

Need of Emotional Intelligence in all aspects Now-a-days

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Emotional intelligence is a term created by two researchers –Peter Salovey and John Mayer and it is popularized by Daniel Goleman in his book with the same name.

Emotional intelligence refers to the capability of a person to manage and control his or her emotions and possess the ability to control the emotions of others as well—in other words, they can influence the emotions of other people also.

Emotional intelligence is now a days, the most important skill which has wide range of abilities. It is used each and every where and by everybody. It plays a vital role in today's all kind of scenario the ever changing work nature, cut throat competition and rapidly advancing technology are demanding dynamic mental skills for everyone. The first and for most advantages are widest range of acceptance by people better, performance. Healthy and effective personal relations, easy and flexible life, Physical and mental health. Self –motivated and result oriented life, every day success.

Author further discusses some important aspects of emotional intelligence regarding some categories of the embedded global society.

I.WHY EI IS IMPORTANT FOR STUDENTS

Be it a work place or be a school or college or in a family/friends circle EI is very important. In the busy schedule of attending classes, tutorials, coaching classes, assignments and exams most of the students not only fail to understand others emotions, but forget to take care of their own mental health and emotions our education has always emphasized on academic results but is that all we need to get success in our life? Why are students performing very well in schools and not in colleges? The reason is the students have never been taught about EI. They need to have the following things.

1. **Self-awareness:** The students identify their emotions and ask themselves. “How a I feeling today”. They should put a name to that emotion. Take a couple of hour's time out and think through as to what made them feel that way. Also indentifying what though led to this emotion will help them to understand the reason for the way they feel.

2. **Empathy:** They should start observing others' emotions, respond to others in way that they would want someone to respond to you. Try to put themselves in other shoes and understand their perspective being empathetic will help them handle the situations well.

3. **Communication:** It plays an important role in developing and maintaining good relationships. Developing quality relationships has a very positive effect on all. The ability to express personal concerns without anger or passivity is a key asset.

4. Dealing with exam stress:

Dealing with exam stress – stress is not always bad. Stress is just emotional strain and today’s response to demanding circumstances. There are 2 kinds of stress Eustress (positive stress) and distress (negative stress).

Eustress is positive, is short term, and motivates us to do better, focuses on our coping abilities and energies and help us improve our performances positive stress comes from the anticipation of pleasurable events such as falling in love, participating the game, joining a new class etc this might cause some physical symptoms but it’s generally the excitement.

Distress is a negative stress which causes anxiety or concern, decreases performance. It is perceived as outside of our coping abilities. This can lead to mental and physical problems. This comes as a feeling of being attacked emotionally or physically. Problems at school, a death of a family member, losing the loved ones are some of the examples of negative stress.

The stress felt during exams is a natural reaction for your mind to get in the “preparation and performance mode”.

It turns into anxiety and distress when you add the pressure of expectations to it, leading to fear of failure.

So stop interpreting all stress as bad – if the upcoming exam is stressing you up accept it and work towards them. Believe in yourself. If you have already finished studying, great! Just calm down and revise. If you haven’t finished yet no problem pickup the books and focus on the important chapters and solve the sample question papers.

Get enough sleep, eat healthy, drink enough water and take a break. Exams are not end of everything. Don’t let that get to you too much.

II.WHY EI IS IMPORTANT FOR EMPLOYERS

1. **Self-awareness:** People with high EI are usually very self-aware they understand their emotions and because of this they don’t let their feelings rule them. They are confident because they trust their intuition and don’t let the emotions get out of control.

2. **Self-Regulation:** This is the ability to control emotions and impulses people who self-regulate typically don’t allow them selves to become too angry or jealous, and they don’t make impulsive careless decisions. They think before they act characteristics of self –regulations are thoughtfulness, comfort with change, integrity and the ability to say no.

3. **Motivation:** People with a high degree of EI are usually motivated they are willing to defer immediate results for long-time success. They are highly productive, love a challenge, and are very effective in whatever they do.

