

DEPARTMENT OF PSYCHOLOGY

PATNA UNIVERSITY, PATNA

Advance General Psychology, sem-1st

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EMOTIONAL INTELLIGENCE

Emotional intelligence is a cluster of traits or abilities relating to the emotional side of life. Abilities such as recognizing and managing one's own emotion, being able to motivate oneself and restrains one's impulses, recognizing and managing others' emotion and handling interpersonal relationships in an effective manner.

Goleman suggested that emotional intelligence(EQ) consists of five major parts:

1. Knowing our own emotion
2. Managing our emotions
3. Motivating ourselves
4. Recognizing the emotion of others
5. Handling relationships

1. Knowing our own emotions:

Emotions are powerful reactions, everyone is able to recognize their own feelings where some persons are highly aware of their own emotions and thoughts and some are not.

Sometimes, people are not aware of their own emotions they are often low in expressiveness, they don't show their feelings clearly.

2. Managing our own emotions:

We often try to manage our emotions to regulate their nature, intensity and expression.

3. Motivating ourselves:

Motivating ourselves means, "success is two percent inspiration and 98% perspiration"

Being able to motivate oneself to work long and work hard, remaining enthusiastic and optimistic about the final outcome is such a skill that can contribute to success in many different contexts.

4. Recognizing and influencing others emotions:

The ability to regulate our emotions for instance to hold your temper is very helpful in many situations. This skill is valuable in many practical settings. If one can accurately gauge another person's current mood can tell whether it's the right time to ask her for a favor means the person is able to understand others emotion.

5. Handling relationship:

Some person easily handles their relationship it is because of their high interpersonal intelligence. .

Interpersonal intelligence:

Interpersonal intelligence is the ability to understand and interact effectively with others. It involves effective verbal and nonverbal communication, the ability to note distinctions among others, sensitivity to the moods and temperaments of others, and the ability to entertain multiple perspectives

Intrapersonal intelligence:

Intrapersonal intelligence is the capacity to explore one's inner world and feelings. This type of **intelligence** can help a person focus on planning and managing their life.