



E.Q. , An Essential Element of Teaching and Learning

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ABSTRACT

Emotions play a wide role in human life, if they got positive and controlled format they lead to a success story. If they got negative format then they lead to a drastic goals. EQ is the term used to an individual's ability to identify, evaluate, control, and express emotions. EQ is becoming increasingly vital to humans' success in the increasingly digital future of work. Emotional intelligence also known as 'emotional quotient', or EQ was ranked sixth in the World Economic Forum's list of the top 10 skills that employees will need to possess to thrive in the workplace of the future. In 21st century there has been an increasing awareness on bringing about sensitivity in our lives, of being mindful, that 'less is more' and that we should focus more on the journey than the destination. Studies have shown that over the years the IQ of the children has gone up – which is good, but the bad news is that the level of EQ is plummeting at an alarming rate. So today's education must have socially and emotionally competent teachers or parents , they have explicit training in the development of empathy, compassion, gratitude, and other social-emotional skills falls under EQ. For teachers, these skills are imperative not only for their personal well-being but to improve student learning.

Introduction

In today's life, when several million kilobytes of information is easily available to anyone with an internet connection, it has become important to develop a child's fluid intelligence. Fluid intelligence is one's ability to reason and use the information available to arrive at creative solutions to existing problems. Fortunately, this important life-skill can be developed early on. It is clear that children who possess a high IQ will have good ability to problem-solve. However, if the same child does not possess a high degree of EQ (emotional intelligence), he might feel nervous, discouraged or even angry when they are faced with a tough problem. EQ is a measure of a person's ability to perceive, control, evaluate and express their emotions. Often, emotions can hijack the thinking part of your child's brain. This is why many children do not perform as well in school as they should; they lack the ability to cope with many emotions, especially anxiety. Developing one's EQ skills leads to higher levels of self-esteem, improved social and communications skills, ability to control anger or anxiety and be able to practice delayed gratification, etc.

In layman terms, the IQ is the learning that helps us build our intelligence – almost like building a ship. The EQ on the other hand, helps us deal with real life challenges, its ups and downs – basically it's the lifeboat of the ship. Unfortunately, our present school curriculum and the increasing competition in the academic front compel parents to make it a high-stress environment for their kids.



These are few quotations that prove that EQ have great value in Teaching and Learning Scenarios:

- “School is an emotional caldron: a constant stream of academic and social challenges that can generate feelings ranging from loneliness to euphoria.”- **Brackett**
- “If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.” -**Daniel Goleman**
- “No one cares how much you know, until they know how much you care.” -**Theodore Roosevelt**
- “Running a marathon with a backpack is tough and may hinder you from winning the race. Don't let the baggage from your past--heavy with fear, guilt, and anger--slow you down.” -**Maddy Malhotra**

Emotional Quotient

Most people outside of education can't fathom what teachers really do in a classroom. He teaches Math....yes....Literacy...of course, and science and social studies...yes. But teachers are much more than educators. They are counsellors, parent-figures, in some cases, stabilizers....offering the only safe environment some less-fortunate children have. To that end, teachers need to be in tune their own emotional nature/health so that they are equipped to deal with emotional needs of their students, which will in turn impact the learning

Goleman, one of the first people to raise awareness of EQ, is the author of Emotional Intelligence, a groundbreaking book that came out in 1995. Since its release, study after study has proven EQ's importance: that emotional intelligence predicts future success in relationships, health and quality of life. It's been shown that children with high EQs earn better grades, stay in school longer and make healthier choices overall (for example, they are less likely to smoke); teachers also report that high-EQ students are more co-operative and make better leaders in the classroom. There's also a relationship between emotional intelligence and bullying, with EQ education initiatives seen as a way to help prevent it. What's more, having a high emotional intelligence is a greater predictor of career success than having a high IQ, which means it's valued by employers looking for candidates who can complete work and get along with people in progressively collaborative workplaces.

So we can say that emotional quotient (EQ), is defined as an individual's ability to identify, evaluate, control, and express emotions. People with high EQ usually make great leaders and team players because of their ability to understand, empathize, and connect with the people around them.

Key Factors of EQ

Here are some indications inspired by a list quoted by Goleman from a book called Self Science: The Subject is Me (2nd edition) by Karen Stone McCown et al. [San Mateo, Six Seconds, 1998]

- **Self awareness**
One of the basic emotional skills involves being able to recognise feelings and put a name on them. It



is also important to be aware of the relationship between thoughts, feelings and actions. What thought sparked off that feeling? What feeling was behind that action?