4. **Empathy:** This is perhaps the second most important element of EI empathy is the ability to identify with and understand the wants, needs, and viewpoints of those around your people with empathy are good at recognizing the feelings of others, even when those feelings may not be obvious. As a result empathetic people are excellent at managing relations they avoid stereo-typing and judging too quickly and they live their lives in a very open honest way.

5. **Social Skills:** It is easy to talk to and like people with good social skills, another sign of high emotional intelligence. Those with strong social skills are typically team players rather than focus on their own success first. They help others develop and shine. They can manage disputes are excellent communicators and are masters at building and maintaining relationships.

III.WHY EI IS IMPORTANT FOR POLITICAL & BUSINESS LEADERS?

Author takes Donald Trump as an example of successful political and business leader who has utmost Emotional Intelligence Skill:

Author was interested to see Kelly Meerbott's guest column in the Philadelphia Business Journal entitled.

Does Trump need a dose of “Emotional Intelligence?”

In it, she outlines the Donald's politically incorrect comments and concludes with the following: “Polls seem to indicate voters like the idea of a success executive Vs a career politician leading America, but can Trump be a business leader without evidence of any emotional intelligence”.

As someone who is mystified by his appeal to so many, Author likes her take on this king Kong of a political situation. However, Author would agree that Donald Trump indeed has emotional intelligence (EI) even though his brand of EI and Leadership is of the type that Author finds distasteful even though it satisfies the emotional needs of others.

Donald Trump taps into the deep emotional needs of the many people of U.S. Who feel defeated and powerless to stop the changing demographics of the country, the gridlock in Washington, and the ever growing economic divide.

That shows in him an Understanding of emotions and the ability to put that understanding to use. That understanding and ability to use it make up part of emotional intelligence.

Let's go back and look at EI to see what Author means just as there are different forms of intellect there are different components of emotional intelligence.

According to Daniel Goleman (1995), a recognized authority on the topic, emotional intelligence combines ability in each of four areas: Self-awareness, Self-Management, Social-Awareness and Relationship Management as seen in the image to the right.

Each person fits onto a continuum in each of those four areas. In addition, with in those areas are underlying Skills. For Ex:- Self-Management include Self-Control achievement drive and initiative.

Author contends that Trump has mastered EI components such as achievement drive, influence and initiative. However, Author believes he is lacking in certain area of Self-Awareness and Other-Awareness.

His comments about Mexicans and women it indicates amount of empathy, and his continuing statements that these same people “love” him indicate little self-assessment. His comments about women in general are quite enlightening.

Author usually thinks of emotional intelligence as a positive but EI has its dark side. Socio paths have the ability to disguise this true feeling and use their understanding of their own personal gain.

That is not to question Mr. Trump's intentional his patriotism. Author doesn't know his heart or his motivation. He is said to be a loving father and generous friend. Apparently, his children love him, and Author considers that to be an important indicator of success.

However Author questions, his commitment and integrity in relationship with at least two of his these wives (sauvignon and Hub pages.com) and media reports caused me to question his veracity on topics related to his philanthropy.

He claims he is an ardent philanthropist but it appears that his gifts are less generous when compared to other billionaires, and most of his gifts have served primarily to benefit him financially and Mr. Trump is free to do with his money what he wishes, but when he represents himself an "ardent philanthropist", his records deserved some scrutiny in this case, it appears that he also inflates his beneficence.

Too many of us believe politicians lie and unfortunately it seems that in order to be elected they say things that do not comfort with their own beliefs. However, Donald Trump's followers frequently cite his ability to "tell it like it is" as the reason they support him. If this many of his statements are not true, is he really telling it like it is?

Mr. Trump has been a very successful business man. He knows how to make money. He has the ability to read others and to read situations for his personal and professional gain. He also understands how to tap into the emotions of his audience and to say with great feeling what they are already thinking.

Donald Trump has the ability to generate strong emotions in other people. That is a trait of emotional intelligent people.

Thus EI is very very important in all walks of life as we discussed so far it is the first and foremost skill in every aspect. If anybody lacks it they will lose most valuable things in their life and they regret for losing their life as a whole.

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