

## EMOTIONAL INTELLIGENCE AMONG STUDENTS

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### ABSTRACT

Since many years, the main focus was on the intellectual achievement of individuals. Emotional intelligence is a skill that helps to manage emotions of one's self. If proper efforts are made for training the emotions and developing proper emotional intelligence potential among the people, right from their childhood, then it will surely help in bringing mutual emotional understanding to lead a better life. Emotional intelligence among students is a crucial aspect of their overall well-being and academic success. This paper delves into the significance of emotional intelligence in student life, exploring its impact on social interactions, academic performance, and mental health. By examining the development of emotional intelligence skills and strategies to enhance them, this study aims to highlight the importance of fostering emotional intelligence in educational settings.

**Keywords:** Emotional intelligence, students, academic success, social interactions, mental health, skills development.

### INTRODUCTION

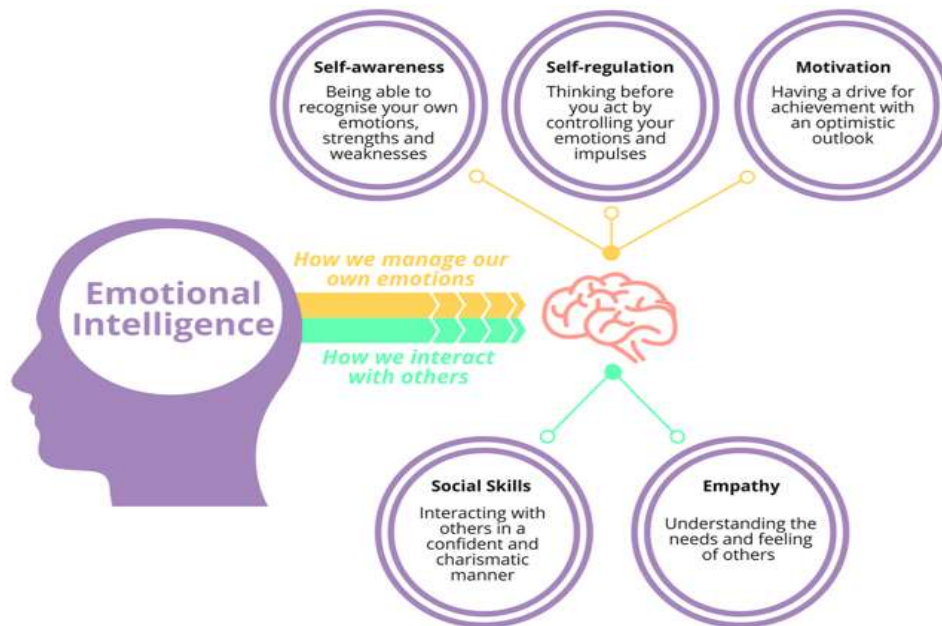
Emotional intelligence works as an essential predictor of student learning and cognitive health. It also provides timely psychological support to cognitive engagement and study habits in the COVID-19 era. Students and teachers have managed the learning process during the pandemic through their emotional intelligence and cognitive engagement in blended learning environments. Blended learning is a hybrid learning approach that combines online learning opportunities and the traditional classroom approach. Higher education institutions have managed the issue of campus closure by shifting classes from face-to-face to online. The situation may affect students' study habits. Such circumstances provoked the authors to explore the connection between emotional intelligence, cognitive engagement, and study habits in blended learning environments. (Hasanzadeh R., Shahmohamadi F, 2011)

One new area of recent interest has been the impact of social and emotional competency on academic achievement. Early discussions on the relationship between emotional intelligence (EI) and achievement in various educational contexts were quick to claim a strong association). As more recent writers have noted, however, these early claims were made largely based on very preliminary data. Although many educators were quick off the mark to develop or adapt intervention programs for EI little was known about the efficacy of these types of interventions. Even less was known about how EI could be assessed using reliable and valid measures. After Goleman's theory, this notion became stronger and established that emotional intelligence has an important role in success. Emotional Intelligence (EQ) is the rapidly evolving concept and also a controversial issue for debate among researchers that EI is a deciding factor of success in a student's life or not. A significant number of researchers and psychologists consider that EI is a concept that is very practical and seems to be essential for success in a student's life. The present competitive scenario and educational settings focus the success of the student not only on their reasoning capacities as well on the self-awareness, self-control, emotions, intrapersonal and interpersonal skills.

