

IMPORTANCE OF EMOTIONAL INTELLIGENCE IN TEACHING

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ABSTRACT

Teaching being a professional activity depends to a large extent on the quality of teachers .A teacher being group leader of the classroom has to exhibit different roles. Teacher needs to be well versed with the emotions of the students which can be used in a positive way for successful teaching. Emotionally intelligent teachers are likely to show self confidence and self trust they are also said to be well equipped to handle the problems of classroom. Various studies have shown that the high level of emotional intelligence can lead to team comrade and increased productivity. Studies have revealed that higher emotional intelligence leads to better performance .Emotional intelligence makes teachers self aware there by helping them to work over the weaknesses .Emotionally intelligent teachers are empathetic which helps them to build a good rapport with the students. Emotional intelligence makes them receptive and helps teachers to break the communication gap within the classroom .Emotional intelligence helps teachers to understand the students in a better way which is very essential for effective teaching learning process. Emotional intelligence helps teachers to be balanced in their classrooms by helping them to control their emotions at the same time understand the emotional state of students. Emotional intelligence brings self management among the teachers which proves beneficial for classroom teaching .Emotional intelligence helps teachers to enhance their performance as well as the performance of students. Emotional intelligence makes teachers adaptable which is very necessary in this dynamic world .Emotional intelligence helps teachers to build good relationships with students as well as colleagues at their workplaces.

Keywords:Emotional intelligence, motivation, optimism, self awareness, self management

I.INTRODUCTION

Historically speaking the term emotional intelligence was introduced in 1990 by two American Professors, Dr John Mayer and Dr Peter Salovey but the concept of emotional intelligence was popularised by American Psychologist Daniel Goleman {1995}.Emotional intelligence may be defined as the capacity to reason with emotions in four areas; to perceive emotion, to integrate it in thought ,to understand it and to manage it(John.D.Mayer and Peter Salovey 1995).Emotional Intelligence is the ability to sense understand, value and effectively apply the power of emotions as a source of human energy, information, trust, creativity, and influence(Daniel Goleman 1995).

Until recently we have been led to believe that a person's general intelligence measured as I.Q or intelligence quotient is the greatest predictor of success in any walk of life – academics, social, vocational or professional. Consequently the I.Q scores were often used for selection, classification, and promotion of individuals in various programmes, courses and job placements etc. However researches and experiments conducted from the 90 onwards have tried to challenge such over dominance of the intelligence and its measure intelligence quotient (I.Q) by replacing it with the concept of emotional intelligence and its measure emotional quotient (E.Q). These studies have revealed that a person's 'emotional intelligence measured by E.Q may be a greater predictor of success than his or her I.Q

The quality and standard of an educational system largely depends on the quality, characteristics and commitment of teachers. The report of the Education commission 1964-66 in the opening sentence says "The destiny of India is being shaped in her classrooms". In fact classrooms are the places where the future citizens of the country are trained, educated and enabled to meet the new challenges but for this whole programme quality of teacher's matter.

Various studies have shown the importance of emotional intelligence .The studies have shown that high level of emotional intelligence can lead to team camaraderie and increased productivity(Johnson and Indvik 1999),better performance (Ashkansay,Asthan,james and Jordan 2003)and positive peer relations (Mayer,Caruso and salovey 1999,Rice 1999,Salovey etal ;2001).(Hopkins & Bilimoria 2008) in their study "Social and emotional intelligence competencies predicting success for male and female executives "explored the relationship between emotional and social intelligence competencies and organisational success.(Carmeli and Josman 2006)"The relationship among emotional intelligence, task performance and organizational citizenship behaviour" this research suggests possible connections between emotional intelligence and positive performance in the workplace. Goleman (1998)" working with emotional intelligence" competency research in over 200 companies and Organizations worldwide shows that about one third of the difference is due to technical skill and cognitive ability while as two thirds is due to emotional competence .(In top leadership positions ,over four fifths of the difference is due to emotional competence).On the basis of review of literature Vakola,Tsaousis and Nikolaou (2004)reported that the people with high emotional intelligence show more carrier success.

II.EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is the ability to identify, understand, use and manage emotions in positive ways to relive stress, communicate effectively, emphasize with others, overcome challenges and defuse conflict. Emotions are subjective feelings that are how the individual interprets what he is feeling at any point. These are inner personal experiences .Emotions are influenced by various factors like personality, weather, stress, social activities ,sleep ,age ,gender, health.

Emotions may be positive as well as negative Positive emotions include love,enthusiasm,confidence,gratitude,patience,trust,optimism,appericiation.Negative emotion include fear,anger,guilt,depression.anxiety,resentment,envy,frustration,shame,worry.

