

DEVELOP YOUR EMOTIONAL INTELLIGENCE FOR A BETTER LIFE

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Abstract

This is the world of fast growth and quick results, where everybody wants to attain the development and progress without much hard work and neglecting the emotions harshly which later affects the relationships. Huge accelerating advances in science and technology have resulted in exceptional progress in the world in all the streams and directions. It has been observed that the skilled professionals who are almost perfect in their subjects, but are unhappy and unsatisfied even after the hard work and productive results at the workplaces due to minor or major issues associated in their lives due to the lack of control on their emotions which further leads to the frustration and unrest in their lives. Poor Emotional Quotient may result in strained relationships too. The taste of success and achievement is affected due to the stress felt in dealing with certain problems in the personal and official life. Today's lifestyle is leading us to face immense emotional pressures which overall affect the quality of life.

My paper will deal with the emotional challenges faced by our Professionals in their lives. Strong emotional competency can give them the strength, confidence and satisfaction to handle any emotional issue associated with them, and will bring more joy, peace, happiness and a sense of achievement in their workplaces and personal lives. The Emotional Intelligence also termed as Emotional quotient has gained a prominent mark in analysing the traits of good leaders and professionals. High Emotional Quotient is

the trait of a balanced individual and helps in handling the day today issues more smartly and tactfully , which in turn gives more peace and joy in their lives.

Key Words: Emotional Quotient, Emotional Intelligence, Personality , Self Awareness, Self-Regulation , Social Skill, Empathy ,Effective Emotional Expression , Emotional Competence

INTRODUCTION

Emotional Intelligence is not a new term for highly qualified professionals who are creating new milestones in this materialistic world but feeling more and more puzzled, unrest, un contented and alone even after accomplishing mammoth tasks and achievements.

“Human competencies such as self-awareness, self discipline, persistence and empathy are of greater consequences than intellect as measured by IQ” (7)

DISCUSSION AND METHODOLOGY

The words like Emotional Quotient and Emotional Competence have made their marks when we discuss the importance and measures of achieving Success in our Personal and Professional Lives. The emotional issues observed mainly due to our “emotional responses are due to our perceptual habits, thoughts patterns, and other aspects of adjustive behaviour.”(6)

Interesting fact is that –How we perceive a situation –its meaning for us – determines what emotions will be aroused .The events that arouse emotions in us, the emotions they arouse and the ways we control and express our feelings is one of the important components of the overall pattern of coping strategies that make our life style. Emotional Intelligence, is associated with some natural and inborn characteristics like introvert or extrovert nature, emotional stability and openness to experience. Now it is a question of discussion that whether we can change or alter the degree of Emotional Intelligence or not. It has been claimed by the Soft-Skills’ trainers and the Psychologists that “the Emotional Intelligence can be improved by

proper care and mentoring” (6) . The intentional watch and monitoring can certainly leads to positive results which teaches an individual how to behave at particular situation and how to take care of the extreme emotions. It also requires patience, personal training, Feedback and Productive interaction. The enhanced Emotional Quotient is certainly helpful for the persons with good leadership qualities and is of less useful for an ordinary man. Poor Emotional intelligence of a Professional can affect the appropriate Decision makings and problem solving skills too which can later put the Organizations on risk.

“Rational decision making and problem solving may be used interchangeably, since a problem has to exist and a decision is made to solve such a problem”. (18)

Skilled managers and administrators have to take numerous decisions in a day and the more significant decisions need the exercise of considered judgement and the basis for such decisions and judgements remains a sound and strong Emotional Quotient. The main aim is to take the best decision even under the worst emotional conditions. Sharpening one’s EQ certainly helps in rising above a common man’s platform and helps in utilizing the best possible ways and strategies to resolve the day to day issues successfully. Some people apparently feel great intensities of emotions; they react to the ups and downs of living with intense joy , intense disappointment, and intense concern .Others, whether from constitutional limitation or defensive learning are not easily stirred to either enthusiasm or distress but seem to be insulated from any strong feelings(7)

