

Emotional Intelligence and Its Importance in Today's Life

***Ms. Gurpreet Kaur **Dr. Emmanuel Hans**

English Mistress, Government Senior Secondary School, Mansa
Assistant Professor in Education, Desh Bhagat University, Mandi Gobindgarh

Abstract

Life in the present times is full of competition, stress, strain and pressure. To survive in this fast growing world and to keep in pace with the changing world every individual has the pressure to perform and to give his/her best. Weather a school going child or an entrepreneur everyone is coping with sometime of mental pressure. This pressure leads to stress and strain with which only an emotionally intelligent person can cope better. The purpose of this article is to throw a light on today's stressful and busy life because in these days people remain busy in earning money instead of earning happiness. They have lost their inner peace. In this modern era people spent more time with electronic gadgets than living with human beings. This life style ruins peace of mind and provides mental illness which decrease work efficiency, frustration, stress, depression, bad health etc. But an emotionally intelligent person can easily cope with this problems and he/she can live a better life. This article presents a framework for emotional intelligence and its importance in today's life. It throws a light on the value of emotional intelligence to live a comfortable, happy and healthy life..

Keywords: [Emotional, Intelligence, Happiness, Healthy Life, Frustration, Depression]

Introduction

Emotional Intelligence gives us self-awareness, social awareness, political awareness, educational awareness, religious awareness etc. In India, moral values, patriotic feelings, religious values, moral values are in the blood of every Indian citizen. These values help a person to be emotionally intelligent because these values teach us how to behave with the youngsters and elders, to give respect to every religion, to preserve the culture and to respect the feelings of peoples. These help us to live a comfortable life in the society with brotherhood feelings. It provides us a brief introduction about emotional intelligence, factors affecting emotional intelligence, how these factors identify the ability and capacity of a person and about its capacity to modify the behaviour people. An emotionally intelligent person always remains confident, cooperative, and healthy. He/she can give better performance at work-place; he/she can live a comfortable and peaceful life like a good human being. This article aims at providing knowledge about emotional intelligence's importance in the life of human being "Emotional intelligence has been defined as the ability to monitor one's own emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and

behaviour." - Peter Salovey and John Mayer. "If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationship, then no matter how smart you are, you are not going to get very far."-Daniel Goleman

Review of Literature

Singla (2011) conducted a study on the well-being of working and non-working women and their emotional intelligence and stress. 200 women selected as sample. Results revealed that well-being of working women is higher than the well-being level of non- working women.

Jit, R. (2012) conducted a study on emotional Intelligence on male and female students. Study showed that there are significant differences in between male and female student's emotional intelligence. Govt. school students scored more on emotional intelligence but private school students scored less. Male proved better on social skills and women on empathy and motivation. Rural students proved better on self-motivation, social skills and self-awareness than urban students.

Khokhar, C.P. and Kush, T. (2009) selected 220 male executive as sample to find out the positive relations between commitment of profession and emotional intelligence, all they

even in the critical situations. It also gives us the power to understand the problems of other people and to give them suggestions how can they manage or solve their problems. In our routine life, from morning to evening, we have to do so many types of tasks, we meet many people. So it is not easy to do every type of tasks and to deal peacefully with each and every people. Because some tasks may be very difficult to do and some people may be very irritating and rude. It makes imbalance in our life and makes us unhappy and frustrated. So it depends upon our emotional intelligence power, how can we handle these types of problems? If we are emotionally intelligent then we can easily understand the situation and can choose the right methods to do the task easily. We can understand the emotions of people and can find out what is the reason of their frustration. We can make them realize that they should change their behaviour. First of all, Emotional Intelligent term is introduced by Peter Salavoy and John Mayer. This concept is derived from the theory and research about feelings, thoughts and abilities prior to 1990 but it was considered to be unrelated phenomena. It popularized by the book 'Emotional Intelligence-why it can matter more than I.Q.' written by the author, psychologist and science journalist Daniel Goleman in 1995. Peter Salavoy and John Mayer have given the four factors of emotional Intelligence.

