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Emotional Intelligence: Why it Matters in School and life

Dr. Naziya Parween
Assistant Professor,
Dept. of Psychology, Patna College,
Patna (Bihar)

ABSTRACT

Emotional intelligence (EI or EQ) encompasses skills for recognizing, understanding, managing, and using one's own emotions, along with perceiving and influencing others' emotions. Unlike IQ, EI is essential for success and fulfillment in complex social and work environments. It promotes academic engagement, positive socialization, and protects adolescent mental health. In the workplace, EI differentiates competent workers from exceptional leaders and fosters effective teamwork and management. Developing emotional intelligence is crucial for navigating challenges and building healthy relationships, making it a vital investment in overall human flourishing.

Keywords- Emotional intelligence, Developing, Environments, Interactions

Introduction

Emotional intelligence, known as EI or EQ, refers to the skills involved in recognizing, understanding, managing, and using one's own emotions, as well as perceiving and influencing the emotions of others. Unlike traditional intelligence measures like IQ, which have been the primary focus in education and careers, there is a growing awareness that EI is essential for success, happiness, and fulfillment. In today's world, which features complex social interactions and demanding work environments, emotional intelligence is viewed as a crucial skill rather than just a supplementary one. As cognitive abilities alone do not predict achievement and well-being effectively, emotional intelligence has gained prominence as a core competency vital for navigating modern challenges. This shift highlights the importance of emotional awareness and the ability to connect with others in

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achieving personal and professional goals. Understanding and developing emotional intelligence is now considered essential for adapting to various situations and fostering healthier relationships in both work and personal life.[1]

Emotional Intelligence

Emotional Intelligence is the ability to recognize, understand, and manage emotions effectively. Daniel Goleman, a pioneer in EI research, outlines five key components of emotional intelligence:[2]

Self-Awareness – Recognizing and understanding one's emotions.

Self-Regulation – Managing emotions in healthy and constructive ways.

Motivation – Channeling emotions to stay focused and productive.

Empathy – Sensing and understanding others' emotions.

Social Skills – Building and maintaining healthy relationships.

These skills help students become not only better learners but also more compassionate and confident individuals.

The Importance of Emotional Intelligence in School

Emotional intelligence helps students build better relationships, make thoughtful decisions, and cope with academic stress. The Importance of Emotional Intelligence in School are foollowing –

Improves Student Behavior and Discipline - Students with higher emotional intelligence can resolve conflicts peacefully and follow school rules. They recognize the consequences of their actions and manage their impulses better. This ability results in fewer behavioral problems and creates a more positive learning environment. emotional intelligence plays a key role in fostering respectful and productive interactions in schools.

Enhances Academic Performance - Emotional intelligence (EI) plays an important role in improving academic performance. Students who have strong EI can effectively manage stress during exams, set realistic goals, stay motivated, and seek help when necessary. These abilities directly help in achieving better grades. Understanding and developing emotional intelligence can therefore lead to greater academic success.

Supports Mental Health and Well-being - School life presents various emotional challenges such as peer pressure, academic competition, and social anxiety. Emotional intelligence assists students in building coping mechanisms and resilience. By recognizing when they feel overwhelmed, students can seek support, which can help prevent anxiety and depression. Understanding and managing their emotions is crucial for navigating these challenges effectively.

Promotes Better Relationships with Peers and Teachers – Understanding emotional intelligence (EI) helps improve empathy and communication. Students with high EI can better recognize the feelings of others and solve conflicts in a calm manner. They tend to work well in teams, be dependable friends, and show respect to their classmates.

Prepares Students for the Real World - In the long run, emotional intelligence is as important, if not more so, than IQ. The skills gained from emotional intelligence are crucial for managing workplace stress, handling rejection, and leading a team. These skills are essential for success in life after school.

The school is a key place where children and teenagers build important social and emotional skills. Success for students involves not just test scores but also their ability to work in groups, handle

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frustrations, form good relationships, and show respect. Emotional intelligence (EI) supports these skills. Self-awareness helps students know their strengths, weaknesses, and emotional triggers. For instance, a student who feels anxiety during timed tests can use coping strategies. Self-regulation, the ability to manage impulses and stress, is also important for sustained focus and effort in school. Students with strong self-regulation can better handle challenges and follow classroom rules. Social awareness allows for empathy and teamwork, improving group work outcomes. Good relationship management skills lead to positive interactions with peers and teachers. Schools that include social and emotional learning (SEL) see better behavior and academic performance, showing the connection between emotional skills and learning success.[3]

