



Study of effects of Emotional Intelligence

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Abstract

People who have a high level of “Emotional Intelligence” are able to tap into their deepest desires, which in turn inspires others to follow in their footsteps. It teaches us to recognize and understand our own and others' feelings, and how to react to them correctly, allowing us to make better use of the info and energy that emotions contain in our everyday lives and at work.

Key Words: Emotional, Intelligence, Motivates, Self-management etc.

Introduction

Despite the fact that others cannot see what a person is experiencing, they may conclude that someone's feelings are true based on their outward conduct and vocal description of their introspection. In order to elicit an emotional response, a stimulus scenario must be tied to the past and have immediate repercussions for the future. Motivational potential may be fulfilled or read out by demanding stimuli in the form of emotional responses. This means that emotion serves as a method for transmitting data about a person's motivational processes. In Latin, for example, emotions have traditionally been regarded as powerful and profound. They were referred to as *anima*, which means the spirit that propels us in Greek. Doing so in the proper context is a challenging task; expressing one's feelings is simple but doing it correctly is a challenge.

As a person who is emotionally intelligent, you are able to recognize and utilise your own emotions in a positive way to reduce stress, improve communication, empathize with others, solve issues, and defuse conflicts. For your company and personal goals to succeed, you must have a high degree of emotional sensitivity. There are a variety of ways it may assist you in connecting with your feelings and taking action on your goals.

Emotional intelligence is commonly defined by four attributes:



- **Self-management** – Consequently, you are better able to control your impulses and behaviour, manage your emotions in healthy ways, take initiative, follow through on your commitments, and adapt to changing conditions, all of which are essential for success.
- **Self-awareness** – You are aware of how your emotions influence your ideas and actions. You're aware of your assets and liabilities, and you exude self-assurance.
- **Social awareness** – You're empathetic. The ability to feel comfortable in social situations and to recognize power dynamics within a group or organisation are two examples of interpersonal skills.
- **Relationship management** – Good connections, effective communication, the ability to “inspire and influence” people and work well in a team are just some of the skills that you possess.

Emotional intelligence affects:

Your performance at school or work. It helps you to lead and motivate your teammates, as well as fulfil your professional objectives, when you are emotionally intelligent in the workplace. In fact, many companies now consider “emotional intelligence (EQ)” to be just as important as technical competence when assessing critical job candidates, and many of them conduct EQ tests before employing new employees.

Your physical health. A lack of emotional self-control is a sure sign that stress is out of control for you as well. This may have detrimental effects on one's health. “High blood pressure, a weakened immune system, an increased risk” of heart attacks and strokes, and infertility are all possible outcomes of chronic stress. To improve one's “emotional intelligence”, one must first learn how to cope with stress in appropriate situations.

Your mental health. Anxiety and depression may be triggered by uncontrolled emotions and stress, making you more prone to these conditions. It is impossible to build solid connections if you are unable to understand and accept yourself. Your mental health may be harmed as a result of feeling alone and alone.

Your relationships. The more you know about your own emotions and how to regulate them, the more equipped you are to communicate your feelings and comprehend the feelings of others. As a result, you will be able to better connect with your coworkers and build deeper relationships in your personal life.



Your social intelligence. When you're in tune with your feelings, it's simpler to connect with others and your surroundings. With the help of your social intelligence, you can differentiate a good friend from a poor one, tell how much interest another person has in you, relieve stress, and maintain a healthy nervous system via social interaction.

Methodology

Individuals' cognition of their own and others' emotions, feelings, interpretations, and action as demanded by the environment to manipulate the outcome, which in turn results in superior performance and better human relationships, as measured by the “Anukool Hyde and Sanjyot Pethe emotional intelligence scale, are referred to as emotional intelligence.”

Hypotheses:

- “There exists a significant difference between teacher effectiveness and emotional intelligence
- There exists a significant difference between teacher effectiveness and self-esteem”

Emotional Intelligence Scale :

“The Anukool Hyde and Sanjyot Pethe emotional intelligence scale” consists of 34 items and was developed by the researchers. The scale was given to 200 executives, and the scores obtained were submitted to factor analysis, which resulted in the identification of 10 significant components. Among them are self-awareness and empathy, as well as self-motivation and emotional stability. Other characteristics include managing relationships, integrity, personal growth, value orientation, and altruistic conduct.



Sr. No.	Factor	Item Sr. No.	Total
A	Self-awareness	6,12,18,29	4
B	Empathy	9,10,15,20,25, 2,4,7,8	5
C	Self Motivation	2,4,7,8,31,34	6
D	Emotional stability	14,19,26,28	4
E	Managing relations	1,5,11,17	4
F	Integrity	16,27,32	3
G	Self development	30,33	2
H	Value orientation	21,22	2
I	Commitment	23,24	2
J	Altruistic behaviour	3,13	2
	Total Item		34

Table -Comparison of effectiveness of teachers having high, average and low levels of emotional intelligence

Variables	High Emotional Intelligence group N=29		Average Emotional Intelligence group N=97		t value	Significance
	Mean	S.D.	Mean	S.D.		
Overall teacher Effectiveness (Component)	494.07	94.10	446.54	80.82	2.46	*
Preparation & Planning for teaching	99.06	16.20	80.71	15.70	5.39	**
Classroom Management	115.48	23.44	104.26	22.64	2.28	*
Knowledge of Subject matter	60.86	16.85	51.82	10.44	8.07	*
Teacher Characteristics	137.28	27.93	128.40	22.19	0.27	NS
Interpersonal Relations	90.69	15.08	82.02	15.86	2.68	**

