

## THE IMPORTANCE OF EMOTIONAL INTELLIGENCE IN ACHIEVING ACADEMIC EXCELLENCE

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In the world of education, academic excellence is often measured in grades, tests, and awards. However, behind this success is a deeper aspect that is often not seen in papers and diplomas: emotional intelligence (EI). Emotional intelligence is the ability to recognize, understand, and manage one's own emotions, as well as the ability to communicate well with others. By becoming emotionally intelligent, learners develop the ability to better manage stress, relate well with their teachers and classmates, and succeed in their academic goals.

Emotional intelligence is divided into five main aspects: self-awareness, self-regulation, motivation, empathy, and social skills. Self-awareness refers to the ability to recognize one's own emotions and their effects on oneself and others. Self-regulation is the ability to manage one's own emotions, especially in situations of stress or tension. Motivation is the internal drive that empowers a person to achieve goals. Empathy is the ability to understand and feel the emotions of others, and social skill is the ability to interact well with other people.

Academic life is full of challenges and pressures from tests, assignments, and projects. Learners with high emotional intelligence cope better with stress because of their ability to regulate their emotions. Instead of despairing or panicking, they learn how to stay calm and focus on their goals. Good interpersonal skills that are part of emotional intelligence help learners to have good relationships with their teachers and classmates. Learners who communicate well often get better feedback and support from their teachers. The self-motivation component of emotional intelligence gives learners the

courage to continue with their goals even in the face of challenges. The ability to set realistic goals and stay motivated to reach them is an important aspect of academic success. Resilience or the ability to bounce back from defeats is a key component of emotional intelligence. Learners with high EI are more willing to accept mistakes and learn from them. They are more easily able to adapt to changes and the ability to adjust to new situations, which is important in reaching academic excellence.

Emotional intelligence is not just an additional aspect of education but an important part of achieving academic excellence. The ability to manage emotions, communicate well with others, and stay motivated in the face of challenges is essential to learners' success. By strengthening emotional intelligence in the classroom, teachers and parents are laying a strong foundation for higher levels of academic performance and personal development. Integrating emotional intelligence into education provides a holistic view of learning, which focuses not only on academic achievement but also on the overall well-being of learners.

### *References:*

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