



## Using Emotional Intelligency In Times of Conflicts and Other Difficult Situation

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### Abstract

In present days emotional stability affects the students study as well as their carrier. It is becoming very needed thing to find the solution to solve the problem. In this article main objectives are to understand the meaning of emotion, emotional intelligency, the needed of emotional intelligency and using Emotional intelligency in times of conflicts and other difficult situation. There is also discussed about the tips to improve emotional intelligence and School's efforts to devevelop emotional intelligence.

**Key words- Emotional intelligency, conflicts, School's efforts so on.**

**Today**, when we look around us, we find that the situation in the society is not satisfactory everywhere and that is why the trend of unrest, anarchy, struggle for rights and youth dissatisfaction is increasing.

Along with reasons like disintegration of family institution, consumerist tendencies, immorality, misuse of communication media etc., emotional imbalance is also an important reason for this.

The youth, which is our strength, is becoming a victim of mental depression. According to a report by the World Health Organization, three out of four people in the world suffer from mental depression. According to WHO, cases of stress and depression have increased by 18% in the last decade. about 6.5% to 7.5% of India's population is suffering from mental health problems. The daily suicides by students in Kota are an example of this.

**Meaning of Emotion:** Emotions reveal the excited state of a person and the mental process of decision making by boys and girls during the generation of emotions is called emotional intelligence. A deep connection between emotions and intelligence is found in emotional intelligence. They can never be separated from each other.

The mental ability to know one's own abilities, capabilities, emotions and manage them properly is called emotional intelligence. That is, the ability to understand oneself and others in the best possible way is called emotional intelligence.

**Emotional intelligence is needed for the following reasons -**

- 1 IQ contributes only 10 to 20 percent to our success. The remaining 80 to 90% contribution comes from our emotional intelligence quotient.
2. Emotional intelligence is extremely important to be successful in the workplace because high IO can get us the job. But we can progress in work only through emotional intelligence.
3. The problem of stress and depression is increasing in modern society that EQ can save us from it.
- 4 Emotional problems like anger, intoxication, aggression are increasing today. These emotions can be controlled by having the right emotional intelligence.
- 5 We can remove them by understanding the reasons causing tension in it.
- 6 We can improve our relationships through EQ. Through
- 7 E Q, we can understand ourselves better and improve our decision expression.



## Reasons for emotional balance –

1. Social media is also responsible - depression is increasing among the youth due to excessive use of social media. Distance from friends and relatives is increasing due to which stress is increasing.
2. Hobby of ostentation and expensive things - Youngsters are suffering from depression due to their inclination towards expensive hobbies and luxurious life. Depression can be overcome by adopting simple living and high thinking.
3. Increasing depression due to drugs - Increasing competition in education and employment is making the youth suffer from depression. Apart from this, youth are also falling prey to depression due to drug addiction.
4. Low income is also the reason - Youth become frustrated due to low income. Due to lack of opportunities, many youth are working as contract workers, but the salary is low. Even more youth remain depressed.

## Tips to improve emotional intelligence –

1. Be aware of your emotions.
2. Understanding the difference between emotions in your thinking
3. Identifying your emotions correctly and naming them
4. Understanding the relationship between your thoughts, feelings, and actions
5. Learning to display your emotions through socially approved behavior
6. Communicating through positive self-talk
7. Controlling your anger and sadness Learning techniques to:
8. Take responsibility for one's own emotions,
9. Understand the emotions of other people, *Never Ended...*
10. Respect individual differences,
11. Listening and understanding other people and responding to their context,
12. learning to respect others while caring about how our actions affect them
13. looking for the positive when feeling negative.

## Suggestion

1. Better Social Relations For Children,- Among children and teens, emotions intelligence positively correlates with good social norms, anti social behaviour measured both in and out of school as reported by children themselves, their own family members and teachers.
2. Better Social Relations for adults- High emotional intelligence among adults is correlated with better self-perception of social ability and more successfully interpersonal relationship with less interpersonal aggressions and problems.
3. Better Academic Achievement- Emotional intelligence is correlated with greater achievement in academic as reported by teachers but not higher grades on the factor of IQ is taken into account.
4. Highly emotionally intelligent individuals are perceived more positively by others- Other individuals perceive those with high EI to be more pleasant, socially skilled and empathic to be around
5. Better Social dynamics at work as well as better negotiating ability.

## School's efforts to develop emotional intelligence-

1. Organise prayer assembly.
2. Creativity and experiential based learning.
3. Focus on self discipline through SUPW., NSS and NCC camp and extra cocurricular activities.



4. Healthy and peacefully classroom environment.
5. Good behaviour of teachers.
6. Club activities such as; social club, ecofriendly club, innovative club, sports club etc.
7. Guidance and Counseling for students and parents.
8. Time to time organise motivational lectures.
9. Teacher's friendly behaviour with students.

Kalam Saheb, while giving the message to the youth to continuously strive towards their goal and not to be sad even if they fail, used to say that if you fail then never give up, because FAIL means - First Attempt in Learning. Another world famous statement of his is that dreams are not what we see in sleep. Dreams are those which do not let us sleep.

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