“DF=n1+n2-2=97+29-2=124 *Significant at 0.05 level **=Significant at 0.01 Level NS= Not significant at 0.05 level”

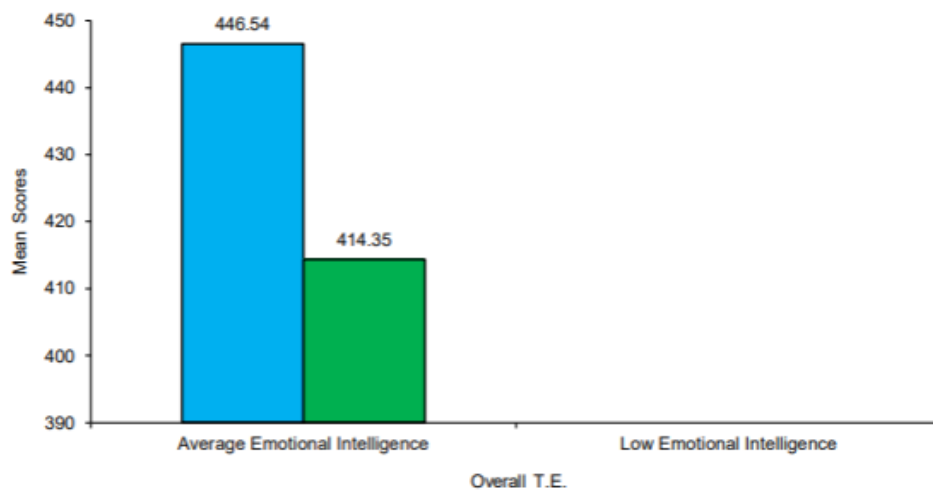


It is observed from table 4.4 that the obtained value of overall teacher Effectiveness i.e. 2.46 which is greater than the table value 1.96 for 124 degree of freedom. Hence, it is significant at 0.05 level of significance. It indicates that average emotional intelligence and high emotional intelligence groups are differ from each other, A glance at mean scores of two sampled groups points out that higher mean value of overall teacher effectiveness is in favor of high emotional intelligence groups. It means teachers with high emotional intelligence are better on overall effectiveness than teachers with average emotional intelligence. “In preparation and planning for teaching as a component of teacher effectiveness, from table 4.4 also reveals that the obtained t value 5.39 exceeded the table value of t at 0.01 level of significance with df 124. It indicates that there is significant difference between high and average level of emotional intelligence groups of teacher. From table 4.4 it is observed that obtained t value of class management is 2.28 which is greater than the table value at 0.05 level for 124 degree of freedom”.

Table – “Significance of difference in means scores of effectiveness of secondary school teachers having average & low level of emotional intelligence”



Variables	Average Emotional Intelligence group N=97		Low Emotional Intelligence group N=34		t value	Significance
	Mean	S.D.	Mean	S.D.		
Overall teacher Effectiveness (Component)	446.54	80.82	414.35	77.96	2.05	*
Preparation & Planning for teaching	80.71	15.70	75.06	17.56	1.66	NS
Classroom Management	104.26	22.64	94.79	19.70	2.32	*
Knowledge of Subject matter	51.82	10.44	47.59	9.20	2.23	*
Teacher Characteristics	128.40	22.19	119.91	22.11	1.92	NS
Interpersonal Relations	82.02	15.86	77.76	14.17	1.02	NS



“There is significant difference between average emotional intelligence and low emotional intelligence group of teachers in overall teacher effectiveness as the obtained t value of 2.05 is greater than the table value 1.96 for 129 degree of freedom at 0.05 level of significance. Since the mean difference of 32.19 is in favour of average emotional



intelligence group, It may be concluded that teachers with average level of emotional intelligence are more effective than teachers with low emotional intelligence”

Impact of Emotional Intelligence

The study and teaching of “social and emotional intelligence” has grown in popularity in recent years. SEL (social and emotional learning) programmes are now part of the curriculum in many schools.

Aside from improving health and well-being, these activities are also designed to assist pupils thrive in school, as well as to avoid bullying. Emotional intelligence has various applications in our everyday lives.

- **Thinking Before Reacting**

Emotions are strong, but they are also transient, as those with emotional intelligence are aware. The emotionally sensible reaction to a highly charged emotional situation, such as feeling upset with a coworker, would be to take some time before reacting. Everyone's emotions may be calmed and reasonable thinking can take place as a result.

- **Greater Self-Awareness**

It's not only that emotionally intelligent individuals can imagine what other people are experiencing; they're also skilled at figuring out what makes them feel that way. Emotions are influenced by many different variables, and self-awareness helps individuals to analyse these influences.

- **Empathy for Others**

Understanding and empathising with the emotions of others is an important aspect of developing one's emotional intelligence. It's helpful to think about how you'd react if you found yourself in the same position.

Conclusion

To be emotionally intelligent, one must be able to detect and comprehend their own feelings, as well as the emotions of others around them. It's also about how you see others: if you know what they're thinking, you can better manage your relationships. Emotional



intelligence is the capacity to understand and control one's own and other people's emotions. An individual with high levels of emotional intelligence is capable of understanding and controlling one's own emotions when required, as well as those of others. They are also able to use these talents to assist others do the same when they are faced with difficult situations.

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