



“Emotional Intelligence” - The Silver Bullet

Sujatha BK*

Vydehi Institute of Dental Sciences and Research Centre, India

***Corresponding author:** Sujatha BK, Reader, Department of Public Health Dentistry, Vydehi Institute of Dental Sciences and Research Centre, Whitefield, Bengaluru, Karnataka, 560066, India, Tel: +919019956236; Email: sujibk2005@yahoo.com

Received Date: March 20, 2020; **Published Date:** April 01, 2020

Introduction

There is a great transformation seen in the 21st-century education system: Technology speaks more than teacher here, which has shifted interest and trust from teachers to machine. But, people are failing to understand the foundation of life, called as Emotions. Yes, emotions, and more specifically emotional intelligence.

What is Emotional Intelligence?

In the present world, students and teachers tend to behave indifferent, without caring each other's emotion. A teacher fails to understand why students revert in different manner when something useful and good has been taught, similarly students fail to understand what their teacher expects from them. Only solution for that is understanding. Emotional intelligence is our ability to recognize emotions in ourselves and others, to understand their effect, and to use that knowledge to guide our thoughts and behaviors. Because emotional intelligence helps people to get along better with others and be more empathetic and compassionate, which makes emotional intelligence something worth learning.

There is no wonder, if emotional intelligence sounds like an illusion to people. We tend to think of our emotions and our intelligence as two separate things, But put them together as emotional intelligence, and it's essentially a different way to be smart because it is “the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically”.

The term was made popular by psychologist Daniel Goleman and he quotes five components of emotional intelligence:

Self-Awareness

When we're self-aware, we know our strengths and weaknesses, as well as how we react to situations and people. It plays a major role in students as well as tutor life. According to psychologists, success rate in one's life is 100% if they know themselves better.

Self-Regulation

Because they are self-aware, emotionally intelligent people can regulate their emotions and keep them in check as necessary. It is crucial for students at each and every stage.

Motivation

People with high emotional intelligence tend to be highly motivated as well, which makes them more resilient and optimistic. Vital principle for student, either self-motivation/ primary motivation by themselves or secondary by their mentors.

Empathy

People with empathy and compassion are simply better at connecting with other people. Teacher should be empathetic and compassionate towards their student, which helps students to excel in their performance.

Social Skills

The social skills of emotionally intelligent people show they genuinely care for and respect others and they get along well with them. Both students and tutor should have good social skills which helps both of them to understand better through peers or other people.

Why EQ is vital when compared to IQ?

Intelligence quotient (IQ) is a score derived from standardized tests designed to measure intelligence. IQ of an individual relates directly to intellectual abilities, like learning as well as understanding and application of information. People with higher IQs can think abstractly and make mental connections more easily. On other side, Emotional intelligence is using emotions to think and enhance our reasoning. Those with high emotional intelligence are able to manage their emotions as well as use their emotions to facilitate their thinking and understand the emotions of others which helps them not only excel academically but also socially.

Why Emotional Intelligence?

In the present challenging and fast moving world, emotional intelligence is the only cure/care/solution. If people start understanding each other and proceed, life is beautiful and worth living. And also one who can understand him/herself can understand others too. It high time for people to understand and act.

How to Improve Your Emotional Intelligence?

A high IQ is also something we tend to be born with while emotional intelligence is something we can work to improve. To a large degree, our emotional intelligence starts in childhood with how we're raised, but as adults, we can take steps to get emotionally "smarter." Justin Bariso offers seven ways to improve emotional intelligence,

Reflect on your Emotions

This is where self-awareness begins. To grow in emotional intelligence, think about your own emotions and how you typically react to negative situations.

Ask for Perspective

What we perceive to be reality is often quite different from what those around us are seeing. Start getting input from others to understand how you come across in emotionally charged situations.

Observe

Once you've increased your self-awareness and you understand how you're coming across, pay more attention to your emotions.

Pause for a Moment

Stop and think before you act or speak. It's hard to do, but keep working at it and it will become a habit.

Become More Empathetic

By understanding the "why." Try to understand the "why" behind another person's feelings or emotions.

Choose to Learn From Criticism

Who likes criticism? Possibly no one. But it's inevitable. When we choose to learn from criticism rather than simply defend our behaviors, we can grow in emotional intelligence.

Practice, Practice, Practice

Becoming more emotionally intelligent won't happen overnight, but it can happen—with effort, patience, and a lot of practice.

We live in an age when we can earn a certification in any number of topics to boost our careers, thanks to technology, but sadly we can't earn one in emotional intelligence. That's something we have to address as individuals, to recognize it as important, choose to improve it and continue to work on it—probably for the rest of our lives.