

ROLE OF EMOTIONAL INTELLIGENCE IN MODERN GENERATION

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INTRODUCTION

Human life is filled with emotions such as happiness, anger, fear, sadness, love, jealousy, and excitement. These emotions influence our thinking, behaviour, relationships, and decisions. Emotional Intelligence helps individuals to use emotions in a positive and constructive way.

Earlier, people believed that intelligence (IQ) alone determined success. But psychologists later found that many highly intelligent people fail in relationships, leadership, and stress management because they lack emotional control. On the other hand, emotionally intelligent people can handle difficult situations calmly and maintain better personal and professional relationships.

Advances in the field of psychology in the early 20th century triggered the investigation of individuals' emotional responses. In the 1960s, people started to express their feelings comfortably. The ability of individuals to express their emotions comfortably constitutes the beginning of the development of EI.

WHAT IS EMOTIONS?

Emotions are feelings like happiness, anger, sadness, joy etc.

That generally has both physiological and cognitive elements and that influence behaviour.

Definition:

According to the American Psychological Association (APA) -

Emotion is defined as a complex reaction pattern involving experiential, behavioural, and physiological elements, by which an individual attempts to deal with a personally significant matter or event.

According to R.S. Woodworth, an emotion is a "moved or stirred-up state of an organism".

Emotions is subjective experience (feeling), a physiological response (bodily changes), and a behavioural or expressive response involved.

WHAT IS INTELLIGENCE?

The capacity to understand the world, think rationally about use resources effectively when faced with challenges.

In psychology, intelligence is defined as the mental capacity to knowledge, learn from experience, adapt to new situations, understand abstract concepts, and use knowledge to manipulate one's environment.

Definition:

According to the American Psychological Association (APA) -

The ability to derive information, learn from experience, adapt to the environment, understand, and correctly utilize thought and reason.

According to myself - intelligence involved to handle the situations, how to overcome the problems and taking right decision in the right time.

HOW EMOTION AND INTELLIGENCE IS CONNECTING TO EMOTIONAL INTELLIGENCE?

Emotional intelligence (EI) is defined as an individual's capacity to accurately perceive, understand reason about, and regulate emotions, and to apply that information to facilitate thought and achieve goals.

Individuals differ widely in their ability to accurately perceive, understand, and reason about emotional information, and to effectively apply that knowledge to enhance cognitive and behavioural performance—a capacity known as emotional intelligence (EI)

Individually people know how to behave in the society. In this time emotion and intelligence both are connected to show the behaviour, assess the personality.

In 1990, John D. Mayer and Peter Saluwe introduced a new concept called "emotional intelligence or emotional intelligence, which plays an important role in personality."

After them, American journalist, psychologist, and professor Daniel Goleman, who published the book "Emotional Intelligence" in 1995, explained that "intellect alone is not enough to achieve happiness and success in life, emotional intelligence must also grow with it" and further popularized the concept of "emotional intelligence".

ROLE OF EMOTIONAL INTELLIGENCE IN MODERN GENERATION

Helps in Stress Management-Modern youth experience academic pressure, work stress, and social competition. Emotional intelligence helps them stay calm and manage tension effectively.

Improves Mental Health-EI reduces anxiety, depression, anger, and emotional imbalance by encouraging emotional control and positive thinking.

Builds Healthy Relationships-Emotionally intelligent individuals communicate better, understand others, and maintain strong friendships and family relationships.

Increases Academic and Career Success-Students and employees with high emotional intelligence can: Handle pressure, Work in teams, Solve problems effectively, Show leadership qualities.

Helps in Decision-Making Emotionally intelligent youth make rational and balanced decisions instead of emotional or impulsive choices.

Reduces Social Media Impact-Modern generation is highly influenced by social media. EI helps youth, Avoid comparison with others, Control emotional reactions online

Maintain self-confidence

Encourages Leadership Qualities-Emotionally intelligent leaders motivate others, handle criticism positively, and maintain teamwork.

Promotes Adaptability -The modern world changes rapidly. Emotional intelligence helps youth adjust to new environments, technologies, and lifestyles.

Improves Self-Awareness - Helps you understand your emotions, strengths, and weaknesses. Leads to better personal growth and confidence

Builds Strong Relationships -Improves communication and understanding, Increases trust, empathy, and connection with others

HOW TO DEVELOP THE EMOTIONAL INTELLIGENCE?

Developing emotional intelligence isn't something that suddenly appears in adulthood—it's built step by step from early childhood through life. The key is learning to recognize, understand, express, and manage emotions while also understanding others.

