The purpose of this research is to identify the relationship between EQ and stress among Regional 2 of MOF, RMP, Johor personnel. The objective of the research is also to identify the relationship between EQ dimensions and respondents' stress to their jobs. Besides, the researcher also wants to identify the respondents’ EQ level and stress level by their demographics factors. 131 respondents have been identified through stratified sampling. Thus, 131 set of questionnaires have been given to get the informations. Descriptive and inferences analysis have been used to analyze the datas. Mean has been used to identify overall EQ and stress level among the police personnel. The end result of the research shows that the police personnel EQ level is high compared to low stress level. In addition, the overall result of t-test and ANOVA did not show any differences between EQ level and demographic factor among the respondents. The end result of stress level analysis shows that there is no significant differences between stress level and age factor, marriage status and services period but there is a significant difference in the stress level compared to job position. As for Spearman Correlation Analysis, it shows that there is a significant relationship between EQ level and stress among the police personnel.