

Emotional Intelligence and Achievements.

Debasis Das

Emotional intelligence is probably one of the concepts which spread its branches all over the world rapidly. The concept is becoming so famous that most of schoolboys know at least the term. But the real meaning and application reach a few of the citizens of our country, India. The concept is popularized by Daniel Goleman. His famous book 'Emotional Intelligence' is one of the bestselling books across the world. In this article, we try to understand or comprehend the meaning of the term Emotional Intelligence and its relation to achievements in every sphere of our life. Frankly speaking, if we make out the meaning of the word by our heart our lives become beautiful like the petal of the flowers.

Emotional Intelligence is composed the two words. One is Emotion and another is intelligence. The word Emotion is derived from the Latin word 'emovere' meaning to make a wise choice or stir up. There are numerous myths about emotion. One of the myths about emotion is that emotions are inferior to reason. Another myth about emotion is that emotion is harmful to the body and mind. People say that emotion influences judgment. Some people say that self-control controls come from the suppression of the feeling

Emotion colors our lives. Emotions are neither good nor bad. It *depends on* your reaction and how you react upon. So, it is a subjective feeling or experience. Imagine you notice a cockroach on your computer table, and you suddenly cry for help. Emotions are categorized into two types. One is resourceful emotion, another is un-resourceful emotion. The resourceful emotion is Joy, Pleasure, Happiness, Love, and Smile and un-resourceful emotions are Joy, Pleasure, Happiness, Love, and Smile.

Now, we come to know the meaning of the word intelligence and the types and factors influencing intelligence. The term intelligence is also a widely used word. Common people believe that intelligence means someone's expertise ability or skill in Mathematics or any science subject's skill. But intelligence is much more than this. Intelligence or IQ is the capacity for goal-directed and adaptive behavior, involving the abilities to profit from experience, solve problems, reason, meet challenges fruitfully, and trigger goals. According to Cattell's theory intelligence are of two types. Fluid intelligence and Crystallized intelligence. Fluid intelligence is the skill or ability to develop techniques for solving problems. Fluid intelligence is inherited from the Zine which is designed

mainly within 5 years. Crystallized intelligence is the skill or ability to use acquired knowledge for solving problems. Crystallized intelligence is acquired from society for solving problems. Family and school environments are influencing crystallized intelligence in the best way. One of the remarkable signs of intelligence is curiosity and imagination. Albert Einstein recommended once that he (Albert Einstein) had no special talents, he was only passionately curious. Albert Einstein said that the true sign of intelligence is not knowledge but imagination. IQ or intelligence can be classified into nine categories. Psychologist Howard Gardener classified intelligence in his famous book 'Frames Of Mind' into eight types. e.g. - Verbal intelligence, Mathematical or logical intelligence, intra-personal intelligence, intra-personal intelligence, kinesthetic or bodily intelligence, visual or spatial intelligence, and naturalistic intelligence.

There are several or numerous factors that influence intelligence.

The factors are described below.

- 1) The child is influenced by
 - a. Genetics,
 - b. Genotype
 - c. Environment influence,
 - d. Gender.
- 2) The immediate Environment's influence by
 - a. Family Environments.
 - b. School Environment.
- 3) The society influenced by
 - a. Poverty,
 - b. Race or Ethnicity.

Intra-personal intelligence is the ability to understand one's inner feelings and have self-realization. Interpersonal intelligence is the ability to understand or comprehend people's feeling their emotions and also organize people, group activities, and social relationships. So, we apprehend that intrapersonal and interpersonal intelligence is closely related to EQ or emotional intelligence

We can conclude that emotional intelligence is the ability to perceive, understand and regulate emotions in self and others to promote emotional and intellectual goals.

The notable psychologist Goleman said that EI is the capacity for recognizing our own Emotions and of others, for motivating ourselves, and for managing emotion well in us and our relationships.

Another notable Psychologist Bar-On said that EI is concerned with understanding oneself and others, relating to people, and adapting to and coping with the immediate surroundings. It increases one's ability to be more successful in dealing with one's environmental demands.

