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Emotional Intelligence: A Critical Analysis

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Abstract

Every facet of our existence is affected by how we're feeling emotionally. People are more in tune with their feelings and those of others around them. Something fundamental to all relationships is implied by this sentence. Two thousand years ago, in his works, Plato acknowledged the emotional basis of learning. Humans have the potential to increase their emotional quotient because of their ability to integrate instincts, emotions, and logical thought. Managing and sharing feelings may help a tense relationship, but bottling them up might weaken it. As a result, the effects of one's emotions on one's relationships might go either way. We deal with feelings and gain today. Because they are so intrinsic to whom we are and what drives us, emotions are fundamental to understanding and influencing human behavior. High emotional intelligence is often cited as the reason for a person's success. It's a meeting of the minds and the soul. Emotions are now thought to prevail over reasoning when making decisions since the latter requires more time to register and respond. To succeed in life, one has to develop their emotional intelligence. The chemicals in your brain have an effect on your disposition. We link dopamine with pleasure, serotonin with calmness, and nor epinephrine with excitement. Emotional intelligence helps people adjust better to the ever-shifting conditions of the modern digital world.

Keywords: Brain, emotion, learning, opportunity and decision-making

Introduction

'Emotions' is a word that appears often in everyday conversation. Humans show their emotions when they interact with the physical environment via their senses of sight, sound, smell, taste, and touch, as well as through their intuition and creativity. The Latin word 'emovere' is where the idea of emotions originates from; it refers to any and all stimuli that might cause an emotional reaction in a person. Emotional intelligence is a relatively new concept in popular culture. However, the phrase "Emotional Intelligence" has recently gained a lot of traction in the commercial, academic, and psychological communities. Emotional intelligence is a concept that is gaining popularity among laypeople, experts, and academics. With the arrival of the twenty-first century, the human mind underwent a transformation that added a new component that is now more responsible for success than IQ. A person's EQ, or emotional quotient, is a metric used to assess their emotional intelligence. In recent years, researchers have focused on emotional intelligence as a trait that may be used to better understand and predict a person's performance in a variety of settings, including but not limited to the workplace, the family, the classroom, and the social world.

After being presented by Salovey and Mayer in the early 1990s, the notion of emotional intelligence gained widespread recognition as a result of Daniel Goleman's book "Why it can matter more than IQ," which was published in 1995. The ability to recognize and make use of the connections between one's own emotions and the feelings of other people in order to draw conclusions and locate solutions is referred to as "emotional intelligence" (EQ). The competencies that make up emotional intelligence include self-awareness, social awareness, sensory integration, cognitive comprehension, and the ability to cognitively and behaviorally regulate one's emotional states. Psychologists Salovey and Mayer are responsible for the development of the concept that is now known as emotional intelligence. Individuals may be guided toward the development of the qualities that will bring them success and pleasure in life by developing their emotional intelligence. Because of this, the number of studies that try to measure the emotional quotient has been growing steadily over the last several years.

The ability to comprehend and control one's own emotions in addition to those of others and of a group is what we mean when we talk about having emotional intelligence. The term "Emotional Intelligence" refers to a broad range of non-cognitive talents, competences, and skills that have an influence on an individual's capacity to successfully deal with the requirements and constraints imposed by their surrounding environment. The capacity to comprehend and regulate one's own emotions as well as those of others, as well as the ability to inspire and drive other people, is referred to as emotional intelligence (EQ). The capacity to detect one's own and other people's emotional experiences and to react properly to both sets of sensations is what we mean when we talk about mindfulness. It is a kind of intelligence that takes into account both the innate characteristics of a person's personality as well as the acquired abilities that are required for effectively interacting with other people. The ability to successfully manage and improve one's personal relationships as well as those with other people is a key component of emotional intelligence. Mayer and Salovey (1993) [4] describe emotional intelligence as the capacity to detect and comprehend one's own emotions as well as those of other people, and to behave appropriately in response to one's own and other people's emotions. As a result, the concept of "emotional intelligence" has evolved to include a wide range of competencies, including both individual and social competencies. Emotions are feelings; thus, developing emotional intelligence is a lifelong endeavor. EI is not limited to only evaluating how you feel or how intelligent you are. It offers a fresh perspective on the ways in which our actions and thought processes might be categorized as intelligent. Since 2006 (according to Butler and Chinowsky), the intelligence quotient, sometimes known as IQ, has been frequently used as a stand-in for intelligence in academic settings. The current school of thought maintains that each individual has more than one intelligence and that IQ alone is not an adequate predictor of academic achievement.

