

## **Emotional Intelligence as a Pre-requisite to Ensure a Strong Personality Among Young Learners**

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### **Abstract**

Emotional intelligence combines together our internal and the external expertise to understand oneself and the ones surrounding us to ensure an effective environment in everyday life. The young learners who are constantly facing the emotional, physical, societal and academic pressure are in dire need to build up strong persona. They are to be well taught that emotions should be out at the right time and suppressing ones own emotions can add up to various problems including the habit formation of not being able to speak up for self and others. Building strong emotional intelligence leads to cooperative interpersonal relations and functioning.

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The concept of emotional intelligence proposed by Salovey and Mayer (1990) was defined as “the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them and to use this information to guide one’s thinking and actions.” Mayer and Salovey (1997) identified four components of emotional intelligence, involving emotional perception, emotional facilitation, emotional understanding, and emotional management. Here, emotional perception refers to the ability to perceive and to express feelings. emotional facilitation refers to the ability to use emotion to facilitate cognitive activities. emotional understanding concerns the ability to label emotions with words and to understand how emotions can change and lastly, emotional management refers to the ability to manage emotions for both emotional and personal growth (Mayer & Salovey,1997). Emotional Intelligence is often associated with the health and well-being of individuals. Healthy individuals may possess healthy mind, emotional wellbeing, healthy relationship with self and with the society. It is mainly associated with cordial interpersonal and interpersonal relations which makes one stress free and contended in life. Coping strategies include specific psychological behaviors that individuals may possess to overcome, comprehend, reduce or master the stressful events in life. Two general coping strategies have been distinguished: problem- solving strategies are efforts to do something active to alleviate stressful circumstances, whereas emotion- focused coping strategies involve efforts to regulate the emotional consequences of stressful or potentially stressful events. (Folkman & Lazarus, 1980)

The various personalities tend to behave in different way at a given situation but an emotional intelligent person can cope up with the situation smartly and effectively and is capable of solving problems efficiently due to his nature of empathizing with the concerned person. The aim is to comprehend the situations and social environment in such a way that each person is heard of and understood despite of various challenges and

pressures faced each day. An emotionally intelligent person has the ability to empathize with the counterpart who is in the utmost need of it. The person may not be as strong but has the ability and skills to cope up with adverse situations by observing, contemplating and acting upon it with mindfulness and assisting others through their actions and support.

The young learners face constant stress and turmoil where students tend to be quite moody all the time due to societal, family, home or work pressure. However, emotional intelligence plays a critical role in the period as it tends to satisfy their needs and energy in a positive manner which can be applied in the educational setting. Now Goleman's five components of emotional intelligence that is, self-awareness, self-regulation, internal motivation, empathy and social skills pay an important role at this stage where a child develops qualities of helping oneself and others at the time of need. An individual having high emotional intelligence will be high in self-esteem, confident, optimistic, contented on the other hand an individual with low emotional intelligence will be down in self-esteem, reserved, pessimistic, and will remain dissatisfied. Emotional intelligence plays an editable role in the success of an individual and therefore the area should be worked upon to ensure better functioning and for better results of individuals.

According to Plotnick (1993), "personality refers to a mixture of permanent and distinctive behaviors, thinking and emotions that express how we respond and adapt to other people and situations". A good personality is one of the most significant aspects of our existence which ensures a balance between our mental capacities, focuses on harmonious adjustment to the environment, provides a perception towards self and the environment, manages inter-personal relations and strengthens emotional maturity. Variations in personality leads to contrasting outlook, flexibility and adaptability. Personality is the particular combination of cognitive, emotional, attitudinal, and behavioral response patterns of an individual reflecting in the following dimensions -

Competition, Creativity, enthusiasm, innovation, leadership, maturity, mental health, morality, self-control, sensitivity, self-sufficiency, and social warmth, Introverts, extroverts, neurotics and stable adolescents possess their own traits and they have their own way of dealing with different situations. Individual differences have their own impact on the Emotional intelligence of each person. Moreover, students find it difficult to cope up with the environment. Each personality has its own pros and cons and dealing with the current situation adds to their experience. Also, each personality type can be studied in accordance with their positive and negative co-relation with emotional intelligence. The young learners be it in school or college fall prey to stress and maladjustment when the outcome is not according to their attempts or will and the success rate is not up to mark despite of their continuous efforts. Each personality exhibits its positive and negative co-relation with Emotional Intelligence.