- **Managing emotions**

It is important to realise what is behind feelings. Beliefs have a fundamental effect on the ability to act and on how things are done. Many people continually give themselves negative messages. Hope can be a useful asset. In addition, finding ways to deal with anger, fear, anxiety and sadness is essential: learning how to soothe oneself when upset, for example. Understanding what happens when emotions get the upper hand and how to gain time to judge if what is about to be said or done in the heat of the moment is really the best thing to do. Being able to channel emotions to a positive end is a key aptitude.

- **Empathy**

Getting the measure of a situation and being able to act appropriately requires understanding the feelings of the others involved and being able to take their perspective. It is important to be able to listen to them without being carried away by personal emotions. There's a need to be able to distinguish between what others do or say and personal reactions and judgements.

- **Communicating**

Developing quality relationships has a very positive effect on all involved. What feelings are being communicated to others? Enthusiasm and optimism are contagious as are pessimism and negativity. Being able to express personal concerns without anger or passivity is a key asset.

- **Co-operation**

Knowing how and when to take the lead and when to follow is essential for effective co-operation. Effective leadership is not built on domination but the art of helping people work together on common goals. Recognising the value of the contribution of others and encouraging their participation can often do more good than giving orders or complaining. At the same time, there is a need to take responsibilities and recognise the consequences of decisions and acts and follow through on commitments.

- **Resolving conflicts**

In resolving conflicts there is a need to understand the mechanisms at work. People in conflict are generally locked into a self-perpetuating emotional spiral in which the declared subject of conflict is rarely the key issue. Much of the resolution of conflicts calls on using the other emotional skills mentioned here.

Characteristics of a High EQ Teacher/Student

- Is not afraid to express his/her feelings.
- Is not dominated by negative emotions. Balances feelings with reason, logic, and reality.
- Is independent, self-reliant and morally autonomous.
- Is not motivated by power, wealth, status, fame, or approval.



- Is interested in other people's feelings.
- Is not immobilized by fear or worry.
- A time to speak and a time to be silent,
- Is emotionally resilient.

Characteristics of a low EQ Teacher/student.

- Doesn't take responsibilities for his feelings; but blames you or others for them .
- Is insensitive to your feelings. Has no empathy, no compassion.
- Is insecure and defensive and finds it hard to admit mistakes, express remorse, or apologize sincerely.
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- Is a poor listener. Interrupts. Invalidates. Misses the emotions being communicated. Focuses on "facts" rather than feelings. Does not consider your feelings before acting.

Look at a situation, a 9th-grade math class begins on an active Monday. It's the first class of the day and students are busy trying to solve an equation--all except Mohit. Mohit is distracted and failing the class. However, he recognises the source of his distractions under the pressure of helping his single mother prepare his four younger siblings for the day, he shuts down when he arrives at school. His teacher, more inclined to ask about his feelings, discovers that mohit's lack of focus is rooted in stress, not boredom. Together, they devise a plan to help him manage his stress so that he can focus in class. Now, imagine the same context in another school that concentrates heavily on academic output and old-style teaching styles. There, mohit's teacher might see that he's having troubles but demand that he pay attention rather than try to get to the root of the problem. Over time, she may label the child as stupid and not up to par with his peers. This approach helps no one.

A required skill for teachers is to guide and develop children's reactions and responses to common and uncommon situations. In most cases, this means to rewire learned behaviour. Children from stressful environments have automatic reactions that tap into their survival instincts and consequently are disengaged from personal and social connections. From each They sense a threat and punishment interaction. The skill of rewiring a scholars reaction and response requires teachers to be in touch with their own emotions, understand the power of stress and to engage children in stress-free environments that empower each child to find alternative responses that include making connections, working with and alongside others without fear. Children who are socially and emotionally balanced are healthy, confident and inclusive. According to Patricia Jennings and Mark Greenberg, leading scientists in the field of social-emotional learning, teachers who possess social-emotional competencies (SEC) are less likely to experience burnout because they're able to work more effectively with challenging students—one of the main causes of burnout.

Reasons EQ Determines Success in Life

Our emotional intelligence has such a large impact on our success in life, it's important that we fully develop our emotional skills. Here are the top five reasons why your emotional intelligence determines your success in life.



