

# THE IMPACT OF USING ENRICHMENT PROGRAM IN DEVELOPING EMOTIONAL INTELLIGENCE OF UNIVERSITY STUDENTS

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*Abstract\_ Many studies have shown that emotional intelligence, which refers to the individuals' ability to understand their emotions and the emotions of others, and the ability to manage such emotions, contributes 80% of the individuals success. Emotional intelligent are more capable of coping with stress, more satisfied about life, achieving more than others, more successful in their jobs, and less suffering from abnormal behaviors and mental disorders.*

*The purpose of the current study is to investigates the impact of using an enrichment program in developing emotional intelligence of university students contains training on Emotional cognition, Managing self emotions, Regulating others emotions.*

*The hypotheses of the study are:*

*1- There are statistical significant differences between pretest and post test of the experimental group to the pre test at emotional intelligence test.*

*2- There are statistical significant differences between the control group and the experimental group to the control group in the posttest of emotional intelligence test.*

**Keywords:** *Enrichment Program, Emotional intelligence.*