

Foster Emotional Intelligence in Youth Through Education

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Introduction

Emotional intelligence, often abbreviated as Eq, refers to the ability to recognize understand and manage one's own emotional, as well as the ability to empathize with and manage the emotional of others it includes a variety of skills, including self-awareness, self-regulation, social skills, empathy and motivation. In the content of classroom education, emotional intelligence plays an important role in shaping students inter personal relationship communication skills and overall social and emotional well being.

As the education landscape is rapidly changing emphasis is being placed on the development of emotional intelligence in the classroom while academic achievement has long been the primary focus of education, the important of fostering emotional intelligence among students is gaining recognition this change in focus is rooted in the understanding that emotional intelligence is a key factor in determining not only academic success but overall well being and success in the . This article aims to highlight the importance of emotional intelligence in classroom education , explaining its role in promoting healthy student teacher relationship enhancing academic performance and preparing students for the complexities of the modern world.

Promoting healthy student-teacher relationships –

One of the fundamental ways emotional intelligence impacts classroom dynamic is by developing healthy student teacher relationships. Teacher's who are attuned to the emotional needs of their students can create a nurturing and supportive learning environment. They many employ empathetic communication, active listening and conflict resolution techniques to promote trust and open communication by acknowledging and validating students feelings teachers can create a safe space where student feel comfortable expressing themselves thereby increasing engagement and participation in the learning process.

Preparing students for the real world –

As student progress in their educational journey and environment transition into the work force they will face many challenges and complexities that go beyond academic knowledge. Developing emotional intelligence in the classroom equips students with the skills needed to deal with the complexities of the real world. Whether in professional settings, social environments or personal relationships, individuals with strong emotional intelligence are better prepared to communicate effectively collaborate productively and adapt for diverse and ever changing situations by nurturing emotional intelligence in the classroom, teachers play a vital role in preparing students for the challenges and opportunities they face in their future endeavors. The role of emotional intelligence in classroom education is undeniably important by integrating emotional intelligence into the framework of educational practices teachers can create a nurturing and supportive environment that promotes holistic development and prepares students for the complexities of the modern world. Through the development of healthy student teacher relationships enhanced academic performance promotion of social and of emotional learning development of conflict resolution skills and cultivation of empathy and compassion students are enabled to become a well rounded individual. Approaching various interpersonal and personal challenges with eligibility and empathy.

Importance of emotional intelligence -

Holistic education aims to promote the development of students in all aspects of their existence including intellectual, physical, emotional, social and even spiritual dimensions. In





this a quest, the role of emotional intelligence is crucial emotional intelligence is refcors to the ability to idently, understand manage and effectively use one's own emotions as well as the emotins of others. This includes skill such as empathy self awareness self regulation and social skills Emotional intelligence begins with self awareness which is the lunctis personal growth and holistic development. Through self awareness individuals gain information about their feeling strengths weaknesses and values.

In a holistic educational setting students are encaraegal to relect on their emotional enperines helping them better understand themselves. This self awareness enablesh them to identify their passions interests and areas for improvements which are assential components of overall development.

Conclusion –

Emotional intelligence plays an important role in holistic educational importing various aspects of a students life. From self awareness and self regulation to empathy social skills, emotional resilence and emotional well being, emotional intelligence enhances personal growth and contributes to the development of well rounded individuals, kidschoupal believers that academic knowledge is only one part of a students journey and gives equal importance to emotional and social development through its range of entra curricular cruser by promoting emotional intelligence educational institutions can better prepare students for a elulfilling and successful lfie emphaning not any what they know but also who they are as a person.

Refrence –

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