

EMOTIONAL DEVELOPMENT : FACTORS AFFECTING EMOTIONAL DEVELOPMENT

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ABSTRACT

Our emotion plays a significant role in guiding and directing our behavior. Many times, they seem to dominate us in such a way that we have no solution other than behaving as they want us to do. On the other hand , if a person has no emotions in him/her then he /her becomes grappled in terms of living his life in a normal way. In this way, emotions play a key role in providing a particular direction to our behavior and thus shaping our personality according to their development. Meaning by sometimes our emotions in day-to-day life dominate us in such a way that we may be wanting, may be willing to behave in another manner but emotions dominate us in such a way that what we never wanted to behave. We behave in that particular manner later on when the emotions passes we may realize, we may think, we may reason out or what did, I did and I never wanted to do it, but these are our emotions may be emotion of anger, emotions of fear, emotions of joy, emotions of love and other emotions like emotion of jealousy. They dominate us and we behave in a way as they wanted to do. So emotions shape our personality and behavior. Along with physical and cognitive development, every child progress through phases of emotional development. Arguably, all children differ in their individual development. Studies have shown that parents admit to having little information on emotional development, even though they also admit that their actions have great influence on

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INTRODUCTION

Each of us is born into society with rules, expectations, attitudes, and values. We know that everybody has some emotions when he or she born and always the children have some attitudes and every member of the society they have some values. Our task throughout development is to come to understand ourselves, how we feel and function, and what our society deems desirable and appropriate. Because this is the important thing that through our development in our life. We try to understand ourselves that at what stage how do we feel and how do we function and then what are the desirable things of our society about ourselves and for the others. The process of socialization- Learning socially acceptable behavior attitude and values is greatly influence by parents and other care provides as well as more peripheral people in children's lives. Family or in other words we can say parents have a great role in the life of children because the behavior which may be acceptable in our society that is created or developed by our parents. So in the life of children the parents' role is very important.

The emotional development of children and adolescent represent a huge variation according to

age, maturity, intellectual development, temperament, experience, family background, cultural background etc. Because due to the culture, we have different traditions, culture, customs and if the background of the family is different like they may be educated, they may be uneducated and they may be from a rich family or poor family and the experiences of different families are different as per society, employment and as per their routine jobs or more over intellectual level may be different. So, It has a great impact on the emotional development of the child. So emotional development means how children starts to understand who they are and what to expect when interacting with others. So it is the development of being able to form and sustain positive relationships experience manage and express emotions. These factors play an influencing the child's development and underlying emotions. Concurrently, these aspects influence the child's ability to cope with dental treatment.

According to their age and emotional development some children remain calm during the treatment, like if we are getting treatment of the dandle, so the children may have the different types of emotional stabilities while others are vulnerable and may need more attention and time in order to make them

cooperate for dental treatment. Because there is need to encourage them or there is need to give some motivation for the treatment of such diseases.

MEANING OF EMOTIONAL DEVELOPMENT

The term Emotion is derived from latin term "Emovere" which means to stir, to agitate and to move. Hence, an Emotion is referred to as a stirred up state of agitation. The degree of agitation varies with the intensity of Emotional state. We feel agitated or excited when we experience anger, fear, joy, grief or disgust. Meaning by this, any individual have a mix of emotions. Sometimes we are angry or having negative or positive emotions, emotions we are happy or in a joyful mood so that depends on our emotion, our state of mind, how we behave it can not be predicted and what kind of circumstances an individual will behave in a certain manner.

- **Emotion** : An effective state of consciousness in which joy, sorrow, fear, hatred or the likes are expressed. In other word, we can say this is a conscious mental reactions such as anger or fear subjectively. Experienced as feeling usually directly toward a specific object and typically accompanied by physiological and behavioral changes in the body or we can say that these may be the state of feeling.

It is a strong feeling state, arising subjectively and directed toward a specific object, with physiological, somatic and behavior components. According to some theories, these are state of feeling that results in physical and psychological changes that influence our behavior. The physiology of emotion is closely linked to arousal of the nervous system with various states and strengths of arousal relating apparently to particular emotions. So emotion is also linked to behavioral tendency like extroverted people or more likely to be social and express their emotions. While introverted people are more likely to be more socially withdrawn and conceal their emotions.