### DEVELOPMENT OF EMOTIONAL INTELLIGENCE AMONG STUDENTS

Developing emotional intelligence (EI) among students can be achieved through various strategies. Developing emotional intelligence (EI) among students involves cultivating skills to recognize and understand emotions in oneself and others, and using this awareness to guide thought and behavior. Here are some effective ways to cultivate EI in students, backed by research studies conducted in 2014:

- 1. Self-awareness exercises:** Encourage students to recognize and understand their emotions through journaling, mindfulness, and self-reflection (Kirkpatrick & Ellis, 2014).
- 2. Empathy-building activities:** Engage students in role-playing, group discussions, and volunteer work to foster empathy and understanding of others' emotions (Malti & Krettenauer, 2014).
- 3. Effective communication skills training:** Teach students active listening, assertiveness, and conflict resolution skills to enhance their emotional expression and understanding (Durlak et al., 2014).
- 4. Social-emotional learning programs:** Implement evidence-based programs like Social-Emotional Learning (SEL) to develop students' EI and life skills (Taylor et al., 2014).
- 5. Teacher-student relationships:** Foster positive relationships between teachers and students, as this can significantly impact students' EI development (Hamre & Pianta, 2014).



### STRATEGIES TO DEVELOP EMOTIONAL INTELLIGENCE AMONG STUDENTS

Strategies to develop emotional intelligence (EI) among students include:

1. Self-reflection and journaling
2. Emotional awareness and recognition training (Nelis et al., 2012)
3. Empathy-building activities
4. Social-emotional learning programs
5. Mindfulness and self-regulation practices (Zenner et al., 2012)

These strategies can be implemented in educational settings to enhance students' EI, leading to improved:

- Academic performance
- Mental health and well-being (Nelis et al., 2012)
- Relationships and social skills
- Decision-making and problem-solving abilities

### BENEFITS OF EMOTIONAL INTELLIGENCE AMONG STUDENTS

Emotional intelligence (EI) among students has numerous benefits, including:

1. **Improved academic performance** : Improved academic performance among students with high emotional intelligence (EI) is attributed to their ability to regulate their emotions, manage stress, and maintain focus. They tend to be more motivated, organized, and better equipped to handle academic challenges. EI helps students develop effective learning strategies, build strong relationships with teachers and peers, and cultivate a growth mindset. As a result, they achieve higher grades, exhibit increased engagement, and demonstrate a deeper understanding of academic material. By managing their emotions and behaviors, students with high EI can optimize their learning potential and reach their academic goals.
2. **Enhanced mental health and well-being**: Students with high emotional intelligence (EI) experience enhanced mental health and well-being due to their ability to recognize and manage emotions, develop coping strategies, and maintain positive relationships. This leads to reduced stress, anxiety, and depression, and increased self-esteem, life satisfaction, and overall psychological well-being. (Brackett & Salovey, 2011)
3. **Better relationships and social skills**: Students with high emotional intelligence (EI) develop better relationships and social skills, enabling them to effectively communicate, empathize, and collaborate with peers and teachers. They navigate conflicts, build strong friendships, and develop a sense of belonging, leading to increased social support, cooperation, and a positive school climate.
4. **Increased empathy and compassion**: Students with high emotional intelligence (EI) exhibit increased empathy and compassion, allowing them to understand and share feelings of others. They develop a deeper connection with peers, fostering a supportive and inclusive environment. This leads to more positive relationships, kindness, and a willingness to help others, promoting a culture of care and understanding.
5. **Effective decision-making and problem-solving abilities**: Students with high emotional intelligence (EI) possess effective decision-making and problem-solving abilities, enabling them to navigate complex situations, weigh options, and consider consequences. They approach challenges with a clear mind, think critically, and make informed choices, leading to better outcomes, reduced stress, and increased confidence in their abilities.

## CONCLUSION

Emotional intelligence among students is crucial for academic success, mental well-being, and positive relationships. By developing self-awareness, empathy, and effective coping strategies, students can navigate challenges, achieve their goals, and thrive in school and beyond. Cultivating emotional intelligence is essential for students' overall growth and future success. It is a fundamental aspect of students' lives, impacting their academic achievements, mental health, and social connections. By honing skills like self-awareness, empathy, and coping strategies, students can effectively navigate the complexities of school life and beyond. Cultivating emotional intelligence not only equips students to overcome obstacles and meet their goals but also fosters a positive outlook for their overall growth and future success. Emphasizing the development of emotional intelligence in students is essential for their well-being and sets the stage for a fulfilling and prosperous journey through their educational and personal endeavors.

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