Emotional Awareness Begins (Early Childhood ages 2–7):-At this stage, children feel emotions strongly but don't understand them yet.

- Naming emotions: Teaching words like “happy,” “angry,” “frustrated”
- Modeling behaviour: Kids copy how adults react to stress or conflict
- Validation: Instead of dismissing feelings (“don't cry”), acknowledging them (“I see you're upset”)

This builds the foundation of self-awareness, the first pillar of EI.

Understanding and Control (Middle Childhood ages 7–12):-Children begin to think more logically and understand others' perspectives.

- Problem-solving discussions: “What could you do differently next time?”
- Encouraging empathy: Asking how others might feel
- Teaching coping skills: Breathing, pausing before reacting

This strengthens self-regulation and empathy.

Emotional Intensity & Identity (Adolescence ages 13–18):- Teenagers experience stronger emotions and social pressures.

- Safe communication spaces: Letting them express without judgment
- Reflection habits: Journaling, thinking about reactions
- Handling conflict: Learning respectful disagreement

This stage shapes emotional control, identity, and social awareness.

Refinement and Application (Adult Stage above 18 years):-Adults ideally have emotional awareness—but not everyone develops it fully.

- **Self-reflection:** Recognizing triggers and patterns
- **Active listening:** Truly hearing others instead of reacting
- **Managing stress consciously:** Not suppressing or exploding
- **Feedback acceptance:** Being open to growth

This leads to strong relationships, leadership, and decision-making.

INVOLVES FIVE COMPONENTS OF EMOTIONAL INTELLIGENCE

Daniel Goleman’s 1995 book ‘Emotional Intelligence’ introduced a whole new perspective on predicting and analysing employee performance.

- 1. Self-awareness** - Individuals with high levels of emotional intelligence are comfortable with their own thoughts and emotions and understand how they impact on others.
- 2. Self-regulation** - It is also important to be able to control and manage your impulses and emotions. Acting rashly or without caution can lead to mistakes being made and can often damage relationships with clients or colleagues.
- 3. Internal Motivation** - Being driven by only money or material rewards is not a beneficial characteristic, according to Goleman. A passion for what you do is far better for your emotional intelligence. This leads to sustained motivation, clear decision making and a better understating of the organisation’s aims.
- 4. Empathy** - Not only must you understand your own emotions, but understanding and reacting to the emotions of others is also important. Identifying a certain mood or emotion from a colleague or client and reacting to it can go a long way in developing your relationship.
- 5. Social Skill** - Social skills are more than just being friendly. Goleman describes them as “friendliness with a purpose”, meaning everyone is treated politely and with respect, yet healthy relationships are then also used for personal and organisational benefit.

FACTORS INFLUENCING THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE

Psychological dimensions: Refers to psychological dimensions that directly influence emotional intelligence, including mood, perceived social support, emotional disorders, and self-perception. Additionally, it covers emotional regulation, cognitive-behavioural profiles, and personality traits, which together shape the individual's emotional and cognitive functioning.

Health and healthy habits: Encompasses factors related to physical well-being and lifestyle habits, such as regular exercise, adequate sleep, and abstinence from substance use. These elements play a vital role in maintaining emotional balance and supporting the regulation of emotions.

Capacities: Focuses on internal abilities and intrinsic skills that enable effective emotional management and regulation. Resilience, empathy, self-control, and orientation to happiness are among the key capacities that support psychological well-being, foster interpersonal relationships, and contribute to emotional intelligence.

Skills: Represents learned and applied abilities that enhance the practical use of emotional intelligence in everyday life. Social skills, leadership, practical competencies, and affective abilities are included, as they facilitate personal growth and interpersonal interactions.

Family: Explores the influence of family-related factors, such as family structure, parental education and employment, parenting style, and the quality of relationships within the family. These aspects are fundamental in shaping emotional development through support, stability, and role modelling.

Sociocultural: Examines how the cultural and social environment impacts the expression and management of emotions. This category includes factors like recreational activities, social interactions, and adjustments to cross-cultural settings, emphasising the sociocultural context of emotional development.

Academic formation and time: Includes aspects related, from the transition to academic life to engagement with study habits, extracurricular activities, and interactions with teaching staff. These factors influence emotional competencies and their development in the educational environment.

Learning: Focuses on academic performance, learning strategies, and satisfaction with educational experiences. Factors such as planning and organisation, achievement of academic outcomes, and satisfaction with teamwork or university facilities are closely linked to the development of emotional intelligence in academic contexts.

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