Components of Emotional Intelligence

In their model of emotional intelligence, Mayer and Salovey (2004) [3] identify four key factors: the ability to recognize and identify emotions, the ability to reason with emotions, the ability to comprehend and control emotions, and the ability to manage emotions.

- **Emotional Perception:** Recognizing feelings correctly is the first step toward understanding them. Recognizing body language and facial expressions are common examples of this.
- **Emotional Deliberation:** The next stage is to make use of a wide range of feelings in order to improve one's cognitive processes. Our mental and emotional responses to the things that catch our attention play a part in the order in which we pay attention to and act upon those responses.
- **Feelings Comprehending:** Emotions may signify many things depending on the context. If a person is acting angry, it is up to the observer to figure out why they are so upset. Anger on the part of your boss might mean a number of things: he's not satisfied with your job, he got a speeding ticket on the way to the office that morning, or he's having trouble with his spouse.

- **Emotional Management:** One of the most important components of emotional intelligence is the ability to control one's feelings. Important components of emotional management include self-control, adaptability in the face of emotional challenges, and the capacity to recognize and correctly address the feelings of others.

Goleman's Five EQ Factors

- **Self-awareness:** The ability to recognize and understand one's own and other people's emotions, motives, and actions, as well as their effects, is what is meant by the term "emotional intelligence," which is referred to here. The ability to monitor and control one's own emotional state, as well as correctly identify and name one's emotions, are prerequisites for self-awareness.
- **Self-regulation:** The ability to control disruptive emotions and actions and the propensity to halt and consider before acting are two of the most important characteristics described in the book. Trustworthiness, honesty, the ability to deal with uncertainty, and adaptability are some of the defining traits.
- **Internal motivation:** A desire to work for reasons other than material gain and social standing; these include things like a sense of purpose, personal fulfillment, a thirst for knowledge, and the "flow" that comes from being completely engrossed in what you're doing. Disposition to go for goals with gusto and persistence. Characteristics include a relentless pursuit of excellence, an upbeat attitude even in the face of setbacks, and a commitment to the group as a whole.
- **Empathy:** The ability to recognize and grasp another person's emotional state. The skill of reading and responding to people's emotions successfully in management situations. The ability to attract and retain talented workers, an understanding of the impact of cultural differences on business interactions, and a dedication to providing outstanding service to clients and customers are all traits commonly associated with success in this industry.
- **Social skills:** Ability to make and keep contacts, as well as the social skills to immediately connect with people and earn their trust. Strong social skills are characterized by the capacity to productive teams.

Need for Emotional Intelligence

The ability to control and express one's emotions has the potential to transform a challenging relationship into one that is stable and supportive, but the inability to do so has the opposite effect on the dynamic of the connection. According to Panguluri and Mohan (2018) [5], emotions are ever-changing phenomena that may have either beneficial or detrimental effects on the relationships of an individual. Consistent participation in social activities is necessary to the human condition. Learning to rein in one's emotions has shown to be an effective strategy for a great number of individuals looking to increase the amount of physical activity they get. The growth of insightful strategies for coping with unfavorable emotions, as well as introspection, is of critical importance. There is a substantial correlation between being able to maintain a good balance between one's personal and professional commitments and going on to achieve success in the future. The amount of work that

one puts into achieving their objectives will directly determine how successful they are in life. It is a wise decision to work on improving one's emotional intelligence since doing so has the potential to have a positive impact not just on one's own life but also on the lives of the people around them. The benefits of improved emotional intelligence may include a reduction in levels of stress experienced by individuals as well as by enterprises. The settlement of conflicts, enhancement of communication, and creation of an atmosphere more conducive to harmony are among the benefits. The problem at issue is intricately intertwined with concepts such as love and religion.

