



Emotional Intelligence & Teaching: A Systematic Review

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Abstract

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. Emotional intelligence is generally said to include a few skills: namely emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

Keywords: Emotional, Intelligence, Teaching, Role, Knowledge, Improvement and Academics.

Introduction

Emotional intelligence term was first coined in the year 1990 by researcher John Mayer and Peter Salovey but was later popularized by psychologist Daniel Goleman. Emotional intelligence also called as emotional quotient. Emotional intelligence in teaching plays vital role in shaping the students by helping them to understand the subject/topic with better way of its concepts. In recent days the students are distracted never before due to huge utilization and promotion of the social medias in the society.

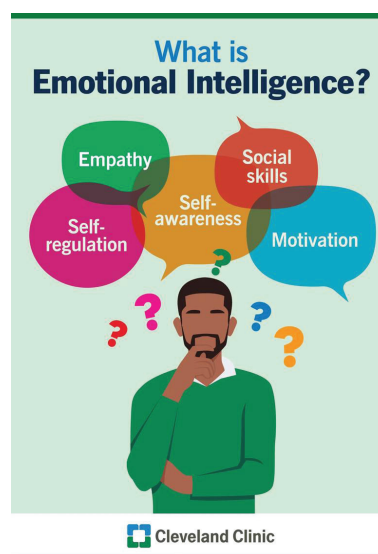


Image 01: Photo Credit-Cleveland clinic

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DEFINITION:

Emotional intelligence is the ability to understand and manage your emotions, as well as recognize and influence the emotions of those around you.

DANIEL GOLEMAN

“Emotional intelligence is critical in building and maintaining relationships and influencing others-key skills that helps people throughout their career and wherever they sit in an organizational structure” **Andrews (Harvard University)**

EMOTIONAL INTELLIGENCE

The ability to understand the way people feel and react and to use this skill to make good judgments and to avoid or solve problems **Wikipedia**

A large part of **emotional intelligence** is being able to think about and empathize with how other people are feeling. This often involves considering how you would respond if you were in the same situation. **Kendra Cherry**

Emotional intelligence is divided into four core competencies:

1. Self-awareness
2. Self-management
3. Social awareness
4. Relationship management

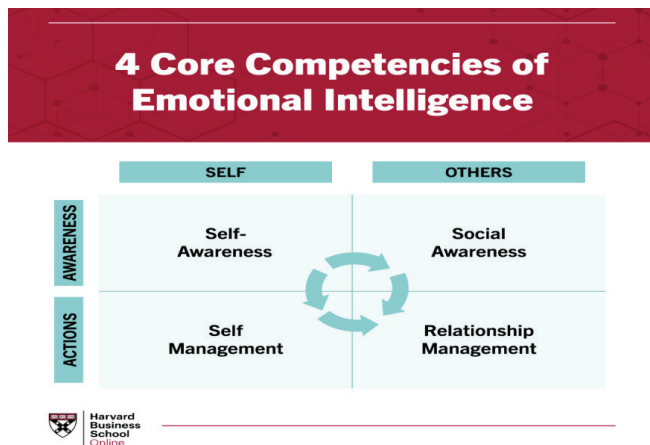


Image 02: four core competencies of Emotional intelligence

1. **Self-Awareness:** It is at the core of everything. It describes your ability to not only understand your strengths and weaknesses, but to recognize your emotions and their effect on you and your team's performance.
2. **Self-Management:** It refers to the ability to manage your emotions, particularly in stressful situations, and maintain a positive outlook despite setbacks. Leaders who lack self-management tend to react and have a harder time keeping their impulses in check.
3. **Social Awareness:** While it's important to understand and manage your emotions, you also need to know how to read a room. Social awareness describes your

ability to recognize others' emotions and the dynamics in play within your organization.

4. **Relationship Management:** Relationship management refers to your ability to influence, coach, and mentor others, and resolve conflict effectively.

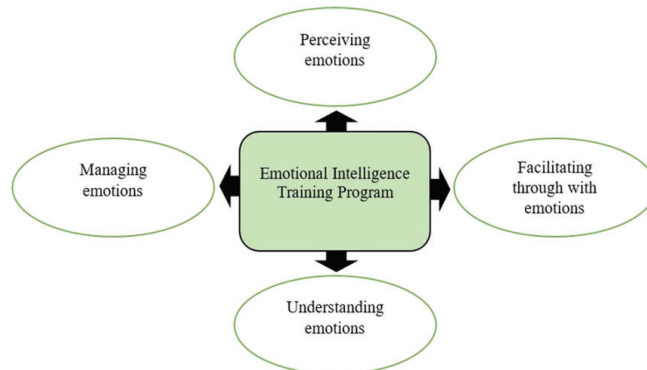


Image 03: Emotional Intelligence training programme

DEFINITION OF TEACHING:

Teaching includes all the activities of providing education to other. The person who provides education is called teacher. The teacher uses different method for giving best knowledge to his student's .He tries his best to make understand students. His duty is to encourage students to learn the subjects.

Teaching can be defined as engagement with learners to enable their understanding and application of knowledge, concepts and processes. It includes design, content selection, delivery, assessment and reflection.

Why is emotional intelligence important in teaching?

- **Emotional intelligence** helps the teachers to develop ability to understand the students.
- **Emotional intelligence** helps the teachers to counsel better way of their students in academic particularly those are weak in studies or repeated failures.
- **Emotional intelligence** helps the teachers to manage stress
- **Emotional intelligence** helps the teachers to minimize students frustration related to the academics.
- **Emotional intelligence** helps the teachers and students feel more comfortable.
- **Emotional intelligence** helps the teachers to enhance their students creativity and make use of their best to the academics

Teaching: it is one of the noble professions among all the professions in the world because teaching requires knowledge, skill, patience, empathy, sympathy, common sense, broader planning, academic activities, presence of

mind and humor. A teacher has to maintain the span of attention of the students in entire class is a quiet toughest job and the teacher who does it successfully; they must have all the above mentioned qualities and that is possible with emotional intelligence.

Benefits of Emotional Intelligence for Teachers:

- Emotional Intelligence helps to establish very effective Inter personal relationship between the teachers and students.
- Helps in effective conflict resolution
- Helps in building the Stronger professional relationship among the colleagues
- Helps to maintain better classroom management
- Helps to enhance the commitment towards academic performance
- Helps to build a professional relationship with the students
- Helps in personal well being
- Fosters sympathy and empathy
- Promotes the emotional situations
- Helps to enhances the self-awareness
- Boosting the academic performance such as research, project work etc



Image 4: Skills of Emotional Intelligence

Conclusion: Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. **Emotional intelligence** plays an important in molding the students from beginning to the highest qualification. A teacher must be a good listener, guider and counselor for the students in every step of the academic activities as well as extra-curricular also.

Ethical Clearance: Not required

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