



Impact of Emotional Intelligence Strategies In School Students

KEY WORDS

Democracy, Parliamentary system, Major problems, Issues and Challenges

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ABSTRACT

Emotional intelligence is a set of acquired skills and competencies that predict positive outcomes at home with family, in school and in work. It provides intelligence to find how well a person can read and monitor own emotions as well as the emotions of others. People who have emotional intelligence are healthier, less depressed and more productive at study, work and have better relationships. Present study is focused to find different strategies of emotional intelligence and study about their impacts.

Introduction:

Emotional intelligence is the ability to perceive, access and generate emotions so as to assist thoughts, to understand emotions and emotional knowledge and to reflectively regulate emotions so as to promote emotional and intellectual growth. Emotional intelligence is the ability to be aware of your own emotions as well as others to enable you to react and respond appropriately. Emotional intelligence is a log about how suitable one can react to various situations keeping one's emotions under check. Intelligent person needs a set of competencies that differentiate individuals with emotional intelligence. These competencies are self awareness, self management, social awareness, relationship management. Leaders use these competencies to inspire organizations to greatness that people use to build strong and profitable relationship.

Human resource professionals, corporate trainers, recruiters, managers and others have known what sets apart the average performers from the best performers. It is not technical skill nor intelligence, it is something else, something that you know it if you see it but which is different to clearly define. It is a set of abilities and divided into 4 parts (i) Identifying emotions (a) Need to be aware of one's feeling (b) Being aware of other's emotions (ii) Using emotions (a) Creative ideas can come from the ability to generate a mood (b) Empathy for people (iii) Understanding emotions (a) Know what motivate people (b) Understand other people's point of view (c) Understand and handle team interactions (iv) Managing emotions (a) Be aware of your emotions and use them to solve problems (b) When disappointed try to find out the cause and take remedial measures.

The pressure of performing better than others is affecting a large no. of teenagers. They are suffering from excessive tension to excel in studies, extracurricular activities, admission in reputed institutes and emerge successful in competitive exams. This gives rise to negative emotions of jealousy, hatred, depression. Only an emotionally intelligent society can ensure accelerated growth on all fronts, without compromising on peace, love, compassion and other human values.

Children should know how to identify, understand, use and manage these negative emotions to inculcate emotional intelligence in them. In order to foster emotional intelligence, the various co curricular activities as sports, theatre, music, dance, creative work, social service, helping day, sharing on social media, spiritual education, yoga, meditation, outing have been found as useful strategies.

It's a very effective way of developing the habit of coordinated activities. Team performance, rather than solely individual output, is the key to the most successful activities. Sports produce ability to be sensitive to team member's feeling and concerns. It makes receptive to others perspective, helps others to manage their emotions and social skills. In drama, students play a role, it may be based on real life characters. With the help of this, student can understand realities of

life which is helping to manage emotions with intelligence. Social work connects a person to ground reality. It helps to manage emotions as various types of persons are there with various situations. Their living teaches us how better we are and what our duties are for them. It makes them feel free of depression. These works make them more sensitive towards the needs of others and develop helping behavior in them. Students should be encouraged to come forward and tell their experience when they had helped by someone and when they help others so that by sharing these experiences the students can become more sensitive towards other human beings. Study and presentation of great famous persons inspire students to be like them. To inculcate virtues of humility, gratitude and politeness is a long way toward achieving spiritual success.

Methodology:

Applied research method was experimental. 360 students of age 15-20 years were randomly selected for study. Students were classified into 3 groups as 15-16, 17-18 and 19-20 years. Each age group consists of 120 students. Every age group was divided into 8 sub groups and every sub group was made of 15 students. A theme of aggressive emotions was created and to come out of these emotions every sub group was assigned different strategy. Applied strategies were sports, meditation, creative hand work, music, dance, sharing with social media, ideal stories and outing. Impact of strategy was tested using self prepared test paper. Collected data was converted into percentage and comparatively analysed.

Finding and Analysis:

Table-1: Impact of Various Strategies of Emotional Intelligence on Students

Age Group	Effectuated Students %							
	Sports	Meditation	Creative Hand Work	Music	Dance	Social Media	Ideal Stories	Outing
12-15 years	43	44	46	51	54	32	49	56
16-18 years	48	46	50	53	52	36	51	59
19-21 years	55	51	59	56	56	42	55	64

Result shows that outing is best emotional intelligence strategy. Age group 15-16 years influenced 56%, age group 17-18 and 19-20 affected 59% and 64% respectively. Sports result exhibits influence 43%, 48% and 55% as age increases. Meditation is also useful as effected 44% to 51%. Creative hand work related data indicates that impact increased 46% to 59% students. Music impact data shows that student % increases from 51% to 56%. Dance has found as second effective strategy, it affects 54% to 56% students. Sharing with Social media and ideal stories are also effective strategies as influence %

observed 32% to 42% and 49% to 55% respectively.

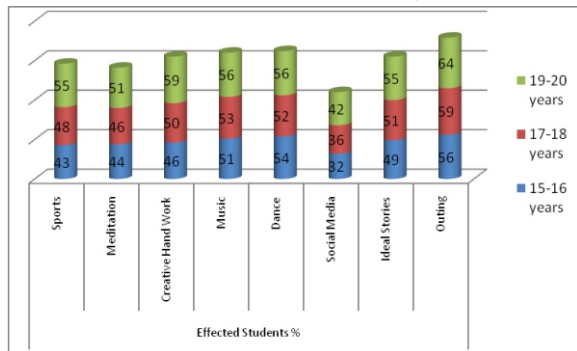


Chart-1: Impact of Various Strategies of Emotional Intelligence on Students

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Conclusion:

There are various strategies to manage emotions. By using emotional intelligence one can behave in an effective manner. There should be a proper mix of useful intelligence, emotional strength and spiritual development in a human being in order to be successful in present fast moving society. When someone feels depression or excitement, need to control emotions intelligently. Hobbies, engagement in other works than routine work help to control emotions. People with high emotional intelligence have greater mental health, work perfection and leadership skills. These help students to deal with the demand and complexities of modern life, competitive working environment which involves stress and tension.

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