The Importance of Emotional Intelligence in Life

The importance of emotional intelligence covers : -

Better Focus and Concentration - In both personal and professional life, people can encounter distractions and challenges that create negative emotions. Recognizing the importance of emotional intelligence, many professionals practice emotional regulation regularly. When individuals manage their emotions well, they can achieve better focus and attention, which is beneficial for their future career plans. Emotional regulation helps to minimize distractions and negative feelings, allowing for enhanced performance in various situations. Being aware of emotional challenges is key to navigating them effectively.[4]

Improved Relationships - Emotional intelligence is important for improving relationships, including those between parents and children. Being emotionally intelligent helps you notice when others change their moods and understand their feelings without getting upset by negative events. People often just want to be heard and understood. Many relationships fail due to a lack of understanding, empathy, and patience toward one another. Emotional intelligence allows for better communication and connection, which can prevent misunderstandings and conflicts. Overall, developing emotional intelligence can lead to stronger and healthier relationships, fostering a sense of support and care among individuals.

Better Mental Health - Being in control of your emotions helps you manage study stress and reflect better. Your mental health is significantly influenced by how well you regulate your emotions and make necessary choices for long-term success. A student's mental health improves when they learn to handle stressors effectively and resolve conflicts in healthier ways. Maintaining emotional regulation is key to achieving better mental health outcomes. Understanding how to cope with stress and handle situations positively is essential for students to thrive academically and personally. managing emotions can lead to improved mental health and better results in the long run.

Enhanced Leadership and Teamwork - Some leaders really have a personality through which they make their team members feel motivated and empowered even during tough times.Hence, they claim the aura that they are more than just leaders.They are great leaders because they have an extraordinary leadership skill of emotional intelligence. It helps them to understand their team's problems and give them possible solutions along with empathy.[5]

Ethical and Informed Decision-Making

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In life, strong decision-making skills are crucial for achieving personal and professional goals, but we must take ethically right actions. Situations that challenge us remind us to work for the betterment of everyone. Achieving this understanding relies on balancing logic with compassion, which stems from emotional intelligence. It is important to recognize that good decision-making should include ethical considerations to ensure positive outcomes. Without emotional balance, the insights gained from these experiences cannot be fully appreciated. Ultimately, emotional intelligence is the foundation for making sound and ethical choices in various aspects of life.

Greater Adaptability and Resilience - Being emotionally aware gives you resilience, which means you can recover from tough situations and come back stronger. In workplaces, there are many unexpected problems that need your resilience and quick adaptability. When someone learns to master these skills, they can navigate challenges effectively and continue on their journey toward greater happiness and personal growth.

Increased Empathy - Showing empathy is one of the key skills of emotional intelligence. When you can make someone feel safe, understood, and heard, they are likely to respond positively, leading to lasting relationships. This ability is important for both personal and professional development. It is also essential to teach and develop empathy in children, as it can benefit their interactions with family, friends, and colleagues. By fostering empathy, you encourage stronger connections and support overall growth in various aspects of life.

Professional Achievements - Achievements in a professional career depend on making clear decisions, which comes from emotional intelligence. A self-aware person with self-management skills can handle stress by using conflict resolution techniques and resilience necessary for growth. These skills are crucial in today's job market as preparation for future careers in the 21st century.[6]

Emotional intelligence (EI) is important for improving overall quality of life and personal relationships, going beyond academics and careers. Happiness and life satisfaction depend on the quality of connections with others, which relies on relational skills. EI leads to better communication and understanding in personal relationships. Self-awareness helps identify motivations and values, guiding authentic choices. Good relationship management helps handle conflicts smoothly, supporting lasting bonds. High EQ individuals excel in active listening, validating feelings, and expressing needs. Managing stress and emotional regulation is essential for resilience in life's challenges, contributing to long-term mental well-being.

Conclusion

Emotional intelligence is not merely a desirable trait; it is a fundamental human capability that dictates the trajectory of success and contentment in both school and life. In the educational setting, EI underpins academic engagement, facilitates positive socialization, and serves as a vital protective factor for adolescent mental health. In the professional sphere, it distinguishes competent workers from exceptional leaders, driving effective team dynamics, successful management, and organizational resilience. Ultimately, the capacity to understand and wisely manage the emotional landscape, both internally and externally, shapes the quality of one's relationships, the effectiveness of one's responses to adversity, and the depth of one's overall life satisfaction. Recognizing and deliberately cultivating

emotional intelligence is therefore not just an enhancement to education or career planning, but a necessary investment in holistic human flourishing.

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