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DAY 196-169 WK 29

TUESDAY

B.A. Sem I
Introduction to
General Psychology

JULY

15

EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability to recognize, understand and manage your own emotions as well as being able to understand and influence the emotions of others. It involves being aware that emotions drive behaviours and impact people either positively or negatively.

EI involves the capacity to perceive, express, assimilate, and regulate emotions in an effective and adaptive manner. The concept of emotional intelligence was popularized by psychologists Peter Salovey and John Mayer in the 1990s and further developed by Daniel Goleman.

The nature of emotional intelligence can be understood through its key components:

1. Self-awareness: This involves recognizing and understanding one's own emotions, impulses and strengths, weaknesses, values, and motivations. It includes being able to accurately assess one's feelings in the moment.
2. Self-regulation: This refers to the ability to manage and control one's emotions, impulses and reactions. It involves staying calm under pressure, adapting to changing circumstances and effectively managing stress.
3. Motivation: Emotional intelligence encompasses having a sense of purpose, setting goals, and being driven to ~~active~~ achieve them. It involves the ability to persevere, bounce back from setbacks and maintain a positive

4. Empathy: This is the capacity to understand and share the feelings of others. It involves being able to accurately perceive and interpret others' emotions, show compassion, and effectively communicate and connect with people.

5. Social skills: Emotional intelligence also includes the ability to build and maintain healthy relationships, resolve conflicts, and work collaboratively with others. It involves effective communication, influencing others positively, and demonstrating leadership.