are aware, empathetic, and cognizant of their ideals, aspirations, and other decisions. Self-confidence is a demeanour related to Emotional Intelligence.<sup>(32)</sup>

## DISCUSSION

The article presents a thorough examination of the multifaceted role emotions play in human life, covering aspects such as mental health, creativity, attachment, adjustment, and self-confidence. The discussion skilfully weaves together psychological theories, empirical research, and practical examples to provide a holistic perspective on the intricate relationship between emotions and various life domains. The importance of emotions in guiding attention, influencing decision-making, and shaping behaviour is emphasized. The article highlights the interconnectedness of emotions, feelings, and mood, underscoring the need for effective expression to prevent potential harm to one's health. This foundational understanding sets the stage for the subsequent exploration of specific areas where emotions significantly impact human experience.

The discussion on depression, anxiety, and stress in modern life brings attention to the global rise in mental health issues, especially in the context of the COVID-19 pandemic. The statistics from the World Health Organization (WHO) serve as a stark reminder of the prevalence of mental health disorders and the challenges associated with access to treatment. This section underscores the urgency of addressing mental health on a global scale.

The exploration of emotional intelligence and emotional maturity as guiding principles in personal and professional life aligns with contemporary organizational dynamics. The article effectively communicates the tangible benefits of emotional intelligence in the workplace, such as increased sales and improved leadership. The evolving criteria for success in the workplace, emphasizing personal qualities like perseverance and interpersonal skills, reflect the dynamic nature of professional evaluations.

The discussion seamlessly transitions to the impact of creativity on human life, emphasizing the symbiotic relationship between positive emotions and cognitive flexibility. The incorporation of research findings provides empirical support for the assertion that positive moods contribute to the broadening of cognitive processes. This section serves as a valuable contribution to understanding the psychological underpinnings of creativity.

Attachment theory emerges as a pivotal concept in understanding relationships and emotional coping

mechanisms. The article categorizes attachment styles and explores how individuals with different styles deal with stress. The relevance of attachment theory in the workplace is a noteworthy highlight, emphasizing the importance of recognizing and accommodating diverse attachment styles for effective collaboration.

The section on consistent attachment relations from childhood to adulthood introduces a retrospective view, challenging the assumption of long-term stability. The inclusion of attachment theory-derived continuum models adds depth to the discussion, emphasizing the need for empirical inquiry and questioning the theoretical assumptions surrounding attachment styles.

The concept of adjustment is explored in-depth, emphasizing its ongoing and lifelong nature. The article effectively communicates the role of adjustment in establishing a harmonious relationship between individuals and their environment. The discussion on social adaptability highlights the importance of maintaining interpersonal balance through effective social skills.

The discussion concludes with a focus on self-confidence as a powerful motivator in individuals' daily lives. The differentiation between self-confidence and self-esteem adds nuance to the understanding of these constructs. The case study of Ms. Vidyanambirajan serves as a practical illustration, reinforcing the idea that sustained confidence empowers individuals to overcome obstacles and achieve success.

## CONCLUSION

In conclusion, response and expressivity patterns exist, and the life cycle of emotional development has its own traits. There is no such thing as a normal life without emotions, which are crucial to one's wellbeing. The most crucial factor, though, is how we handle our emotions. Because it informs us of what is relevant to us, emotion is crucial for wellbeing. They identify needs and offer guidance for action. Every individual is different, and their conduct is influenced by a wide range of psychological factors, including their intelligence, emotional maturity, motivation, adaptability, self-concept, self-efficacy, and sensitivity to depression, anxiety, and stress. Furthermore, the only certain techniques to educate successfully and effectively involve demonstrating interest and passion. The most crucial element in successful learning is interest. Thus, understanding various psychological aspects and their significance to human life is crucial.

Attachment-related stress can influence our emotions and conduct. Understanding and correcting hyperactivating and deactivating ways can improve personal and professional interactions, resulting in more secure and happy partnerships.

The purpose of social adjustment is to attain equilibrium in interpersonal relationships, which is typically accomplished through the effective use of social skills. Emotional Intelligence is characterised by self-assurance. As a result, training in self-confidence and emotional skills should be provided at every stage, as this will help to give a positive progress in life and will effect future employment and social performance in the workplace.

1. Emotional Intelligence Training: Implement programs in schools, workplaces, and communities to develop self-awareness, empathy, and communication skills.
2. Mental Health Support: Expand access to therapy and support to address anxiety, depression, and stigma around mental health.
3. Promote Creativity: Encourage creative expression in education, work, and leisure, recognizing its positive impact.
4. Attachment-Informed Relationships: Use attachment theory to nurture secure and supportive personal and professional bonds, teaching emotional regulation and empathy.
5. Adjustment and Adaptation: Promote resilience and coping skills for effective life navigation.
6. Boost Self-Confidence: Provide skill-building, mentorship, and recognition to foster self-assurance and challenge gender stereotypes.
7. Holistic Approach: Recognize the interplay of emotions, mental health, creativity, attachment, adjustment, and self-confidence. Promote collaboration across sectors for comprehensive well-being initiatives.

Promoting emotional intelligence, mental health, creativity, attachment styles, adjustment, and self-confidence can foster healthy individuals, supportive relationships, and thriving communities for a harmonious human experience.

## AUTHOR CONTRIBUTIONS

SKJ, KS, GP conceptualized the study, collected information, reviewed articles, and drafted the manuscript. SS drafted, edited, and reviewed the manuscript. All the authors provided critical input on the paper and approved the final draft.

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