

EMOTIONAL INTELLIGENCE : ROLE OF TEACHER IN EMOTIONAL DEVELOPMENT

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ABSTRACT

The ritual education system was especially focused on education for a living. People used to prefer professions that gave access to jobs. But now-a-days, people have started choosing professions that give them joy, the focus is more on enjoying one's profession, than on just making money and increasing the number of zeros in one's bank balance. Educationists have the power to shape minds of upcoming generations; it is the responsibility of teachers and parents to train these minds for life, to give them education for life, and not merely education for a living. Modern lifestyle demands tougher personalities, personalities having a strong psyche. Today's teachers should be able to demonstrate good intellectual, moral, emotional and social development and be able to promote the same among the students. Teacher plays an important role in the field of Education.

Today's Education is child- centered, but the child education cannot be successful without the teacher. Emotional intelligence adapts a wider perspective and helps us extend our understanding of our interactions with other and social world around us. Definitely, people are changing; our lifestyles are changing, and we are facing different challenges and different conflicts in our routine life. Emotional Intelligent teacher is also somebody who is very adaptable and flexible to situations. They are not stuck in their mind that this is the way I'm going to find and do it. So a teacher who's having EI, they can easily deal with emotions through stressors and also there's somebody who are able to control their own stress rather than get affected and behave in a negative manner.

KEYWORDS : *Emotional Intelligence, teacher, emotional development, responsibility education.*

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INTRODUCTION

Managing one's emotions is the most important trait of a strong person. People who manage their emotions well are called emotionally intelligent people. We live our lives day in and day out going to work, or school, eating dinner, doing sports or just chilling at home. Through all of this we assume we are the ones in the driver's seat but what if there are secret agents who actually control our every decision. Hey folks Philip here, let's dive right into emotions and feelings researchers in the last century have discovered several core or basic emotions. Scientists from San Francisco have been studying facial expressions in many cultures around the world and discovered that there are about five or six core emotions that are identical also in facial expression among all humans on earth. I want to talk about five of those today: fear, anger, disgust, sadness and happiness let's go Today we'll uncover the science of the five oldest of these agents we call emotions. So, firstly we come to know about emotions.

EMOTIONS

Emotions exist in every human being and at every stage of life. It is vary from person to person and situation to situation. Emotions are reactions to thoughts, events or experiences which bring up feelings such as happiness, sadness, anger, worry or fear. It is derived from – Latin word-“Emovere” which to excite, move or agitate. Emotions show us what we are feeling inside whether we are having a great moment and feeling happy or excited or we are having a difficult moment and feeling stressed, sad or angry. They are reaction to the person, object or event and expressed in a variety of ways such as anger, fear, joy, happiness, surprise, sadness and many other. It is caused by specific event. There are no good or bad emotions and all feelings are okay. It's okay to feel happy, sad, angry or scared. Research shows giving our emotions a name helps us feel better. For example by stating I feel angry, messages are sent to the brain and the feelings become less intense.

DEFINITIONS OF EMOTION

Emotions can be defined as “A positive or a negative experience that is associated with a particular pattern of physiological activity”.

According to Crow and Crow- “An emotion is an affective experience that accompanies generalized inner adjustment and mental psychological stirred up states in the individual and that shows itself in his own behaviour”.

MANAGING EMOTIONS

Managing emotions involves handling the thoughts and feeling caused by the problems. It can also be helpful in the early stages of solving a problem. For example, blowing off steam, avoidance, and distraction can be important ways of getting prepared to cope more directly with difficult situations. Everyone probably wishes at times that he had better control over his emotional reactions. Control over external expressions does not unfortunately also carry with it inhibitions of internal organic reactions.

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to diagnose your emotions, understand what others are telling you, and realize how your emotions affect people around you. It is a cluster of abilities or traits relating to the emotional side of life, such as recognizing and managing other’s emotions, and handling interpersonal relationship in an effective manner. You can use this understanding of emotions to relate better to other people, form healthier relationships, achieve greater success at work, and lead a fulfilling life. People with high EI (emotional intelligence) are usually successful in most things they do. Because they make others feel good, they go through life much more easily than people who are easily angered or upset. If you have high emotional intelligence you are able to recognize your own emotional state and the emotional states of others, and engage with people in a way that draws you to them.