Extreme emotions are always harmful in taking decisions and solving a problem. The intensity of disintegrative emotions can be well understood with the examples of the soldiers who had broken down in combat in World War II and were later injected with sodium pentothal drug to release their stress and tensions. The drug produced a similar of hypnotic impact on them and the soldiers could “relive” their combat experience and discharged some of their overwhelming fear and anxiety. “ The terror exhibited in the moments of supreme danger ,such as a death of a friend before the patient’s eye ...the body becomes increasingly tense and rigid; the eyes widen and the pupils dilate...there is a collapse and the patient falls ...” (11)

This means emotional imbalance can have a drastic effect on our health and lives. With inadequate inner controls, we may overreact emotionally, flying off the handle or bursting into tears in routine situations. With too rigid controls we may be unable to “let ourselves go” or to be ourselves.” Neither extreme is desirable. We have to adapt to fine tune the emotions to a ‘balance’. Take an example of a child who is very spontaneous in showing various emotions in one shot...on one instance he may be showing tantrums for a demand to be fulfilled and on the very second minute he feels happy and forgets the disapproval and punishment and behaves “afresh” accepting the happy change and moves on whereas we the adults are not able to adjust in such two situations so easily , even if we get normal after some time ,complaints, disapprovals and punishment remains in the underneath of our memory and the behavioural pattern is affected .

“The companies are putting more emphasis on the emotional dimension in evaluating leadership potential and focus on the importance of understanding relationships” (8)

There are certain dimensions through which Emotional Intelligence can be evaluated such as:

Self Awareness – The Person is in touch with his own feelings and has the desire and the capacity to understand other's feelings.

Self Regulation – This is the ability to control or redirect emotional extremes and other impulsive behaviours. For Example, if you are angry at a client or a colleague, you control your emotions, keep calm and handle the situation professionally and later talk out the emotions with a co-worker or a friend. Self regulation includes the ability to suspend judgement in order to think through the consequences of behaviour rather than acting on impulse.

Self Motivation-- The person is driven for achievement irrespective of the rewards associated with such an achievement. The achievement itself is a reward for them. Even when they do not achieve their goals, they remain optimistic and have a positive attitude.

Empathy—It is the ability to understand and be sensitive to the feelings, thoughts and situations of others.

Social Skill—This is the ability to manage emotions of other people. Social skill includes the ability to build networks of relationships and it requires other elements of emotional intelligence such as empathy and self-regulation (15)

This later leads to the unhappiness and un satisfaction in our lives and the chronic sad situations affect our Health and Personality also.

Emotions which are denied direct expressions, usually find expressions in some other disguised ways. Teasing and nagging becomes the cause of Hostility and chronic fatigue and somatic complaints origins because of the Anxiety and Fear. The individuals, since are not aware about these reasons, remains amazed of their changed behaviour. Such outlets do not solve the problems but the chronic occurrence may leads to peptic ulcers or other psychosomatic disorders.

Emotional Intelligence can be gained by understanding the ways of “Effective Emotional Expression” and control. Effectiveness in other forms of Behavior means both inner needs and outer demands are taken into account. By developing more realistic expectations and greater ability to acknowledge our real feelings, we can expect to have a continuing problem of finding personally satisfying and constructive ways to express negative emotions. Instead of fighting the harmful emotions, we need to understand and accept them.

Emotional Competence starts with a healthy and realistic attitude toward emotion as part of one’s “Equipment” for living. When Strong emotions are aroused, it is suggested that they should be expressed in a very constructive way rather than in disguised or destructive manner. One has to learn to vent out the emotions through a constructive channel. Strenuous physical activity is a common option, discussing the matter with some faithful family member or a trusted friend can also help .Many times when the individual faces severe situations like Strained Marriage, professional psychotherapy or counselling may be considered.

We have to learn what traumatizes us and affects us in destructive and negative way...and the cause for the reasons. To regulate

emotions, infants depend on their caretakers, but we the adults should be mature enough to locate and identify the reason of our irritation and unhappiness. The alternative approaches should be applied, like engaging your senses in something more valuable or interacting with a reliable person. Sometimes when we want to vent out our severe emotions, just stretching the strained muscles or even dancing on our favourite song also helps. Early teaching and training to control and channelizing the aggressive and violent energies towards more positive dimensions, certainly helps in developing an individual's personality.

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