So emotion is often the driving force behind motivation, positive or negative. According to the different theories of emotions, emotions are not causal forces but simply include motivation, feelings, behaviors and physiological changes but no one of these components is the emotion nor is the emotion an entity that causes these components.

Emotional Development is a process that a child develops from dependence to a fully

functioning adult and applies to most life forms. It is refers to the ability to recognize, express and manage feelings at different stages of life and to have empathy for the feelings of others. Emotions plays an vital role in life and contributes to the personal and social development of an individual. Emotions influence all the aspect of individual's personality.

Emotional development begins around the age of 2. It is one of the major aspect of human growth and development. The various emotions like love, anger, fear etc. plays a significant role in the development of child personality. Emotions development reaches its maximum during in the period of adolescence, the emotions fluctuate very frequently and current of emotional flow is also intense. We have noticed that emotional restlessness and instability, sometimes makes the boys and girls moody. And sometimes they are depressed, violent, desperate and delinquent.

CHARACTERISTICS OF EMOTIONAL DEVELOPMENT:

- **Complexity:** By the age a child reaches in adolescence, his emotions development becomes complex. We can not understand and adolescent by the overt emotional expression. The adolescents learn to conceal his true emotional experience.
- **Emotional Feelings are Widened:** There is a great shift in his social sphere. The field of his social relationship widens. Sometimes he is emotionally attached with a hero of his choice.
- **Bearing of Tension:** Adolescence develop capacity to bear the tension in different social situations. If they are emotionally developed then they can easily handle the one of the worst situations also of their life.
- **Capacity of Sharing Emotions:** The adolescents develop the concerns about the feeling of others and an increased capacity for sharing emotional experience with others.
- **Realism in Emotional Experience:** Now the child enters the world of reality. An adolescent

becomes aware of and appreciate people around him.

- **Reviewing of Hopes and Aspirations:** Adolescence is the period of life, when one has high hopes and aspirations for his future life.
- **Toleration of Aloneness:** If they are fully emotionally developed then they can easily develop a feeling of aloneness.
- **Increased Compassion:** Compassion means the ability to associate one-self with any sort of emotions experience of others whether it is of joy or sorrow that audience can link themselves with the emotional feeling of others.

WHY EMOTIONAL DEVELOPMENT IS IMPORTANT?

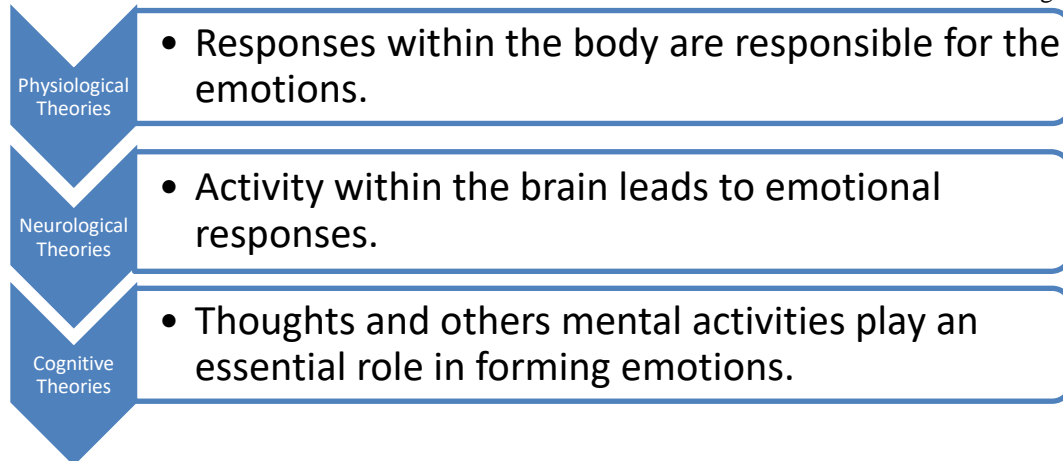
Social- emotional development provides the basis for how we feel about ourselves and how we experience others. This foundation starts from the day we are born and continues to develop throughout our lifespan. The quality of the relationships a child develops with his mother or primary caregivers has the greatest influence on his later socio- emotional development. In previous unit you have studied attachment theories which present and support this idea.

