



## Development of Emotional Quotient

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### *Abstract*

*The following report explores the role of parents in recently developed term Emotional Quotient (E. Q.), Education is a powerful instrument of social change and economic change; it is related to the long- term National development. Education also plays a crucial and important role in development of children. Before thinking the problem in mind we have to must think over the children's behavior. Why children's or students behave in a particular way? Why did they behave in this manner? What is the reason behind their failure or success? The answer for this problem is too. Which with Emotional Intelligence (E. I.) was introduced by Daniel Golman E. Q. is the long way process of development in child's and adolescence. It plays far more vital role in carrier success of Childs than I. Q. In this content which factors are responsible to decline one's E. Q. How it affects on academic achievements of students. In this compilation, how parents may play a vital role to incline their child's/ E. Q is discussed.*

*The paper further tried to make clarify the difference between E. I. versus E. Q., Followed by emotional quotient development programme.*

**Key words:** *Development, Emotional Quotient*

### **Introduction**

Education is a powerful instrument of social change and economic change; it is related to the long- term National development. Education also play's a crucial and important role in development of children. Importance of education is stipulated in the following definitions.

*"True education is the harmonious development of the physical, mental and spiritual power."*  
- Ellen Gould White

*"Education is the hand, head and heart."* - M. K. Gandhi

*“Education is to be complete, must be humane, it must include not only the training of the intellect but also refinement of the heart and discipline of the spirit.” – Dr. Radhakrishnan*

*“The essence of knowledge is having it, to apply it.” - Confucius*

*“If the emotional and intellectual life is one, the same, there is no conflict. If we keep these spheres separate, we set limits on both education and intelligence.” Stanley Greenspan*

Education means all around development of children, it includes development of physical, spiritual and mental too. Success of children or any one in life is depends on its intellectual power. However, Daniel Goleman has introduced the concept of Emotional Intelligence (E.I). He asserted that I.Q. accounts only 20% of a person success in life and of 80% attributed to emotional quotient. (E. Q.) It means that most of the success in life depends on the Emotional Quotient (E. Q.)

### **Significance of the Problem**

Before thinking the problem in mind we have to must think over the children's behavior. Why children's or students behave in a particular way? Why did they behave in this manner? What is the reason behind there failure or success? The answer for this problem is too. If we took a glance towards the recent studies, they proved that (Kooper – 1997) 20% of all adolescents experience some form of all emotional or behavioral disorders. While 10% of them often suffer form serious mental disorders, ailments. In today's rushful and busy world, mental health of children's and students and human also has been at risk. Psychologists observed that the intensity of psychological problems, disorders have been increased in Childs and students the result is increasing suicide attempts, murdered attempts, rising in juvenile crime, Aggressive behavioral, high level of anxiety, depression, smoking drinking, and drug addiction. These symptoms indicates decline in ones emotional quotient. Who is responsible for this? Obviously the answer for this is the surrounding environment. Which factor are responsible for decline in E. Q. Obviously the answer is again age, family background, school climate, Society and tradition's.

Out of all these factors I would like to emphasis here, family background and school climate, college climate, interaction among students are most responsible for decline in Emotional Quotient. As well as in academic achievement's. It means that parents and teachers play most important role in the development of Emotional Quotient of children's. Emotional Quotient may play a far more vital role in carrier success than general intelligence.

### **Definition**

Some people refer to Emotional Quotient as Emotional Intelligence so we will see the definition's of Emotional Quotient and Emotional Intelligence one by one.

### **Emotional Intelligence - (E. I.)**

“Motivation, persistence, empathy, warmth, and social skills”.

( Mayer – Sept – 1999 )

“The ability to perceive emotions to access and generate so as to assist thought, to understand emotions and emotional knowledge and reflectively regulate emotions so as to promote emotional and intellectual growth.” (Mayer and Salovey – 1997)

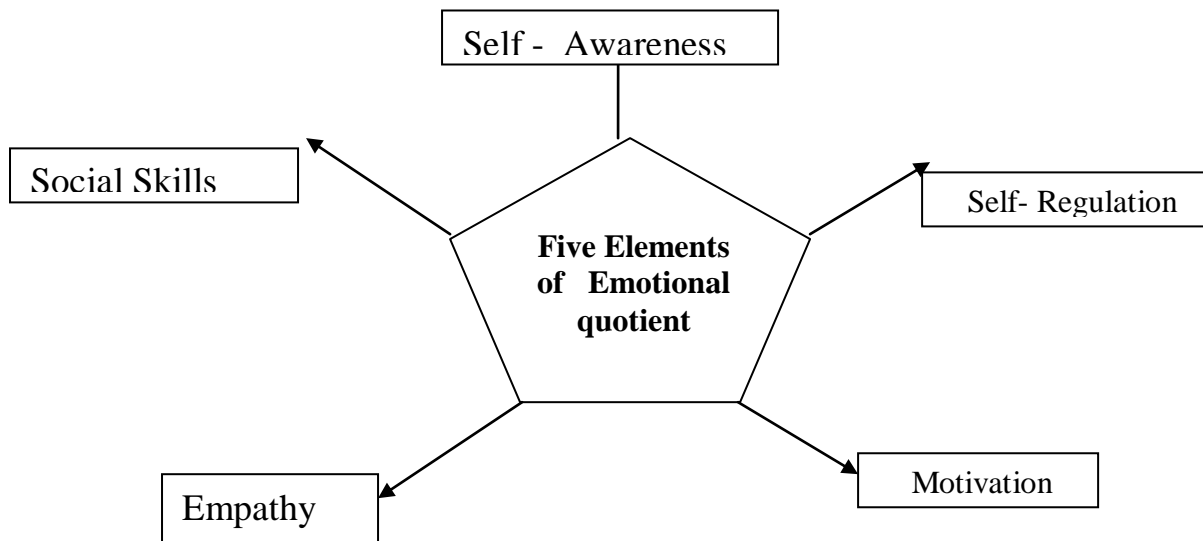
“The ability to process emotional information, particularly as it involves the perception, assimilation, understanding and management of emotions.” (Mayer, Salovey, Caruso)