Emotional Intelligence is a means of identifying, assessing and controlling the emotions of a person itself or of his counterparts and people associated in a group. As far as personality of students is concerned, they can be introverts, extraverts, neurotics and stable who may possess their own traits and they follow their own way of dealing with different situations. Individual differences have their own impact on the Emotional

Intelligence of each person. Each personality exhibits its positive and negative co-relation with Emotional Intelligence. However, Emotional intelligence can be learned, strengthened and improved.

The recent studies have identified that a great deal of success and failures in the cognitive abilities as measured by tests of IQ are portrayed positively. They are manipulated so that to see how others perceive them. The absence of such understanding may lead to lack of Emotional Intelligence (EI) in individuals. Hence this type of intelligence is more significant in understanding and comprehending the life events than the traditional intelligence. It is said that an emotionally intelligent mind is not broadly affected by life situations, they have the sense of coping up and dealing with the situations with ease. These minds do not stress over the competitive situations so easily rather than they face the challenges in much cordial manner. It is said that an emotionally intelligent person has the understanding of a person in difficult situation and has the ability to handle the sensory impulse in particular situations.

The point is how can the young learners be assisted to be emotionally intelligent? The answer to it is that this mode of intelligence should try to be inculcated in the child since the beginning or one can say as the toddler is being taught the basic manners or basic life skills. It can begin with when the child is taught to be sympathetic towards vulnerable group, instead the child has to be taught Empathy, where the child can relate to the person on other side and behave in the softest tone to encourage and bring him up. An associate professor of psychiatry at Harvard Medical School identifies Empathy as brain related capacity that can be learned. She states "It's an ability to perceive the thoughts and feelings of others and the ability to feel or understand the context of a person's situation...". As the times have changed our young learners are quite enthusiasts, they are more aware and informed but the amount of pressure they face is unimaginable. This pressure and the burden have to be reduced and tackled in the best possible way so that each child comes out confident and is shown up with bright prospects. The difficult life situations can either make up or drain the confidence out of the child. They are therefore need to be made understood to tackle the situations at ease without much pressure, so that they can lead a normal happy life and turn out to be a strong personality.

Emotional Intelligence is mainly a social Intelligence that presupposes to observe and use emotions to guide thinking and actions. Emotional Intelligence is associated with interpersonal and communication skills, and is a pre requisite in the assessment and training of students. Various tasks and life events also call for many types and levels of Emotional Intelligence. Eventually the young learners need to be introduced with awareness about Emotional Intelligence to ensure their success at educational level, while working or while dealing with the life events,.Petrides and Furnham (2001) explains trait Emotional Intelligence as :

- Adaptability which ensures flexibility and willingness to adapt to new situations
- Assertiveness explains forthrightness and willing to speak up for the rights
- Emotion perception (self and others) is being quite lucid about one's own and others of

- Emotion expression is being able to communicate their feelings
- Emotion management (others) is being able to influence other people's feelings.
- Emotion regulation is quality of controlling one's own emotions
- Impulsiveness (low) is being thoughtful and less likely to give in to the preference of others
- Relationships are cordial and fulfilling
- Self-esteem is being confident and full of self esteem
- Self-motivation is remaining motivated at all ends
- Social awareness is being well read and well informed among the network
- Stress management is being able to cope up with the stressful circumstances
- Trait empathy is looking by someone else's perspective
- Trait happiness is to be contented with the life
- Trait optimism is always full of hope and possibilities Therefore, people possessing these traits can turn out to be strong personality. Our young learners should be taught and made to understand the significance of Emotional intelligence. Emotional Intelligence has a significant relationship with the five coping strategies including problem-solving, social support, cognitive evaluation, somatic inhibition and emotional inhibition and hence this can assist in the prevention and treatment of behavioral and psychiatric disorder. The idea behind this is to seek medical help in terms of counsellors to be able to cope up with the adverse situations of life and make healthy choices in future. The five-factor personality trait includes
- neuroticism that is the tendency to experience negative effects including anxiety, insecurity and psychological distress.
- extraversion that is the proportion and power of interpersonal interaction and level of action taking place with other individuals
- Openness to Experience is trying to seek, inculcate and appreciate the new experiences agreeableness that is the quality and intensity of one's interpersonal interaction along a continuum from companion to antagonism
- conscientiousness is the intensity of persistence, arrangement and motivation in goal- directed behaviors. (Costa, 1996, Piedmont and Weinstein, 1994).

