



Influence of Emotional Intelligence on Teaching Learning Process

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ABSTRACT

This study is an attempt to discuss the role of emotion in learning process. Emotions are important for generating energy around the concept, for building commitment to goals, and for developing high-performing learners. Students who have positive experiences during the learning process generate positive emotions leading to the retaining of information effectively, and thereby they feel pride to continue to learning. Teachers will understand how their students' emotions affect their learning. . Teachers will understand the need to make judgments during the periods when emotions are interfering with or supporting learning.

KEYWORDS : Emotion, Intelligence, Teaching & Learning.

Introduction

This study is an attempt to discuss the emotional intelligence and learning process. Emotions are the primary determinants of behaviour of work and profoundly influence both the social climate and the productivity which comprises individuals and organisations: Pkrun. R. And M. Frese (1992). "Emotional Intelligence is compared and contrasted with a measure of abstract intelligence but not with a personality measure, or with a personality measure but not with a measure of academic intelligence" Landy (2005)

Emotional Intelligence is the application of Psychological resources in control of one's emotions. It is in a emotional side of life such as the ability to recognise and manage one's own and others emotions; to motivate oneself and restrain impulses and to handle interpersonal relationships effectively. Emotional literacy inspires learners by enabling them to sustain their curiosity and creativity in seeking solution to problems. It also strengthens their ability to respond to the challenges they would face at work and in their lives.

Discussion

Emotional Intelligence refers to the capacity for recognising our own feelings and those of others for motivating ourselves and for managing emotions well in us and in our relationships. In simple terms, it is nothing but delaying the one's gratification. There are numerous emotional reactions to situations and at different levels we experience these emotions, connecting to emotional intelligence.

It describes abilities distinct from but complementary to academic intelligence, the purely cognitive capacities measured by I.Q. Daniel Goleman discussed emotional intelligence quotient (EQ) as a factor more important than IQ in predicting leadership success. According to Robert Coop and Ayman Sawaf, Emotional Intelligence is the ability to sense, understand, and effectively apply the power and acumens of emotions as a source of human energy, information, connection and influence".

Components of Emotional Intelligence:



Self-awareness

The ability to recognise and understand our needs, emotions and drives as well as their effect on others. Self-awareness is, "a psychological state in which one takes oneself as an object of attention." (Franzoi, 1996)

Self-Regulation

Self Regulations are systematic efforts to direct thoughts, feelings and actions towards the attainment of one's goals. It involves controlling or redirecting one's disruptive emotions and impulses and adapting to changing circumstances.

Social Cognition

Social Cognition is a sub-topic of social psychology that focuses on how people process store, and apply information about other people and social situations. It focuses on the role that cognitive processes play in our social interactions. Social cognition looks at the higher mental processes that are engaged while in social situations or in dealing with social information (perception, memory, attention, reasoning and problem solving).

Motivation

Motivation is an internal state or condition that activates behaviour and gives it direction. It is the desire or want that energizes and directs goal-oriented behaviour.

Sympathy

Sympathy is the perception, understanding and reaction to the distress or need of another human being. It is the ability to share the feeling of another.

Emotional Intelligence on Teaching- Learning Process:

The main aim of Emotional Intelligence is the control over impulses that are prevalent in the environment and to deal effectively with emotions of one's life. The term emotional intelligence impules the intersection of emotion and cognition. A brain – compatible is one in which emotions are not avoided, but rather elicited in service of learning. Anything which elicits and lets students deal effectively with their own emotions and those of others promotes emotional literacy and emotional intelligence while making the academic content more memorable. Our brains are emotional-they are fine tuned to selectively respond to remember any stimuli associated with emotions. Students are encouraged to use new and unexpected praises, and to use different gambits as that interacts to keep the stimulation high. The stimulation which students provide each other is always fresh. It is in contrast to the stimulation provided by the early computational learning system. During the teaching learning process the first step

for the teacher would be to identify the purpose and outcome of the lesson. Once the outcomes for a student are identified the teacher commences assisting the student towards the possibility of the learner identifying their self-motivation. The importance of motivation goes beyond the immediacy of academic performance. For a teacher to be effective in his duties he has to adapt to his students, by identifying their needs. Learning is not only based on cognitive and brain development but on emotional development. Development includes a series of progressive and orderly changes leading to maturity. Teachers are important to students to becoming self-regulated learners. Teachers will understand the need to make judgements about the periods when emotions are interfering with or supporting learning.

Conclusion

Teacher should create a social maturity among the students. Good teachers need a strong Emotional Intelligence understanding what makes a particular student adjust emotionally can be important in helping with individual learning. Emotional literacy inspires learners by enabling them to sustain their curiosity and creativity in seeking solution to problems. When a learner is productive in their studies they are more likely to be open to the teaching learning process, this in turn means the student has a deeper understanding and allows a teacher to provide quality teaching.

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