



THE COMMUNICATION OF EMOTIONS

Education

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ABSTRACT

Almost all of us conceal our emotions to some extent to protect our self-image or to conform to social conventions. But usually, there are some clues to help us determine another person's emotions. Emotions are of two categories-Primary emotions and secondary emotions.

KEYWORDS

Imagine a world without emotions. What would it be like to move through a world of things if we feel nothing about? We might imagine such an environment, sitting alone with no object, whatever, we would feel something in such an environment, certainly boredom. Anyway, emotions do exist, this raises questions before us-How many time kinds of emotions are there? Do they vary in kind or only in degree? What ways do we have for classifying emotions? Are some emotions similar, how do they help us understand behavior and how do they function in our lives? What it is good-or-bad for? Several psychologists have tried to define an emotion and stated that emotion is a complex affective experience that involves diffuse physiological changes and can be expressed overtly in characteristic behavior patterns. It is believed that a certain minimum level of emotional arousal is necessary for good performance as emotions can organize and direct behavior just like motives. Most of our irrational behavior is also controlled by emotions.

Thus emotions are a basic part of our lives; they make us human. We must learn to deal with emotions in a productive way. Once we understand how emotions affect us and our thought process, we can begin learning how others' emotions affect them. As we gain ability to communicate in a way they understand such abilities can help increase the quality of interaction with others and help us build stronger relationship.

Emotions are meant to be tools that help us to adapt to our environment working with the emotions is the only way to make the best out of what life has to offer. The skill of using emotions effectively to solve interpersonal problems instead of allowing our emotion to use us and hijack our thought process is known as emotional intelligence.

The notion of emotional intelligence emerged in the early 1990 and has received much attention in the sphere of education. Emotional intelligence involves the ability to monitor one's own and others feeling and emotions, to discriminate among them and to use this information to guide one's thinking and action (Salovey, Woolley and Mayer 2001)

Daniel Goleman has also opined-
"Emotional intelligence is more than understanding our feelings. It also entails skills in expressing our feelings constructively."

Have you ever tried to hide your feelings? It is pretty hard for most of us to do. That is because emotions don't lie. Instead of trying to hide your feeling and the feelings of the people around you in order to be a good communicator. You can improve your emotional awareness by focusing on skills as on considering other people's feelings as well as your own feelings. Good communication requires you to maintain trust. You can earn the trust of others by sending even nonverbal cues that match your words. For example you shake only head and say yes may send a confusing message. The difference between verbal and nonverbal communication could cause the other person to interrogate "You are speaking truth or not". Make sure that you always speak the truth and thus you can avoid state of confusion. Misunderstandings are often caused by confusing emotions. But emotional awareness can help you to avoid misunderstanding.

Almost all of us conceal our emotions to some extent to protect our self-image or to conform to social conventions. But usually, there are some clues to help us determine another person's emotions. Emotions are of two categories-Primary emotions and secondary emotions. Primary emotions are innate emotions that are experienced for short period of time and appear rapidly usually as a reaction to an outside stimulus and are experienced similarly across cultures. Such primary emotions are joy, distress, anger, fear, surprise and disgust etc. while secondary emotion are not innate like primary emotions. These emotions do not have a corresponding facial expression that makes them universally recognizable. Such emotions are processed by a different part of the brain that requires reflective thinking, hence they are not reflexive. These emotions are love, guilt, shame, embarrassment, pride, envy and jealousy. Such emotions develop over time, take longer to fade away and are interpersonal because they are most often experienced in relation to real or imagination.

You can be afraid of the dark but feel guilty about an unkind comment made to your caretaker. You may feel ashamed or embarrassed at the thought of doing poorly on a presentation in front of large gathering. Since these secondary emotions need more processing, they are more easily affected by thoughts and can be managed or tackled. It means we can become more competent communicator by being more conscious of how we experience and express secondary emotions. Generally assumed there may be cultural variations in the meaning and expression of secondary emotions but still they are universal and experienced by all cultures. It is, no doubt, impossible to imagine our lives without emotions in life.

To become more aware of your emotions identify your emotions give mindful attention to your inner self. It is useful to identify the primary or main feelings. Once you know what you feel you consider the way to express those emotions. All emotions are normal and natural. All are important and play their role in our life. Some are more pleasant comparatively but it does not mean that some should be avoided or suppressed, for, doing so might have adverse effects on our mental, emotional and even physical well being so it is important to appropriately manage our emotional expressions. Precisely inappropriate emotional expressions came wreak havoc and cause significant harm to our relationship.

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