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ABSTRACT

1. Emotional Intelligence is the product of both popular culture and scientific research and given the complex nature of human behavior. Emotional Intelligence can be broadly categorized into two types such as: Mixed models which discuss it as personality and ability models as a part of the broader context of human behavior. The aim of this research was to determine that Emotional intelligence has an impact on Self-Efficiency when considering the military leadership of Sri Lanka Army. The result of the study aims to derive recommendations to incorporate Emotional Intelligence to uplift the Self-Effectiveness of leaders of the Sri Lanka Army. In this context, problem for this study is to identify what are the factors of emotional intelligence and how they affect the self-efficiency and leadership effectiveness of the Sri Lanka Army.

2. The methodology used as a piece of this exploration was the quantitative research procedure. The picked tests even the quantity of tenants in the examination. Genuine techniques were used to get the conclusion. Gatherings maintained with analysts and diaries, productions and electronic sources were used to collect data. This research develops as a combined research using both qualitative and quantitative techniques. The researcher developed the first part of the study by using the deductive research technique in order to cover the qualitative part of study. Therefore, the researcher used random samples and collected data by using a structured questionnaire.

3. A variety of literature on Emotional Intelligence eliminates four aspects of it such as: self-emotions, assimilating others' emotion in thought, analysing and use emotions, regulation of emotions. Military leadership and self-efficiency can be affected on Self feelings, absorbing others' feeling in thought, dissecting and utilising feelings and direction of feelings. In conceptual frame work these four aspects interrelate with Self-Efficiency of military leaders. According to findings of the study, it can be identified that there is a positive impact on Military leadership for the Sri Lanka Army. The all proven hypotheses are the main evidence for that. When developing military leadership, the officers need to use the above contents rather than using traditional leadership approaches.