You must become proficient in the four A’s of emotional intelligence i.e.

- **Awareness:** Knowing what you are feeling and when you are feeling it. It is awareness means we are aware about our feelings.
- **Acceptance:** Believing that emotions are normal biological process and brain is not always rational. Means sometimes we have to accept any situation. We don’t have to over react on that particular situation.
- **Attitude:** They are believe that are attached to your emotions. They are times when emotions are follow and attitude or is controlled by attitude.
- **Action:** Action is a behaviour you take based on emotion or attitude , how you react on particular situation.

So, all these four A’s are very important for the emotional intelligence. Now here are we going to discuss the five main components that make up emotional intelligence.

- **Self- Awareness**
- **Self- Regulation**
- **Empathy**
- **Self- Motivation**
- **Relationship Management**

❖ **Self – Awareness:** A person has a healthy sense of emotional intelligence is self- awareness. If they understand their own strength and weakness as well as how their actions affect others. They will able to control their behaviour. It is the capacity to recognize your feelings as they occur which means you’re pretty well aware of what you going through emotionwise. It means how we are feeling and how we are behaving. Sometimes that’s a real hard thing for us to do because we feel as if we’re justified in our behavior and we have to be very careful about justification. Sometimes can create a tremendous amount of pressure and anger because we feel as if our position is certainly we should people should be doing what we tell them to do.

❖ **Self – Regulation:** A person with high emotional intelligence has ability to exercise and control when expressing their emotions. It might come under a different name such as self management, managing emotions, emotional control so these all names are consider as self –regulation. It is the ability to manage your emotional reactions, control impulse and to recover from life’s upsets. Control is the keyword here you are able to control your emotions. And the main thing about here is the resilience bouncing back from life’s disappointments and hardships. If you are not able to do that then it will you down a dark path like depression anxiety and you don’t want to be there so it just goes to show how important self-regulation is.

❖ **Empathy :** It means sensitivity to other people’s feelings. You are

able to tune into what they're feeling and you are just able to communicate with them without words. An example is let's say one of your friends or she has lost a pet and you empathize with her which means you feel the pain that she's going through because you yourself have lost a pet before you just communicate via feelings that's what it is.

❖ **Self- Motivation:** Motive is the urge, need, want or desire that includes a person to work. Motivation is the process of including and instigating the subordinates to put in their best. People with high degree of emotional intelligence are usually motivated. They are driven by inner ambition and willing to defer immediate results for long- term success. They are highly productive, love a challenge, and are very effective in whatever they do.

❖ **Relationship Management:** It means we should have the strong social skills when it comes to dealing with people . It allows us to encourage and develop other people successfully both intellectually and emotionally because as we begin to grow emotionally and in our processes then we begin to help develop other people to understand the same things. We are able to build strong relationships and we can handle conflict effectively. If we encourage feedback and even challenges to the processes, it will be an excellent way in which we can help improve and accelerate our success but if we let conflict get out of hand it gets it drives things very quickly and finally good relationship management allows us to create collaboration and to be encouraging and to be successful in the way in which we move people and ourselves forward on a daily basis.

- ✓ Develop the ability to correctly perceive feeling both in self and in others.
- ✓ Develop a quality of good listener
- ✓ Try to give up the misperceptions of the feeling in others. Remember that love always begets love, while suspicious, aggression and hatred are rewarded likewise.
- ✓ For understanding others and their feelings, develop the qualities of a good listener.
- ✓ Don't allow the feeling and emotions to develop as obstacles and hindrances in your path. Use them as a motivating force or agent for achieving your goals.
- ✓ Proper development of social skills, for better interpersonal relationship with others and communication.
- ✓ Teach student art of expression so that they can express their feeling in desirable way.
- ✓ Do not break communication channel and expressing feeling.