Emotional development involves:

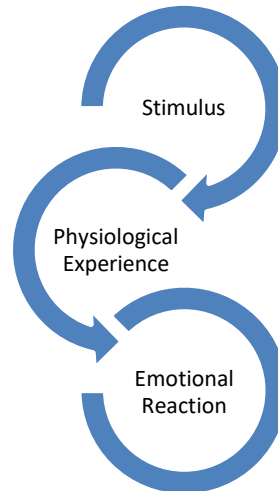
- Understanding how and why emotions appear
- Recognizing one's own feelings and those of others, and
- Developing effective ways of managing them.

THEORIES OF EMOTIONS:

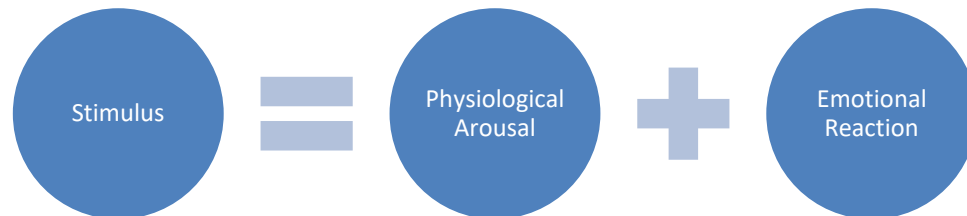
There are three main categories:



- **Evolutionary Theory of Emotion:** Naturalist Charles Darwin proposed that emotions evolved because they are necessary for humans and animals to survive and reproduce. For Example: Feelings of love and affection lead people to seek mates and reproduce.
- **James – Lange Theory:** According to this theory, an external stimulus leads to a physiological reaction. Our emotional reaction is dependent upon how you interpret those physical reactions.



- **Cannon Bard Theory:** Walter Cannon and Philip Bard proposed this theory.
 - Persons feel emotions and experience physiological reactions simultaneously.
 - People can experience physiological reactions linked to emotions then brain interpret the emotions.



FACTORS AFFECTING EMOTIONAL DEVELOPMENT:

There are many factors, both internal and external, which impact a child's level of emotional development.

- ❖ **Internal :** (the genetic part of an individual's personality)
 - Children who have more tolerant and relaxed temperaments incline towards easier learning of emotional management.
 - Children who have difficult temperaments have a tendency to make efforts in order to regulate their own emotions.
- ❖ **External :** The environment and role models will also impact how children react to the world emotionally.
- ❖ **Intellectual Ability:** Mental ability of a child help him to learn better and satisfied with his surroundings. Mental retardation resist him to learn and understand the things and thus create frustrations and emotional distress. So, Intellectual ability is the keen one in supporting emotional development.
- ❖ **Family Environment:** The environment in the family influences the emotional intelligence of a child. If the environment in family is happy then the behavior of the child will also be good towards the society. Family social and finance conditions can shape the emotions of the child to a great extent.

- ❖ **School Environment:** A secure environment of the school made a child happy and feeling secure. A teacher should take care of interest of students and interact with their parents for better development of child. If child is unsuccessful in achieving good relation with his teachers then he got dissatisfied and starts running away from school.
- ❖ **Age:** With growing of age, a child start controlling his emotions. At early childhood, child is super excited to show his emotions such as anger, happiness, crying and playing. But after getting maturation he started to understand the emotions and how to control the emotions also.
- ❖ **Health and Physical Development:** A healthy body can lead to healthy mind and thus healthy emotions. If a person is physically fit then he has better understanding of his emotions and other emotions also.

CONCLUSION:

To conclude we can say that emotional intelligence starts with very first experience of a child in this world through late adulthood. An individual having well developed socio-emotional skill can express as well as control his emotions and feelings according to the situation. He has the ability to build healthy and long life relationships. Most importantly emotional development is associated with all other dimension of child development.

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