

Emotional Intelligence a Boon to a Society

Dr. Saliha Khatoon

HOD (I/C), Faculty of Education Khaja Bandanawaz University Kalaburagi.

Abstract:

The merging emotion & intelligence as a cognitive ability under the caption of emotional intelligence was proposed by a yal psychologist peter salovey & John Mayer (1990_ of university by New Hampshire it was defined as “ability to monitor ones own & others feelings & emotions to discriminate among them & to use, this information to guide one’s thinking & actions. Emotional intelligence acts as benefit to the society, assets or privilege to the society by acting as a background to the society.

Introduction:

THE HISTORY OF EMOTIONAL INTELLIGENCE

Even though the term emotional intelligence has received considerable attention recently earlier psychologists & Philosophers have already laid down the foundation. Current models of emotional intelligence are the result of the deficiencies of understanding the term intelligence According to Spinoza (1977), both the emotion & intellect. Together contribute to the ultimate cognitive tool.

There are 3 Levels of cognition ie. Emotional, Cognition, Intellectual, Cognition is a kind of intuition. Aristotle (1984). Also stresses on what reason dictates when one gets angry with the right person to the proper extent at the time. Ellis (1962) points out that human emotion & thinking are not separate process, but they significantly overlap & can never be viewed completely apart from each other. To Quote Mower (1960)” The emotion are of quite extraordinary importance in the total economy of living organisms & do not deserve being put into opposition with intelligence . The emotions are it seems themselves a higher order of intelligence (Salovey P Etal 2007).

Thorndike (1920) Kept a special place for social intelligence away from other types of intelligence & depend it as “the ability to understand & Manage men & Women to act wisely in human relations “ he found that social intelligence was a complex of several abilities.

According to Thorndike definitions it included almost everything related.

To human intelligence ranging from social, psychological, economic & emotional, affective & non-affective there is an old term in clinical Psychology that tends to the current models of emotional intelligence it is alexithymia coined by sifneos (1973) wethsler (1940) defined intelligence as the aggregate or global Capacity of the individual to act purposefully to think rationally & to deal effectively with his Environment furthermore he proposed the non- intellectual abilities I,e emotional abilities are essential to determines ones ability to succeed in life. He found emotional intelligence to be an integrated part of an individuals personality development. In fact a greater part of the world, still believes that the academic achievement matter much for success in life.

Gardner (1993) talked about multiple intelligence including intrapersonal intelligence & interpersonal intelligence the conceptualized intrapersonal intelligence as an ability to understand ones own emotions & interpersonal intelligence as an ability to know others emotions & Intentions. The central idea is our

capacity to make adjustments to various. Contacts so that we can improve our environment in a better way to cater our needs.

The term emotional intelligence was first used in U.S.A in 1985 by a student while writing his doctoral dissertations in 1995 Goeman wrote a book on “Emotional intelligence” in this book he compiled a lot of interesting information on brain emotion & behavior & defined emotional, intelligence as the capacity to reason with emotion in four areas to perceive emotion, to integrate it in thoughts, to understand & to manage it Bar- on (1997) said that emotional intelligence reflects one’s ability to deals with daily environment challenges & helps predict one’s success in life, including professional & personal pursuits.

Emotional Intelligence as a Boon to a Society.

Emotional Intelligence helps in developing contemporary issues & general knowledge about society & the individuals capacity for social adjustment such as interpersonal relations & family bonding.

However it may be clarified that. Thorndike definition included almost everything related to human intelligence ranging from social, psychological, economic & emotional, affective & non- affective.

WHY IS EMOTIONAL INTELLIGENCE IMPORTANT

Emotional intelligence is very crucial since it gives the ability to indentify understand & Manage one’s emotions in positive ways to communicate effectively. Show empathy towards others & defuse conflict it is commonly defined by four attributes.

Self awareness: You recognize your emotions & how they affect your thoughts & behavior you know your strengths & weakness.

Self – Management: You’re able to control impulsive feelings & behaviors, & adopt to changing circumstances.

Social awareness: You can understand the emotions, needs & concerns of other people pick up on emotional cues & feel comfortable socially.

Relationship Management: You know how to develop & Maintain good relationship, communicate clearly, inspire & influence others , work well in a team & manage conflict.

Intrapersonal Skills: It includes emotional self awareness Assertiveness self regard & self actualization.

Interpersonal Skills: It includes Problem solving, Reality testing & flexibility.

Stress Management & General Mood: It includes stress tolerance, impulse control optimism & Happiness.

Knowing One’s emotion: Recognizing a feeling monitoring feelings from moment to moment.

Managing emotions: Handlings feelings, ability to soothe Oneself.

Motivating Oneself: Directing emotions, delaying gratification & Stifling impulsiveness.

Recognizing Emotions in others: Empathizing with emotions of others. Besides emotionally intelligent People tend to be more successful, higher emotional intelligence help us to be stronger internal motivators, which can reduce procrastination, increase self confidence & improve our ability to focus on a goal. It also allows us to create better networks of support delay. Gratification & see the long term directly & affects our ability to succeed.

TIPS FOR ENHANCING THE EMOTIONAL INTELLIGENCE SKILL:

1. Encourage children to think about every part of the lesson, which have implications for other emotions.
2. Listening skills of students should be strengthened.
3. Always reinforce positively & encourage children to provide commitment.
4. Help the children to identify & handling their feelings emotions & to cope with them.
5. Provide model opportunities for scaffolding & sense of empathy.
6. Guide children formally & informally in handling social relationship with family, Community, school & Peer group.

A 10- STEP CURRICULUM FOR EMOTIONAL WISDOM: AMONG HUMAN BEINGS:

1. Make care of your body a priority.
2. Search for feeling in your Body, not your head .
3. Open your heart to others.
4. Be accepting to all that you feel.
5. Listen with your empathy.
6. Tell them how you feel.
7. Use change as an opportunity to grow.
8. take a dose of humor with you wherever you go .
9. Take actions & do things that makes you feel useful & relevant.
10. Tell about your feelings.

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