EMOTIONAL INTELLIGENCE FOR TEACHERS

Emotional Intelligence for teachers is very very essential. The reason being that the higher levels of emotional intelligence can help in better interpersonal relationships between the teachers and the students between each other having relationship with your students to be able to pick up the students emotions you need to wholly be present and be in the moment do not get distracted by your nitty gritty problems at home. And students can are very important they understand all these things very well. So just be present in the moment with your students. Emotional Intelligence in a teacher also gives them the tools to create an environment which stimulates the learning creating curiosity as well as it generates a flow. A flow means people are so involved in an activity , they lose all direction and sense of time space etc. They are so much involved in that activity . If you have emotional intelligence only then will you will be able to generate a flow with your students. It is also important because high level of emotional intelligence can create an atmosphere of a lot of cooperation, trust, honesty, integrity, respect and that is what is important as a teacher to have that kind of relationship with your students

Role of Teachers in Promoting Emotional Development

Teaching is the profession that shapes education. It is the essential profession, which makes all other professions possible, well- qualified, caring and committed. Teachers will improve curricula, assessments, safe school and highest standards in the world. Emotional intelligence is the ability to recognize the emotions, their relationships, to reason out and solve the problems. Teachers' goal is to

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provide an atmosphere where flow occurs easily and the students are totally engaged in learning. Here teaching plays a vital role in developing emotional intelligence among students.

- **Affection** : An important aspect of child's emotional state is affection, what he receives and what also he is giving to others. The child should get love from his family if does not he will remain stress.
- **Extremities**: Parents/ Teachers should be careful that no emotion reaches to an extreme in a child. As it can lead to physical damage. It should be control in the first stage or initial stage. So that, the child not able to behave aggressively.
- **Group Behaviour** :Teacher should intervene between attention of groups in a child. He should give positivity in the groups. Teacher can give team work, develop the cooperative learning , tell the students about the importance of group learning.
- **Atmosphere** : There must be positive atmosphere in the class. Creating a proper atmosphere is important for child to flourish. So, it is important to have a healthy atmosphere in the class.
- **Being Fair** :Teacher should be fair. Gentle behaviour should be the part of a teacher to make child learn adjustment and to express their emotions.
- **Free Expression** : Atmosphere at home and in school should allow child to freely express their thoughts and feelings.
- **Joyful Learning** :If lessons are boring, students will not able to enjoy the class and content should be effectively delivered in the class with the help of different type of teaching aids.
- **Individual Difference** :Teacher should pay specific attention to individual differences. This would reduce stress and makes the emotion balanced.
- **Curricular Activities** : Participation of different type of activities provide outlet to remain to channelize their emotion basically in right way.
- **Evaluation** :Continuous evaluation reduces the stressing child and it provide growth for the all round development of the child and the teacher should also understand where the child is lacking .
- **Diversion** :Attention should be diverted from anger, aggressive to normal situation towards more pleasant feeling.

- **Sharing** : Sharing of responsibility with sibling, peers and the child less self- centred.
- **Respect** : Childhood receives respect from others. He will also give respect to others.

Professional success mainly depends upon the combination of the two, the intelligence and skills, one possess in our work. Professionalism demands teachers to be innovative in their attitude, flexible in their approach, always refreshing themselves with the day to day development in their subject area. At the same time they should be capable of recognizing the value of human potentials, understanding the diverse needs of learners and provide enriched environment for their growth. In essence, the dream of learning society becomes real only when the teachers are well equipped with moral, professional, emotional, intellectual, and practical and communication skills. Therefore teachers must do extra efforts promote to emotional intelligence among their adolescent students. The teacher has to create emotional atmosphere in the classrooms.

CONCLUSION Teachers play a very important role in a student's life. It is to a great extent, the teachers who decide the shape a student's life will take. So it is very necessary to be adequately equipped with resources that will make the teacher a perfect role model to the students. Today's teachers should be able to demonstrate good intellectual, moral, emotional, social development and promote the same among the students. In addition to this, teachers know how to work with the entire educational community. Teachers also appear as a dynamic educational agent. Together with one's colleagues and student families, they perform not only tasks of preparing and executing the teaching functions, but also of innovation, management, research, assessment and guidance. The teacher is the maker of the future of the World. It means that the Teacher is the maker of the rules of the Nation.

It is very important to understand that emotional intelligence is not the opposite of intelligence. It is not the triumph of heart over head. It is the unique intersection of both. At the end we realize that it is not about you know thinking from your mind or thinking from your heart and which one is better however it is always a combination of both heart and mind that will lead you towards success.

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