



ORIGINAL RESEARCH PAPER

Psychology

EMOTIONAL INTELLIGENCE AND ADOLESCENTS DURING LOCKDOWN

KEY WORDS: Emotional Intelligence, Adolescents

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ABSTRACT

Topics among the mental health professionals for adolescents during lockdown. As it's the young people of today who will make up the workforce of tomorrow. Many psychologists are of the view that an individual's level of emotional intelligence or EQ is in many cases more important than their IQ, because EQ is not only a more effective interpreter of the quality of probable relationships but also an efficient interpreter for success and overall happiness. This thematic paper applies content review methodology and had gone through the contents related to the present world emotional intelligence of adolescents has so many roles. Adolescent will examine his/her identity and try to find out exactly who he/she is emotional intelligence plays an important role in this phase. Emotional Intelligence also known as Emotional Quotient (EQ) is one of the top topic and analytically summarised the ideas. The conclusion of the thematic paper states that the adolescence lack in their emotional Intelligence during the lockdown adolescents which in turn brings out problem in their day today life. They were uncomfortable to handle their emotions may it's lead to problems in maintaining peer group relationship. Mood swings also leads to personal emotional instability. The therapy such as CBT, personal therapy and family therapy can be used as treatment to overcome their emotional instability and to reduce their mood swings. Thus the article concludes the need for immediate steps to be taken to the adolescence to have healthy emotional well being.

INTRODUCTION

Adolescent development is known as transition period from children to adults. This change was marked by physical and psychosocial changes. If not handled and managed carefully these changes can cause abnormalities. Modernization can cause the increase of drained moral values and faith. Many teenagers experience some of the events that affect changes in their behaviour and attitude. Some unfortunate events experienced by teenagers include being a victim of a crime and engaged in immoral programs. There are many factors causing juvenile delinquency, such as family issues, poverty, parenting Problems, etc. Teenagers also experience difficulties in maintaining the relationship with their parents. It is because in social development, adolescents are more easily influenced by their friends. And also experience changes in both growth and sexuality. Emotional changes make teens have high confidence and making it difficult to receive advice from their parents. Therefore, adolescents have difficulties in their development and changes they experience, which often leads to changes in their psychiatric conditions. For instance, sometimes they look quiet, dull and isolated; but at other times, they seem cheerful, radiant, and confident. This unstable behavior is not abnormal. It only needs to be noticed and advocated, so it will not bring difficulties for them. Sex-related behaviour is one of the Problems faced among adolescents. Sexual curiosity will lead to sexual behaviour. (Putro, 2017). Adolescent development becomes a crucial period marked by physical and mental development that takes place quickly. This period also marks the need for mental adjustment and the formation of new behaviours, attitudes, values, and interest. This transitional period means that they are no longer a child but not an adult just yet. If adolescents behave like children, parents will be told to act according to their age. When adolescents behave like adults, they are accused of being out of track. This unclear adolescent status gives them the opportunity to try various styles, patterns of behavior, values, and traits that are in accordance with them (Putro, 2017). Emotions are defined as an encouragement to act, and a tendency to do things. Goleman, in his book, describes the basic emotions possessed by all cultures in the world that can be understood

as a characteristic of the emotions of various individuals. They are scared, angry, sad, and happy feelings (Goleman, 2007). Emotional intelligence is defined as the ability to manage once emotions. Adolescents who have emotional intelligence will be able to show their emotions appropriately according to situations and conditions. Adolescents who are bad-tempered or improperly place their emotions are called adolescents who are not emotionally intelligent. Many studies discuss the role of emotional intelligence in adolescent behaviors, adolescent problems, and transitions in the stages of adolescent development.

At the time of COVID-19 adolescents face more problems because they have no chance to go out and they can't see their friends, and also communication problems are there. Every children's get good behaviour from their school life too by interact with other students we can see that so many suicide attempt are happening due to online class and communication problems . At the COVID situations they were feeling alone and getting bored at home their communications are low, adolescents they were not aware about the world and not updated about the world. While we see some one daily it brings happy to them but at the COVID situations they were not able to see that person which makes them unhappy and discomfort. We must have a good communication to controlling our emotions at the COVID situations it makes low and poor. This all makes the adolescent uncomfortable at Leads to so many problems in their life like depression stress etc

Objective of the study

The aim of the study explore the emotional intelligence and adolescents during lockdown

METHODOLOGY

The thematic paper applies descriptive methodology and had gone through the contents related to the topic and critically analysed the ideas.

DISCUSSION

The study shows that the emotional intelligence and

adolescents during the Lockdown periods adolescents are leaving in their own residency and their is no communication with others not seeing others their is no way to express their emotions to others and it may cause to aggressive behaviour, anxiety and depression too. At the Lockdown situations adolescents may addict to alcohol and they failed in their academic performance also. And also mentioned some strategic planning are personal therapy and family therapy

HOW EMOTIONAL INTELLIGENCE HELP ADOLESCENTS

Emotional intelligence (EQ) focuses on mastering your emotions, thoughts, and behaviors. This will help us to deal with anxiety, cope with mood swings, and avoid depression, which will help us to live a full life. It is a powerful skill that helps us to recognize the feelings of others and to build trust and confidence. Developing quality relationships is a skill that everyone should have, and when you have emotional intelligence, it will affect both your attitude and yours. An emotionally intelligent, self-aware, and motivated teenager will, of course, have a very good academic performance and maintain good relationships with all people and will have no conflicts with peers and will not be addicted to drugs or alcohol. Emotional intelligence contributes to adolescent development. Having very good interpersonal relationships and better social support as well as emotional intelligence are also positively related to self-awareness, which means that the higher a teenager's emotional intelligence, the better his or her self-awareness. Adolescents often have the ability to recognize the emotions of others, which affects the development of self-awareness.

TREATMENT

- Personal Therapy: - Individual Therapy is used to help therapist with personal issues. It's improve self esteem, social support
- Family Therapy :- Family therapy helps intimate change and nurture development in intimate relationship between family members

CONCLUSION

The adolescent period is a complicated stage they face so many problems in sexually and mentally at the COVID situations its effect too. The hormonal changes and sexual changes makes them more complicated and so many problems in making peer groups and making good relationship and it may leads to mood swings here, emotional intelligence helps in developing good relationship when they understand and manage their emotion, they are more likely to get good grades in tests this is because emotionally intelligent students are better equipped to deal with negative emotions that might disrupt but in COVID situations they were alone in their home and also help in self awareness in the puberty stage they have confusion in their role of life parents tell that "you are child "in some occasion parents say" you are elder don't do such childish things "this make confusion in them through self awareness they can know about them and their roles .And also helps to making good decisions and deal with difficult situation emotional intelligence also helps in develop in empathy. Due to the COVID situations adolescents have so uncomfortable and getting irritating and so many problems are there in their day to day life. Precautinary steps is the need of an hour and the adolescents need to strengthen their emotional intelligence to face the day to day problems with more positive outlook.

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