

EMOTIONAL INTELLIGENCE FOR COLLEGE STUDENTS

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ABSTRACT

Emotional Intelligence is the capability of individuals to recognize their own emotions and those of others. EMOTIONAL INTELLIGENCE with students help with him to manage the stress and easily response to any one with healthy ways. Colleges are often under so much academic pressure that it can be easy for them to neglect their emotions. EMOTIONAL INTELLIGENCE activities help the students to make their will power. In school we only flow on our marks but in college we have extracurricular activities which are not easily handle by students those who has lack of EMOTIONAL INTELLIGENCE so we try to conduct many activities for students in EMOTIONAL INTELLIGENCE like Group discussion, Speech making, Personality development classes etc and motivating the students.

We are graduates from top colleges but we lacking on Emotional intelligence skills new generation have problem that they are self absorbed this create a problem for them to fit in any workplace or anywhere in the life. Emotional intelligence is very important for every student to handle the problem and articulates on same issues and work with fraternity. Emotional intelligence helps us to recognize and convey emotions to one another. Instead of assuming that emotional intelligence is always useful, we need to think more carefully about where and when it matter.

KEYWORDS: Emotion, Intelligence, Emotional Intelligence, Academic pressure, Motivation.

INTRODUCTION:

Emotion is a strong feeling deriving from one`s circumstances. Intelligence defines in many different way including as one`s capacity for logic, understanding, self-awareness, learning, emotional knowledge, planning, creativity and problem solving. Emotional Intelligence is the capability of individuals to recognize their own emotions and those of others. Discern between different feeling and lobes them appropriately.

“The term EMOTIONAL INTELLIGENCE first appeared in 1964 paper by MICHAEL BEIDOCHE, but it gained popularity in 1995, book by the title written by author and science journalist DANIEL GOLEMAN” be analysis of EI has been criticized within the scientific community, despite plenty reports of its usefulness popular in the press. Goleman indicate the EI accounted for 67% of the abilities deemed necessary for superior performance in leaders, and mattered twice as much as technical expertise.

DISCUSSION:

College students are often under so much academic pressure that it can be easy for them to neglect their emotions. These activities are design to help college student work on their Emotional Intelligence.

NEEDS OF EMOTIONAL INTELLIGENCE:

- i) We are graduates from top colleges but we lacking on EMOTIONAL INTELLIGENCE skills is also bad for our success and ambition Now-a-days new generation have problems that they are self-absorbed. They always think about themselves. This creates a problem for them to find in any place very well.
- ii) Students have problem on working with team. So EMOTIONAL INTELLIGENCE is very important for students because of this, they can handle the problems and easily articulate on some issue and work with fraternity.

IMPORTANCE OF EMOTIONAL INTELLIGENCE FOR COLLEGE STUDENTS:

- i) If we are college students we know how many academic and extra curriculum activities are given to us though working for EMOTIONAL INTELLIGENCE with student help him to manage the stress.
- ii) Due to stress we neglect the good relationship with others. EMOTIONAL INTELLIGENCE helps the students to easily response to any on with healthy ways.
- iii) EMOTIONAL INTELLIGENCE help student to impose self confident and confidence about their actual needs. It is also helpful in workplace an in daily life.
- iv) EMOTIONAL INTELLIGENCE help to express our thoughts and feelings to other in healthy manner and wise versa. In college student there is issue of interest in campus in which everyone speaks on same topic but the different way and share their own experience.
- v) In the busy schedule of students most of the students fail to understand other`s emotions and also forget to care of their own mental health and emotion.
- vi) We conduct many activities for students in EMOTIONAL INTELLIGENCE like Group discussion, Speech making, personality development classes etc and motivation of the students.
- vii) **Example:-** Our education system also focus on academic result in school life the student are easy to study because we only focus on syllabus but the college life we have extra work. Which are difficult to handle by the college students. So it is very important to be aware of our emotions and feelings and manage our stress.

ROLE OF EMOTIONAL INTELLIGENCE IN COLLEGE STUDENTS:

It helps us to recognize and convey emotion to one another. It helps us to handle the emotions efficiently with ourselves and to interact with ourselves and to interact with others. The author Daniel Goleman (1998) has four key points to EMOTIONAL INTELLIGENCE

- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management

ACTIVITIES FOR EMOTIONAL INTELLIGENCE :

Many of plans and activities have in the EMOTIONAL INTELLIGENCE and we can teach the students to understand & control their emotions. There is some kinds of activities are:-

- i) Games and other activities can raise the moral of college students.
- ii) College activities, centering on the students EMOTIONAL INTELLIGENCE at college level.
- iii) Organized the personality development classes.

ADVANTAGES :

- i) When you have good control on your emotions then you can disguise your true feelings.
- ii) It helps in understanding emotions & feelings.
- iii) It helps in knowing ourself and others.
- iv) Academic achievement.
- v) Motivation.

DISADVANTAGES :

- i) All the peoples should know their emotions and being able to identify and recognize their emotions, feelings, thinking and use them logical manner of our intelligence.
- ii) Student might not take the importance of EMOTIONAL INTELLIGENCE seriously. As with many aspects of life.
- iii) It's difficult to test for EMOTIONAL INTELLIGENCE. One of the main concerns with testing method is the debate.
- iv) It takes time to develop the skills necessary to fully harness EMOTIONAL INTELLIGENCE.

CONCLUSION :

EMOTIONAL INTELLIGENCE have to taken as positives as well as negative way(thought) for an individual person. EMOTIONAL INTELLIGENCE is to be know self emotions as similar as to handle personal problem, workplace difficulties etc, or for the others to understand their problem in workplace and find always not to hurt others, respect their emotions. Try note be very criticize other for healthy environment. EMOTIONAL INTELLIGENCE increase the self confidence and applying this in our life make us success.

We can easily express our feeling and emotion in any situation in front of any one. It increase the will power of students and make comfortable during the campus interview and in workplace.

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