

NEW THINKING ABOUT EMOTIONAL INTELLIGENCE

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Emotional intelligence is significant for achieving success in school and life. Emotional intelligence may be more beneficial than intellect quotient in identifying a person's positive outcomes. It is simply described as an individual's ability to successfully recognize a specific emotion they are experiencing, acknowledge why they are feeling that way, and properly manage the expression of those feelings.

It also implies that a person can recognize others' emotions. Successful leaders have a high level of emotional intelligence. A person who can handle their emotions is far more efficient than someone who cannot. Emotional intelligence is essential for building interactions and achieving success.

It is necessary to teach students how to control their feelings and react accordingly to the emotions of others. Students start to comprehend that emotional intelligence is as essential as academic achievement. Emotional intelligence empowers students to communicate positively with others, consider their emotions, and experience suitable levels of empathy.

Emotions pervade every aspect of human life. Emotions can cause trouble in a person's life. It can block someone from completing an activity or reaching a goal. As a result, the ability to recognize, understand, and handle one's emotions is an extremely effective way to develop active learning competencies, which are necessary skills in preparation for a successful life. According to Bitter and Loney (2015), "Deep learning" is defined as the collection of a thorough understanding of general educational content, the ability to utilize that understanding of novel challenges and difficulties, and the

progression of a variety of competencies, such as individual skills and self-regulation. As a result, the better students are at managing their emotions, the more efficient they will be in achieving their academic, work, and personal goals.

Emotional intelligence (EI) is an individual's ability to identify, organize, and show emotions, as well as recognize, comprehend, evaluate, and react to the feelings of others. EI teaches students compassion, perspective, and intellectual curiosity in dealing with everyday problems. The emotional quotient enables students to maneuver their social interactions more effectively and to practice empathy. They can handle the challenges they may face if they have a high EQ. Having this type of intelligence encourages students to reflect rationally and control their emotions with support and tolerance during times of crisis. They think before acting, make sound decisions, and cultivate good social relationships.

Benefits of Building Emotional Intelligence

Increasing Self-Awareness

The most difficult issue for students is not a lack of interest in what they're learning, but rather a lack of perseverance in maintaining that interest. An emotionally intelligent student will be more self-aware, allowing him or her to take active control of their learning. They will need to be persuaded to study or finish their tasks. Self-awareness is the state of awareness of one's feelings, whether positive or negative. This increased self-awareness improves the capability to remove the negative and focus on positive thoughts.

Expressing Empathy

Developing long-lasting and beneficial relationships requires empathy. Teachers must be aware that students can be cruel in their words and actions. A student who is in control of his or her emotional side, on the other hand, acts with empathy. This makes the student less likely to engage in harmful behavior and more supportive of their peers. It not only

helps them form positive relationships, but it also aids in their learning development. Empathy enables students to recognize both their own and others' emotions. This ability broadens their understanding of people and the world in general.

Developing Self-Management System

The key factor that is instilled in students as a result of the two things given above is self-regulation. A student who assumes responsibility for their learning and educational development is exceptional. When a student is taught self-regulation, it not only benefits them academically but also serves as the foundation for developing healthy habits later in life. Communicating with the students regularly and teaching them ways to better comprehend tolerance are essential for assisting them in developing self-regulation.

Eliciting Problem-Solving Abilities

Emotional intelligence enables students to analyze situations more effectively. It not only improves students' interactions with others but also improves their academic performance. Emotional intelligence enables them to better understand a situation rather than becoming overwhelmed by it and it is completely upsetting to do things in the wrong order.

Enhancing Stress Management Skills

A student who can efficiently control his or her emotions is a student who will not let stress dominate their academic life. Emotional intelligence provides a strong buffer for students, allowing them to best manage the factors that cause stress in their minds. This is also a significant advantage for students later in their careers.

Developing Satisfying Levels of Emotions

Failures are a normal part of educational life, just like in professional settings. Students who have a strong emotional framework can successfully overcome their problems. It is

how teachers must teach students to set achievable goals, make smarter choices, and face problems more healthily. This not only tends to make the student happier, but it also makes them satisfied with their life's work.

Talking About Emotions

One good thing about emotionally intelligent students is that they are not afraid to express their emotions. Talking about one's psychological condition is an important part of being able to manage one's emotions. Students are typically hesitant to express their emotions.

References:

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