### **Emotional Quotient (E.Q.)**

“A relative measures of ones emotional intelligence possessed by him at a particular period of his life.” (Advanced Education Psychology – By S. K. Mangal )

### **Elements of Emotional Quotient**

Daniel Golman identified the five elements of E. Q. Which play major role in development of E. Q., they are as



**1) Self – Awareness:** - The self awareness knows ones internal states preferences resources etc.... It indicates the ability to recognize, understand and accept one’s emotions as well as to see how these affect other people according to Golman self awareness includes the following three important Steps:

I) Emotional Awareness it means to identify one’s emotions and becoming aware of how their feeling and emotions affect their as well as other performance.

II) Accurate Self-Assessment: It includes to a candid sense of one’s personal strengths and weaknesses.

III) Self Confidence: Knowing about oneself gives one confidence

**2) Self – Regulation :** - Self – Regulation refers to managing and handling impulses, distressing feeling and upset rather than denying or repressing these feeling it implies that how to express our feelings and helps to think clearly even under pressure. It has five steps:

I) Self Control: Self-control person can manage their emotions effectively and face defeat success with equanimity.

II) Trust-worthiness: It means that displaying honesty and integrity.

III) Conscientiousness: It involves commitments. They fulfill their obligations; make attempts to keep their promises.

IV) Adaptability: It deals with flexibility in handling challenges and changes.

V) Innovation: It implies to novel ideas, approaches and new information.

**3) Motivation:** It helps in the achievements of goals with energy and persistence.

I) Achievement Drive: It refers to striving to improve standard of excellence.

II) Commitment: It refers to aligning oneself, identifying oneself with the goals of a group.

III) Initiative and optimism: People with emotional balance take a lot of initiatives they are generally optimistic.

**4) Empathy:** This skill is a foundation skill of all the social competencies. Emotionally balanced people are generally empathetic and not sympathetic. It means that one has to put

oneself into another's shoe and look at the things from his point of view. It includes following.

I) Understanding Others: The person tries to understand others by trying to know his feelings and showing interests in his welfare.

II) Political awareness: It means reading a group's emotional currents and power relationship. It is being aware of social and political situations.

III) Developing others: They recognize others strengths and accomplishments and help them in developing their personality.

**5) Social Skills:** Social skill is an ability to build rapport with various sections of society and create network of people. All these five factors determine our potential for learning practical skills.

### **Emotional Intelligence versus Emotional Quotient**

The term E.I. and E.Q. are often used interchangeably and there is a considerable confusion about the distinction between two terms. Hein's refers to E.I. is an inborn potential. He believes that every child is born with innate capacities such as emotional sensitivity, emotional memory, emotional processing, and emotional learning ability. These innate elements are responsible to form the core of emotional intelligence.

This inborn intelligence can be either developed or damaged with life experiences, emotional lessons which are given in early childhood and adolescence by parents, teachers and caretakers. The impact of these lesson results in what he refers to as one's level of E.Q., it represents a relative measure of person's healthy or unhealthy development of stubborn emotional intelligence. A baby begins with high level of Emotional Intelligence but later on he learns unhealthy habits, such child grows up with low E.Q. On other hand it is possible for a child to start with low E.I. later on he receives healthy emotional environment which will result, increase in E.Q. level. Where emotional intelligence is a combination of stubborn qualities, such as sensitivities, memory, learning with the environmental affects.

### **Role of Parents in development of Emotional Quotient**

- 1) Personal attention towards their children's should be provided.
- 2) Try to develop secure emotional relationship with children.
- 3) Understand their emotions and give respect to their emotions.
- 4) Motivate to develop good hobbies in children's.
- 5) Avoid the comparison with other children's.
- 6) Try to reduce self centered and stubborn qualities.
- 7) Try to keep good ideals.
- 8) Children's can accept their mistakes create such type of environment in home.
- 9) Try to avoid own conscious wills from own children's.
- 10) Try to create a secure emotional environment in home.
- 11) Try to give security to their emotions and feelings.
- 12) Every day yoga and meditation should be done.

### **Development of Emotional Quotient Programme**

- a) To organize self-talk programme it means that students can talk on their interesting topic.
- b) To organize the seminars symposium, workshop on scholastics problems.
- b) Arrange the exhibition of pictures, slogans, sentences cuttings, from which scholastics emotional environment may be developed.
- c) Physical exercises, sports should be placed in curriculum by which their Emotional Quotient may develop.
- d) Picnic, filed trips, camps etc co – curricular activities should be arranged by which adaptability skill may develop.

e) Essay reading, discussion, dramatization, and movie discussion, various kinds of emotions divergent thinking creates, children may motivate, and emotional quotient should be developed.

f) Good ideals should be put forwarded.

Creating the rules of implements it instead at it students have to give an opportunity to create rules of implement it themselves.

g) Try to grow the leadership qualities.

h) Problems solving, role playing, lectures, group discussions, filed trips picnic etc, such type of variation should be included in teaching methodology through which, perception level increases obviously. Emotional quotient also increases.

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