Constituents of Emotional Intelligence

- **Recognizing Emotional States:** In order to fully comprehend feelings, one must first be able to identify them in themselves and others. Effective communication relies on more than just the exchange of words; it also depends on indications such as tone of voice, body language, and proxemics.
- **Emotional Thought Facilitation:** At the core of the factor stage is the individual's capacity to experience a range of sensations and to respond appropriately to those experiences.
- **Emotional Comprehension:** Recognizing and having an understanding of one's sentiments, including the factors that led to them and their importance.
- **Controlling Emotions:** The ability to keep one's own feelings under control while also responding appropriately to the feelings of others is one of the most essential components of effective emotional management. This capacity is very necessary for prospering in challenging situations.

Improvements to Emotional Intelligence

- **Listen:** The capacity to listen carefully is the cornerstone of effective communication. One of the most effective ways to improve interpersonal connections is for one person to actively listen to the other while also steering the discussion in a constructive direction. Any group endeavor may benefit from the introduction of humor and fresh ideas for tackling problems.
- **Empathize:** According to the definition provided by this user, empathy is the ability to understand and participate in the experiences of another person as well as to identify and correctly react to their thoughts, motives, and actions. Communication in both directions and sensitivity to the emotions of others around you are essential components of emotional intelligence.
- **Reflect:** The ability to form meaningful relationships with other people is commonly regarded as an essential component of emotional intelligence (EQ). People who have a high emotional intelligence tend to inspire others around them and have a discernible impact on the communities in which they live. Consider the methods that prominent individuals use when dealing with others, and make an effort to model some of those methods in order to motivate the people who are a part of your own sphere of influence.
- **Mistakes Teach:** In the event of misinterpreting a particular emotion or ineffective handling of someone's feelings, it is advisable to derive lessons from the experience and adopt a different approach in subsequent encounters.

Emotional Intelligence's Importance

The importance of emotional intelligence has increased in contemporary workplaces as a result of changes in those workplaces. In today's workplaces, individual efforts are becoming rarer as teamwork takes their place. In addition, forward-thinking companies are coming to the realization that enabling workers to express their feelings while at work may contribute to the development of an environment that is more upbeat and productive. This does not imply that a person should give free reign to their feelings; rather, it suggests that they should be more in touch with their own feelings as well as the sentiments of others around them and behave appropriately. People who have a high emotional quotient are more adaptive, which is a quality that is becoming more valuable in the fast-paced digital world of today. Developing our emotional intelligence has a wide range of advantages, some of which include improving our emotional life as well as our personal and social lives. There is a correlation between early intervention to boost a child's emotional intelligence and increased success and happiness in adulthood. Those who are emotionally intelligent are better able to hold their cool under pressure, regulate their emotions, and make rational decisions when the outcomes of their actions might have substantial repercussions. It's possible that providing people with the emotional support and encouragement they need can make it simpler for them to cope with difficult situations. Emotional intelligence may play a role in conflict resolution by promoting continuity and harmony despite the presence of friction. Additionally, it is intricately connected to the concepts of love and transcendence. To have a high level of emotional intelligence, one of the most important components is the ability to keep one's feelings under control. Having high emotional intelligence is, in turn, necessary for developing and sustaining successful relationships.

The benefits of emotional intelligence become apparent when you:

- Communicating and gaining input.
- Managing Transformation.
- Keeping to time constraints.
- Taking setbacks and failing attempts in stride.
- Managing Complicated Connections.

Conclusion

Individuals' emotional states and aspirations are communicated in their own distinct ways. You'll need cunning and diplomacy to get through this and succeed in life. The concept of emotional intelligence becomes useful in this situation. In modern times, it has been widely held that one's degree of success in life is directly related to his or her intelligence quotient, as measured by test scores and other scholastic indicators. Research conducted in the field of EQ in recent years has shown that EQ is the most important component in determining one's success in life. The extent to which an individual achieves happiness and fulfillment in their professional, personal, and social lives is strongly correlated with their level of Emotional Intelligence. In this context, "emotional intelligence" refers to a person's capacity to effectively manage their connections with their surroundings via increased self-awareness, better decision-making based on emotional understanding, and creative application of emotional information to everyday problems. Having high levels of

emotional intelligence means you can control your feelings and use them wisely. In an effort to widen our understanding of intelligence beyond the traditional characteristics measured by IQ tests, the idea of emotional intelligence has been proposed. Developing emotional intelligence helps us see the big picture and get deeper insight into our relationships and the world around us.

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