When we talk about Emotional intelligent, we understand its significance in each individual's life in order to move forward in their studies, career, social relations etc. Many a times it is observed that academically intelligent students may often face anxiety disorders due to their social and interpersonal ineptness to intermingle in an educational setting. Sometimes children with high IQ are unable to capture success for themselves which could result in stress and conflict, however by improving the emotional quotient the individuals can turn out to be much productive and successful in whatever they do. A large number of studies have elaborated on the significance of emotional intelligence and its essence to survive from the issue of stress. A few studies have elaborated on how emotional intelligence can be learned, strengthened and improved. Some studies talk about the personality traits as chief component in predicting emotional intelligence. Now, this study will throw light on the adolescents' academic anxiety and emotional intelligence related issues by reckoning their personality types.

Emotional Intelligence helps in developing healthy relationships, performing well at school and achieving greater heights in whatever task is undertaken. It makes one strong to face ups and downs in various situations. Emotionally intelligent person can be mentally strong as the person can connect with one's own feelings, can work smartly to turn plan into actions. In the contemporary days, the young learners are keen observers, they have to face a lot of competition and struggle to high demand and supply of skillful workforce. To sustain oneself in the competition and to stay motivated throughout one has to have strong personality that includes physical self as well as mental status. Now the mental status is largely influenced by our behavior and is indirectly influenced by our strong emotional intelligence.

Muris P. (2009), emphasize on emotions as the integration of affective feeling cognitive appraisals, and behavioral activation that effects the personality. Personality is highly influenced by various factors as one tends to gain confident or can totally loose it with the words of appreciation and depreciation. Hence, emotional intelligence can save a personality to a larger extent as the person can make it through for oneself by being kind and attaining kind. Eysenck and Eysenck, (1985) assures that the high extraversion characteristics such as impulsivity, sociability, liveliness, excitability are to be reduced by channelizing their energies in positive activities. Thus, positive vibes are needed to

channelize the energy into the right thing at the right place on the right time. Elliot and Thrash (2002) identifies that a few latent dimensions like affect, behavior, cognition and desires can captivate the probabilities between personality, affective and motivational variables. Gujral Harminder (2015) discusses emotional intelligence and its coping styles and she concluded that emotional intelligence actually results in buffering stress at the workplace. This can apply at every situation where a person needs to be a little alert and kind to himself and to others in terms of empathy and sympathy. Scott A. Woitaszewski & Mathew C. Aalsma, (2010) throws the light on the contribution of emotional intelligence to the social and academic success of gifted adolescents as measured by the multi factor emotional intelligence scale of adolescent. The stress contributes to the personality issues in a person. A lot of effort and energy is wasted in coping with the stress. This can also lead to problems of anxiety and depression in a person which can

affect a personality in a hard way. Hence emotional intelligence can very well help in reducing the stress and making it easy for all.

## CONCLUSION

Emotional Intelligence is an integral aspect of a person's personality. It empowers us to productivity where one can survive by a better performance conforming the competitive and progressive situations. Emotional Intelligence is quite supportive for personal achievements being it academically, professionally or at the societal level. It strengthens relationships at the home, peer group, formal places or anywhere in the society. With emotional intelligence comes the emotional understanding and a deep link or belongingness with the counterpart. Sometimes people are unable to work with full zeal due to personal problems may be due to health or other issues and so the emotionally intelligent counterpart may understand you with full zeal which will intern reduce the burden and may lead to recovering easily in future. Emotional intelligence ensures self-confidence and enhances communication enabling us to put our thoughts impact fully in front of others. Emotional Intelligence encourages inclination towards empathetic communication. developing affection, cooperating better with others and maintaining mutually benefited social relationships. Emotional Intelligence facilitates to fight with chronic stress and protracted negative emotions such as anxiety, aggression and depression. These signs can easily affect a person in an inverse way and it would be difficult to cope up with the situation. Hence, to be a strong personality one has to be

emotionally intelligent and emotionally efficient to deal with the highs and lows of everyday life. Highs because one may become high headed by facing immense success so a calm personality is required to attain everything with grace and lows because facing problems and finding solutions need a strong mind.

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