

EMOTIONAL INTELLIGENCE IN THE EDUCATIONAL SYSTEM

Dr. Surekha Adiki, Associate Professor, ICBM-SBE, Attapur, Hyderabad. Email:
surekha@icbm.ac.in, ORCID ID: 0000-0003-1913-0844

Dr. K Siva Nageswara Rao, Associate Professor, ICBM-SBE, Attapur, Hyderabad. Email:
krishnamsettysiva@icbm.ac.in

ABSTRACT

Emotional intelligence (EI) has been gaining attention in the educational system due to its positive impact on student academic and personal success. This article explores the concept of EI in education and its significance in creating a positive learning environment. The article presents the findings of a literature review on the role of EI in education and the various approaches that can be used to develop emotional intelligence among students. The review reveals that developing emotional intelligence can lead to better academic performance, higher social competence, and better mental health. This article concludes that emotional intelligence should be an essential component of the educational system, and educators should focus on developing emotional intelligence skills among students.

Keywords: Emotional intelligence, Education, Learning, Development, Teaching

Introduction:

Emotional intelligence (EI) has emerged as an important topic in the educational system, particularly in recent years. This is because EI has been found to be a significant predictor of academic and personal success. The ability to understand, manage, and regulate emotions plays a crucial role in learning, decision-making, and social interactions. As such, the educational system has increasingly recognized the importance of developing emotional intelligence skills among students.

The concept of emotional intelligence is not new, but it has gained significant attention in the last two decades. In 1995, Daniel Goleman published his groundbreaking book, "Emotional Intelligence: Why it Can Matter More than IQ," which brought the topic into the mainstream. Since then, numerous studies have confirmed the importance of EI in various areas of life, including education. As a result, educators have started to recognize the value of integrating emotional intelligence development into their teaching practices.

In recent years, the COVID-19 pandemic has highlighted the need for emotional intelligence skills even more. The pandemic has disrupted the traditional ways of learning and socializing, leading to increased stress, anxiety, and isolation among students. Developing emotional intelligence skills can help students manage these challenges and maintain their mental health and well-being. In this context, the importance of emotional intelligence in the educational system has become even more critical, and educators are looking for ways to incorporate emotional intelligence development into their teaching practices.

Methodology:

The methodology for this article involved a comprehensive review of the literature on emotional intelligence in education. The review was conducted using various academic databases, including Google Scholar, JSTOR, and ResearchGate. The keywords used in the search included emotional intelligence,

education, learning, development, and teaching. The review included studies published between 2000 and 2021. The studies were selected based on their relevance to the topic and their ability to provide insights into the role of emotional intelligence in education.

Results:

The review revealed that developing emotional intelligence can lead to better academic performance, higher social competence, and better mental health among students. Studies have shown that students with higher levels of emotional intelligence are more successful in academic settings as they are better able to manage stress, cope with challenges, and maintain positive relationships with peers and teachers. Developing emotional intelligence can also lead to higher levels of social competence, which is critical for success in the workplace and in personal relationships.

The review also revealed that various approaches can be used to develop emotional intelligence among students. These approaches include providing opportunities for self-reflection, teaching emotional regulation skills, and promoting empathy and social awareness. Additionally, educators can create a positive learning environment by modeling emotional intelligence, providing emotional support, and promoting a growth mindset.

The results of various studies conducted on the importance of emotional intelligence in the educational system have been quite promising. These studies have shown that students who have higher levels of emotional intelligence tend to perform better academically and have higher levels of social competence than those with lower levels of emotional intelligence.

One study conducted by Brackett and colleagues (2012) found that schools that implemented an emotional intelligence program showed improvements in students' academic performance, social-emotional skills, and school climate. The study also found that the program was effective in reducing negative behaviors, such as bullying, among students. This suggests that emotional intelligence development can be integrated into schools' curricula to improve students' academic and social-emotional outcomes.

Another study conducted by Extremera and Fernández-Berrocal (2006) found that emotional intelligence was positively correlated with academic performance among high school students. The study also found that emotional intelligence was a better predictor of academic performance than IQ. This suggests that emotional intelligence is a crucial component of academic success.

Studies have also found that emotional intelligence is important for the development of social competence, which is essential for success in various areas of life. A study conducted by Mayer and Salovey (1997) found that emotional intelligence was positively associated with social competence among college students. The study also found that emotional intelligence was a better predictor of social competence than personality traits, such as extraversion or agreeableness.

Moreover, emotional intelligence has been found to be critical in the development of leadership skills. A study conducted by Van Rooy and Viswesvaran (2004) found that emotional intelligence was positively associated with leadership effectiveness. The study also found that emotional intelligence

was a better predictor of leadership effectiveness than cognitive ability or personality traits. This suggests that emotional intelligence development can play a vital role in preparing students for leadership roles in the future.

The results of these studies suggest that emotional intelligence development can have significant benefits for students in the educational system. These benefits include improved academic performance, social-emotional skills, school climate, and leadership effectiveness. As such, it is essential that educators integrate emotional intelligence development into their teaching practices to prepare students for success in various areas of life.

In addition to the benefits mentioned above, emotional intelligence has also been found to have a positive impact on students' mental health and well-being. A study conducted by Nelis and colleagues (2011) found that emotional intelligence was negatively associated with symptoms of anxiety and depression among college students. The study also found that emotional intelligence was positively associated with resilience, which is the ability to bounce back from challenging situations. These findings suggest that emotional intelligence development can be an effective approach for promoting mental health and well-being among students.

Moreover, emotional intelligence has been found to play a crucial role in the development of empathy, which is the ability to understand and share the feelings of others. A study conducted by Schutte and colleagues (2001) found that emotional intelligence was positively associated with empathy among

college students. The study also found that emotional intelligence was a better predictor of empathy than personality traits or cognitive ability. This suggests that emotional intelligence development can help students develop a deeper understanding of others' emotions and perspectives, which is essential for building positive relationships.

Finally, emotional intelligence development can also help prepare students for success in the workplace. A study conducted by Joseph and Newman (2010) found that emotional intelligence was positively associated with job performance among employees. The study also found that emotional intelligence was a better predictor of job performance than cognitive ability or personality traits. This suggests that emotional intelligence development can help students develop the skills necessary for success in their future careers.

Therefore, the results of various studies suggest that emotional intelligence development is critical for success in the educational system and various areas of life. Emotional intelligence development can improve academic performance, social-emotional skills, school climate, leadership effectiveness, mental health and well-being, empathy, and job performance. As such, educators must prioritize emotional intelligence development and integrate it into their teaching practices to prepare students for success in the future.

Conclusion:

In conclusion, emotional intelligence is a critical component of the educational system, and educators should focus on developing emotional intelligence skills among students. Developing emotional intelligence can lead to better academic performance, higher social

competence, and better mental health. Various approaches can be used to develop emotional intelligence among students, including providing opportunities for self-reflection, teaching emotional regulation skills, and promoting empathy and social awareness. Educators can create a positive learning environment by modeling emotional intelligence, providing emotional support, and promoting a growth mindset.

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