1. Perceiving Emotions
2. Reasoning with emotions
3. Understanding emotions
4. Managing emotions.

These four factors identify the emotional ability and capability of a person. Emotional Intelligence is the ability to handle and tackle our behaviour. We have to face so many types of challenges and complications daily. These may be the cause of stress and tension. We can't live a happy and healthy life in this type of situation. So it depends upon our emotional intelligence that how can we get rid of these problems and to find out the solutions of problems. Emotional Intelligence gives us the quality of good relationship with the other members of society. It creates a healthy environment to live and makes our life easy, healthy and happy. It keeps our mental health good. Good brain thinks about good and creative work. It gives us positive energy to do better for the country also. It

motivates us to make good intra-personal relations. It polishes our emotional skills.

Importance of Emotional Intelligence in Today's Life

Life has become so fast and busy that we have no time to share our feelings with each other. We cannot give proper time to our family. Lot of work becomes the cause of mental instability, frustration, stress, anxiety and depression. So it is very important to be emotionally intelligent if we want to live a healthy and successful life. Emotional intelligence has an important role in our life. Importance of emotional intelligence is as below:

Better Performance at Work-place

An emotionally intelligent person can do his work on time because he has the ability to identify and handle his emotions. He does his work with happy mood and in stress freeway. So he can give a better performance at work place and always remain punctual because a stress free mind can give an outstanding performance.

Confident and Cooperative

An emotionally intelligent person has the ability to understand his own as well as the emotions of others, so he can understand what others want from him? What type of performance his institution expects from him? With the help of this understanding a person can never be confused and remain confident. He always helps the others. This confidence and a cooperative nature make a person a good social being.

Good Health

Emotionally intelligent person live a stress free, happy and punctual life. This living style makes him physically as well as mentally fit. Good health is essential to live long and successful life. In today's life it is really very tough to live happy and stress free but by understanding emotions a person can make his life easy.

Comfortable and Peaceful Life

In these days it is a challenge to live a comfortable and successful life. But if a person has the ability to understand what is wrong and what is right for him then he can live a balanced life. He always remains away from the things that can hurt him and create a hurdle in the path of his success.

Good Human Being

Because of the stressful and busy life nobody has care for his country and the people of country.

have the degree of graduation and post-graduation. Study showed positive relations between commitment of profession and emotional intelligence. Professional commitment is about the quality of work performance, capacity to do work, attendance and punctuality on work and speed on job.

Sthapak, S. (2009) studied the effect of emotional intelligence on the scholastic achievement of 99 students of the B.E. IV years. Mangal's emotional intelligence inventory was used to collect the data. Scholastic achievement of students was taken from annual results of previous class. Hypotheses were rejected because results were revealing significant relationship between the scholastic achievement and emotional intelligence. Results proved that one's scholastic achievement was positively influenced by emotional intelligence. Under-achievers can improve their emotional competencies.

Five Categories of Emotional Intelligence



Self-awareness

To know about someone's own emotions as people who are aware about self don't let their emotions and feelings rule them. They identify their weaknesses and try to overcome them for better performance.

Self-regulation

People with this quality have the quality to manage and control their emotions and feelings to bring discipline. They live life with their own rules and regulations. This quality provide a happy and healthy life style.

Motivation

Motivation keeps the people active and enables them to achieve goals. Motivated people are dedicated to take initiative, to attain goals and are optimistic.

Empathy

This is the quality to understand and to be aware of other's emotions. People with this quality can understand other's problems, needs and their view point.

People skills

People with this quality have better communication power and they maintain good relations with others. They have better social skills. Healthy empathic people always remain ready to help others.

Characteristics of Emotionally Intelligent Person

Self-awareness: An emotional intelligent Person knows what he feels. It is Person's capacity for understanding one's emotions, one's strength and one's weaknesses, knowing what we are feeling at that moment and using those preferences to guide our decision-making having a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

Self-management: An emotionally intelligent Person can effectively manage one's motives and regulating one's behaviour, handling our emotions so that they facilitate rather than interfere with the task. It is important to manage emotions, but this does not mean masking or hiding them. It simply means being able to control the unhealthy expression of negative emotions, so that they are not harmful to our wellbeing or that of others.