There are five components of Emotional intelligence. They are self-awareness, motivation, empathy, self-regulation or self-control, and social skills

One of the foremost vital components of emotional intelligence is Self-awareness. Self-awareness is the understating of oneself, and one's own emotions. When you know your emotions, your strength, and your weakness, you become successful in your path of life. Socrates said that the most important part of becoming successful in life is to 'know thyself'. The most amazing part of the thinking pattern of human beings is that they can think about approx. 60,000 thought a day. Among them, 95 % are negative thoughts and 85% are repetitive of those negative thoughts. Self-awareness smooths our life path. Self-aware people must know their self and identity. Such a person must be aware of how to change and improve one's skills, such as abilities, learning new things, and developing better inter-personality skills. Such people must know their dreams, desires, aspiration, their views, values, emotions, and value of relationships.

Empathy is the ability to recognize and understand others' feelings which is essential for building and leading teams successfully. Empathy means showing sensitivity towards animals and human beings also and giving importance to the views of others. It comes from mutual respect from others and celebrating and sharing things with others unconditionally. The person with empathetic feeling have cooperation and mutual respect with other human beings

Self-regulation or self-control is the ability to control impulses or moods and to think reasonably before acting.

Social skills are the ability to manage relationships and build relationships. We know human beings are social animals. If they can't rapport with society, their happiness in life is interrupted.

Motivation is the reason or reasons for acting or behaving in a specific way. It is of two kinds. One is intrinsic motivation, another is extrinsic motivation. Intrinsic motivation is the inner feeling or inspiration of one's own life. Extrinsic motivation is the external forces of one's own life. The

teaching-learning process is one of the substantial approaches to learning. In the teaching-learning process motivation is one of the key factors of learning. It is which Motivation plays a significant role in the teaching-learning process. Motivation and academic achievement have a close and near relation to each other. Motivation and academic achievement are the coins of each side. There is close and near relationship between motivation and academic achievement. Often we think that academic achievement depends on merely some cognitive factors. Motivation is a subject worthy of investigation because it seems occupied to give us opportunities how to successfully acquire language. Motivation acts as a crucial part of academic achievement. Scholars and teachers provide motivation when they teach a second language regarding efficient language learning. Research haven has primarily been concerned with describing, measuring, and classifying its role in theoretical models of the language learning process for decades in this arena. Most of the researchers have widely acknowledged motivation plays one of the key factors. It also influences the rate and success of English language learning. Additionally, motivation affords the primary enthusiasm and curiosity initiating learning the second language learner and later the driving force to withstand the long and boring learning process; truly, all the other factors involved in second language learner acquisition presuppose motivation to some extent. In second language learning motivation has played a major role in academic achievement. Motivation does the extent of active, personal engagement in second language learning; research visions that motivation directly plays how often students use second language learning strategies and approaches, how much students interact with native speakers, and how long they proceed and maintain second language aids after language study is done. The people with the most notable skills accomplish long-term goals. They neither are appropriate for curriculum and good training enough on their own to guarantee students' achievement without motivation

So, we can understand emotional understanding depends on the emotional facilitation of thoughts. It is the ability to incorporate feelings into analysis, reasoning, problem-solving, and decision-making. It is also the potential of your feelings that guide you in your course of life.

There are few criteria for low EQ people and high EQ people

The features of low EQ people are described below:

- 1) They react and then think.
- 2) They became frustrated by failure.
- 3) They never say sorry.
- 4) They never forgive, forget, and move forward.

- 5) They do not fulfill the commitment.
- 6) They never show empathy.
- 7) They become angry from criticism.
- 8) They are not good listeners.

The criteria of high EQ people are described below:

- 1) They think, and then react.
- 2) They learn from failure.
- 3) They learn from criticism.
- 4) They say sorry.
- 5) They forgive, forget and move forward.
- 6) They fulfill their commitments.
- 7) They show empathy.
- 8) They are a good listener

Emotional intelligence helps us in numerous ways on the road to achievement. It helps us for personal effectiveness, better performances, better cognitive skills, health and happiness, better coping skills, effective interpersonal skill, and improves our quality of life.

EQ or emotional intelligence is also helpful for organizations in numerous ways. It helps by developing competency, resource mobilization, moderating organizational role stress, organizational health and effectiveness, and above all it improving productivity.

We all know the celebrated football player Zidane. He is one of the best football players not only in France but all over the globe. In a FIFA world cup in 2006, he played against Italy. He gave a head-butt to the Italy defender **Marco Materazzi** in the FIFA world cup final. He was shown a red card by the referee for his low EQ behavior.

Thus EQ is integrated into our success and happiness in our stairs of life.