Emotional Intelligence

Student’s Name

Institution

Introduction

The concept of emotional intelligence is described as the ability of an individual to understand, use, and manage his or her emotions. It is one of the best positive methods to realized stress and overcomes challenges. According to Goleman (2014), it helps us to efficiently manage our behavior we behavior both in public and private. It also helps people to understand how to connect with families, friends and make an informed decision on several issues. Research has established that having strong emotional intelligence is essential because it helps individuals to become more productive and successful in what they do. People have different needs and wants and intentions, and therefore, people have different IE. The growth and level of improvement of IE is also a difference. The EI level can, therefore, not be the same, and each person level determines how individual behavior, especially the level of interaction and self-management in public and private. However, a lot of issues determine the level of IE of an individual and mostly it relates to how individual management himself or herself.

**Characteristic of IE**

The obvious characteristics of EI are the behavior of people, and therefore, self-awareness is an important aspect that shows the level of EI. Studies have shown that people with good EI have a proper understanding of their emotions and therefore, they do not allow their feelings to have control over them (Serrat, 2017). Self-Regulation is also an important characteristic of IE and therefore, it is regarded as the ability to have control over emotions. Motivation, empathy and social skills are also other characteristics of EI. People with high EI are ready and willing to argue the results and take part in building a formidable foundation on issues that are essential to society. This means that success and happiness depend on an individual’s emotional intelligence. It is difficult for people who are high temper, and they cannot handle stress and other strong or strict personal matters. Emotional intelligence is based on the ability of an individual to efficiency manage matters and solve a problem as well. Therefore, emotional intelligence plays a key role in the number of things or decisions which are being made by the shop or business process. This shows that emotional intelligence is a valid concept that is used to manage personal issues and address a problem without causing a lot of commotion, at a place of work, and even at home. It is, therefore, important to point out that there is a big difference between emotional intelligence and education. The level of education does not reflect the emotional intelligence of a person, but it is one of the tools which are used to improve the emotion of a person.

Studies have shown emotional intelligence is inbuilt, and most people are born with high emotional intelligence (Serrat, 2017). Goleman (2014) pointed out that there are people who are highly social able and understand the issues around them, but they have not to achieve the level of education most people have achieved. It is inheritance genes which are obtained from certain genes from parents or grandparents. It would be difficult to argue that IE cannot be acquired because, throughout life circles, an individual tends to learn a lot of things which in most cases build the level of reasoning and understanding of issues. It is, therefore, important to point out that at the growing stages of life, a lot of things are faced, and some of those things help build strong emotional intelligence. People with high emotional intelligence show a high level of social skills and highly motivated and these characteristics can be obtained during stages of growth or development. It is, therefore, evident that EI can be obtained and inheritance from family as well. The EI of a person is also depending on how an individual was brought up. A study has established that people who were brought up to believe in care have a high level of empathy and therefore, it can be argued that the way a person was brought up and trained throughout high or her younger age may be a deciding factor on how an individual behaves (Horrigan, 2014). This is clear evidence that emotional intelligence can be taught. Children or any other person can learn some of the significant issues on emotional intelligence in school and on time. For instance, children are taught manners, empathy and to care for other people, which is one of the elements which show whether an individual has high emotional intelligence or not.

Moreover, children learn emotional intelligence by participating in various activities. As stated by Nunes (2003) children learn emotional intelligence through playing with other kids and watching various pictorial movies. It is important to the point that when children play, they learn the pain of others and how to interact effectively with their colleagues and therefore, through leaning of these concepts children’s emotional intelligence improved. Through playing, kids would be to earn how to manage themselves, and therefore, the aspect of self-management is introduced, social awareness and self-awareness are also developed. This is because children ask themselves questions and these questions improved the way a child can argue and also conduct himself or herself in public and private. Thus, playing is an important element in the life of children. It is evidence that emotional intelligence can be acquired from school and this could be through playing with other children. A study conducted by Jervis (2016)) established that emotional intelligence is also taught in class and many children have improved their emotional intelligence through classwork. It is pointed out that subjects such as science and mathematics improved the reasoning of children and therefore, they could improve the emotional intelligence of children who are still growing. According to Jervis (2016), the emotional intelligence of children is developed during the pre-school stages where children play and interact with a lot of objects.

Through teachings and playing with other children, the cognitive development of children improves. Research indicates that children who often play with other children have a higher IQ compared to others. The high EI is based on the fact that a child has learned how to reason and solve some of the problems alone without engaging other people. It is also established with computer games and other and therefore, emotional intelligence can be obtained through classwork, playing with other children, and engaging in other activities. It is, therefore, important to allow children to play more often so that they can learn more and also to help in brain development. However, studies have indicated that there is a relationship between success and studies. Research conducted by Johnson C., (2014), on the relationship between kids who plays computer games and science and mathematical performance established that computer games improve mathematic performance. This is because studies have established that children who play computer games perform better in science subjects and mathematics compared to others. The study shows that frequent playing of computer games improves the concentration of children and helps them learn how to solve problems since computer games are about solving problems. Therefore, the concept has been successfully measured and established that emotional intelligence can be acquired and taught in school as well.

The concept of EI has been used in corporate and other businesses for efficient management of company. A stated by Serrat (2017), a good manager should interact and control anger and temper to be able to deliver. The EI is used to solving problems among employees in the workplace, addressing problems with customers and in the marketing of the company. A business involved several activities and interactions with stakeholders, who are the key player for the success of the business operation. Therefore, there must be better ways of addressing issues, and with EI, a company can be able to work efficiently in solving problems to ensure that the goals and objectives of the company are achieved. Emotional intelligence is used to address various issues and general interaction and management of the company.

In conclusion, emotional intelligence is self-confidence and helps people in personal management. It is established that EI can be acquired through life experience, inheritance and learn in school. It is basically learned in school during the ore-school sessions where children are engaged in p a lot of playing. The study also shows that people have different needs and wants and intentions, and therefore, people have different IE. The growth and level of improvement of EI is also a difference. The EI level can, therefore, not be the same, and each person level determines how individual behavior, especially the level of interaction and self-management in public and private. EI is, therefore, shows the level of growth and development in children and it determines the reasoning ability of people. EI is also applied in business for business negotiation and problem-solving, as well. Managers with high EI can address organizational problems efficiently and manage the company to grow. It is, therefore, playing a critical aspect in the life of everyone especially in the decision-making process

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