Social awareness: Social awareness is the ability to accurately read the emotions of others and understand their mood or the experiencing emotion. Emotionally intelligent Person can easily understand what others are saying and feeling, and why do they feel and act so.

Relationship management: It is his capacity for acting in such a way that one is able to get desired results from others and reach personal goals (Naik & Kiran, 2018).

Factors of Emotional Intelligence

Emotional Intelligence motivates the person to solve the problem or to do efforts to achieve the required goals. It gives confidence to survive

But emotional intelligence provides a good sense of emotions and creates the feeling of brotherhood. This feeling makes a person a good citizen and responsible towards his country and the people of his country.

Conclusion

Emotional Intelligence (EI) describes the ability, capacity, skill or, in the case of the trait Emotional Intelligence model, a self-perceived ability, to identify, assess and manage the emotions of one's self, of others, and of groups. An emotionally intelligent teacher undertakes the difficult task of perpetuating his race and seeks to develop social usefulness in him, as well as, in others. It is the most important factor in predicting success and happiness in life. It is far better to have a high Emotional Intelligence, if one wants to be valued as a productive member of the society. We concluded that emotional intelligence plays an important role to be a good citizen. It helps to be successful, to be healthy, to be creative and to live a stress free life. Stress, anxiety and depression are the main problem that a person is facing in his life but by understanding his emotions a person can get ride from these problems and can live a peaceful life. So, emotional intelligence is a term that has the ability to change the life of a person as well as the life style of whole population.

References

- Brackett, M.A. Mayer, J.D. and Warner, R.M. (2004). Emotional intelligence and its relation to everyday behavior. *Personality and individual Difference*, 36, pp. 1387-1402.
- Bar-On, R. (2004). The Bar-On Emotional Quotient Inventory (EQ-i): Rationale, description and summary of psychometric properties. In G. Geher (Ed.), *Measuring Emotional Intelligence: Common Ground and Controversy* (pp. 115-145). New York: Nova Science Publishers, Inc.
- Boyatzis, R. E., Goleman, D., & Rhee, K. (2000). Clustering competence in emotional intelligence: Insights from the Emotional Competence Inventory. In R. Bar-On & J. D. A. Parker Eds.), *Handbook of emotional intelligence* (pp. 343-362). San Francisco: Jossey-Bas.
- Davies, M., Stankov, L., & Roberts, R. D. (1998). Emotional intelligence: In search of an elusive construct. *Journal of Personality and Social Psychology*, 75, 989-1015.
- Dawda, D., & Hart, S. D. (2000). Assessing emotional intelligence: Reliability and validity of the Bar-On Emotional Quotient Inventory (EQ-i) in university students. *Personality and Individual Differences*, 28, 797-812.
- Engelberg, E. and Sjoberg, L. (2004). Emotional intelligence affect intensity and social adjustment. *Personality and individual difference*, 37, pp. 533-542.
- Gregory, R. J. (2007). *Psychological Assessment* (5th Ed. ed.). New York: Pearson Education Inc.
- Guilford, J. P., & Fruchter, B. (1978). *Fundamental statistics in psychology and education* (6th Ed.). New York: McGraw-Hill.
- Goleman, D. (1995). *Emotional intelligence*, New York: Bantam Books.
- Goleman, D. (1998). *Working with emotional intelligence*, New York: Bantam Books.
- Mayer J.D. & Salovey, P. (1995). *Emotional Intelligence and the Construction and Regulation of Feeling*.
- Naik, D., & Kiran, A. D. (2018). Emotional intelligence and achievement motivation among college students. *Indian Journal of Health and Wellbeing*, 9(1), 86-88.
- Samuel, O., & Salami (2010). Emotional intelligence, self-efficacy, psychological well-being and students' attitudes: implications for quality education. *European Journal of Educational Studies* 2(3): 247.