III.IMPORTANCE OF EMOTIONAL INTELLIGENCE IN TEACHING

Teaching being an intimate contact between teacher and student designed for the behaviour modification of later. Successful teaching to a large extent depends on quality of teaching personnel. For effective teaching teachers need to understand the students in total including their intellect and emotions. Emotional intelligence can help teachers in managing their classrooms, solving their classroom problems and effective realization of learning objectives. Teachers need to be emotionally competent and mature to act as group leader .Emotionally intelligent teachers build a good rapport with the students which is very essential for successful teaching learning process.

In the lines to follow are mentioned the ways by which emotional intelligence can help the teachers in effective teaching

IV.SELF AWARENESS

Teachers with good emotional intelligence are usually very self aware. They understand their emotions and do not let their emotions to over ride them. They appear balanced in their classrooms which is essential for smooth transaction of learning material with in classroom. They are confident; they trust their intuition and do not let their emotions get out of control.

Teachers with good emotional intelligence are ready to take an honest look at them which enables them to know their strengths and weaknesses and thereby work on these areas to perform better. Self awareness helps a teacher to grow professionally by working over weaknesses.

V.SELF MANAGEMENT

Emotional intelligence brings self management among teachers. They become self regulated and do not make impulsive and careless decisions .Teacher as group leader need to be regulated so as to make proper decisions for the benefit of students .Self management brings thoughtfulness in teachers.

Social Awareness:

Emotional intelligence helps the teachers to understand the emotions, needs and concerns of the students. This is very important for modern pedagogy which is fully child centric .Needs, aspirations and concerns of the students should be given due importance in classroom. Flanders interaction analysis model (1955) highlights the need of accepting the emotions of children's and building upon the concepts and thoughts provided by students.

VI.EMPATHY

This is the most important element of emotional intelligence. Empathy is the ability to identify the needs, wants and viewpoints of others around you. As teacher empathy makes us unique among commons .Teachers with good empathy are able to build a good rapport with the students which helps the teacher to get good insight of students there by helping in maintaining effective teaching learning atmosphere. Being group leader teacher needs to be emphatic. Several researches show empathy is critical to being an effective leader (Goleman,1995)

VII.MOTIVATION

Teachers with high degree of emotional intelligence are usually motivated and dedicated towards their job. They are found to be teachers of choice rather than of chance. Motivation brings a missionary spirit among teachers. They are willing to defer immediate results for long term success. It makes them productive and committed towards their job.

VIII.IMPROVES MENTAL HEALTH

Emotional intelligence helps teachers in maintaining good mental health by controlling their emotions and exhibiting right emotions with right persons at right time. Mental health of a teacher is a determining factor in classroom learning.

IX.COMMUNICATIVE

Teachers with high emotional intelligence are able to relate better with their students. They are able to form healthy relationships. Emotional intelligence helps teachers to break the communication gap and there by promote healthy exchange of ideas within classroom. Better the interaction in the classroom better the teaching learning. Teachers with high emotional intelligence achieve great success at work and lead a more fulfilling life.

X.ADAPTABILITY

Adaptability is the flexibility in adapting to the changing situations or overcoming obstacles. Adaptability helps teachers to stay flexible and productive when the demands of the job are pulling them in different directions at the same time. Teachers need to be adaptable to change themselves with the changing demands of time. Modern pedagogy needs teachers to be adaptive to keep themselves enriched with the new innovations. Modern classrooms are now digital classrooms adaptability helps teachers to update themselves with new skills and technological interventions to fit themselves in the changing scenario

XI.OPTIMISM

Optimism is seeing the upside in events and it is the tendency to look at the bright side of any situation and expect the best possible outcome from any series of events. People who feel optimism live their lives expecting positive outcomes. Optimism powerfully motivates teachers which is very essential for successful teaching. Optimistic teachers work harder and with good spirit Optimism must be infused in the classroom where both teacher and students both are hopeful of positive outcomes of learning.

XII.CONCLUSION

Intelligence and its measurement intelligence quotient has remained the preference for researchers and selectors for long but of late predominance of intelligence has been challenged by emergence of emotional intelligence. Research's have shown that emotional intelligence plays bigger role than intelligence in the success of persons life. Teachers with high emotional intelligence are said to be well versed to solve the problems of classroom. Emotional intelligence helps teachers to understand emotional state of students which can prove

very helpful in effective teaching learning. Emotional intelligence helps teachers to become emphatic and self regulated. Emotional intelligence brings necessary zeal & enthusiasm among teachers by making them motivated towards their job. Emotional intelligence makes teachers well versed to the needs of students and also to the expectations of society. Emotional intelligence makes teachers dynamic by preparing them for adapting to new innovations to tackle new challenges.

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