- **EQ has a greater impact on success than other factors.** It has been said that your IQ can land you a job, but your lack of EQ can get you fired. Your IQ only accounts for 20% of your success in life. Your emotional intelligence and social intelligence are much greater determinants of the success you will achieve in life.
- **The ability to delay gratification is a primary indicator of future success.** Delayed gratification is the top predictor of future success. People who are able to pay the price today and delay the rewards are much more likely to succeed in life. Unfortunately we have become a nation seeking instant gratification. This shows up in our everyday lives in the foods we choose to eat, the buy-now-pay-later way of life, our difficulty in adhering to an exercise regimen, and putting mindless entertainment ahead of self-development.
- **High EQ leads to healthy relationships with others.** Our emotional skills have a direct and important bearing on our relationships with others. We need to understand our feelings, where they come from, and how to properly express them. We will not maintain healthy relationships unless we can control our emotions, communicate our feelings in a constructive manner, and understand the feelings of others.
- **Emotional health impacts physical health.** There is a direct connection between our emotional health and our physical health. If our lives are filled with stress, our physical health suffers. It has been estimated that well over 80% of our health problems are stress-related. We experience stress primarily because we are not comfortable emotionally. We need to understand the link between our emotional health and our physical health.
- **Poor EQ is linked to crime and other unethical behaviours.** Unfortunately, there's a direct connection between poor emotional skills and the rising crime rate. Children who have poor emotional skills become social outcasts at a very young age. They might become the class bully because of a hot temper. They may have learned to react with fists rather than with reason. Poor social and emotional skills contribute to poor attention in class as well as feelings of frustration. Such students rapidly fall behind in school, and may tend to make friends with others in the same boat. The path to crime starts early in life. While there's no doubt that family and environment are strong contributors, the common thread is poor emotional and social skills.

How Teacher Develop Emotional Intelligence?

Now it's very difficult for teacher to develop EQ in normal classroom teaching as on one hand he is facing problem of curriculum follow-up and other hand he has real justification of his profession. There are some techniques of developing EQ among students within classroom.

- **Embed social and emotional learning into your teaching practices.** Instead of doing a lesson specifically on social skills or emotions, try incorporating these lessons into what you are already teaching. For instance, in science, if you are discussing molecules, you also could ask students what forms good partnerships. Another option might include reading a book or discussing a history lesson



about a socially challenging situation. Engage your students in a conversation about handling social problems.

- **Engage students in problem-solving.** Whether it's helping solve a difficult math problem or developing a set of class rules at the beginning of the year, engage kids in all types of problem-solving. For instance, if kids are having trouble waiting their turn in class ask students "Can you think of a way that will help you remember to wait your turn?" You also could ask older students input on bullying at school and what they think the school should do to address it. Often the best ideas for dealing with issues come from the students themselves. Group projects are a useful way to teach students how to work together, which is a skill they will need in many areas of life.
- **Install perseverance and determination.** Self-motivation is a key component of social and emotional learning and a necessity for kids to accomplish things in life. While there are many students who will naturally strive to better themselves in some way, there are other students who need a little more coaching in this area. Remind students that to experience success they must put forward effort and perseverance. And if you see students making a really strong effort but still falling short of the grade, praise them for their hard work and encourage them to keep trying until they master it. Remember, each student should be encouraged to set some goals so that they can feel a sense of accomplishment. This helps offset negative thoughts and encourages kids to dig deep and find the determination to succeed.
- **Model and impart respect.** Learning to be respectful toward others is an important life lesson. Obviously, the polite use of language and encouraging children to imitate your behaviour is one of the best ways to model respect. You also can model respect by being mindful and valuing children's cultural and language backgrounds. Encourage your students to do the same. They should learn to be respectful of one another even when they are different or disagree. Remind them that they don't have to agree with someone in order to treat them with respect. Remember, instilling respect also prevents bullying and is an important part of education.
- **Incorporate character education.** Character education encourages the development of ethical and responsible students. Teach your students the importance of having good values, being honest, being trustworthy and taking responsibility for their actions. Give your students opportunities to develop and hone these skills in the classroom. Discuss these skills during history lessons and during reading activities. Engage kids in thinking about ways in which they can become more responsible or trustworthy in the classroom. Then, allow them to put those ideas into practice. Be sure to acknowledge ethical and honest behaviour, especially when students take responsibility for negative actions. This doesn't mean they should escape discipline, but simply acknowledge the value of being honest.
- **Encourage students to develop and share opinions.** Teachers should seek their students' opinions, allow them to initiate activities and be flexible when responding to their ideas. Doing so builds a sense of competency in the students and increases their desire to learn. They also are less likely to struggle



with envy and jealousy. Envy is often at the root of bullying, especially when it comes to relational aggression and mean girl behaviour.

- **Impart resiliency.** Research shows that students who are more resilient are more academically successful. They also bounce back quicker, are mindful of their opinions, and understand their beliefs, all of which gives them a strong sense of who they are. And when resilient kids are bullied, they are less likely to suffer as many consequences as kids who are not resilient or secure in what they believe.
- **Stress empathy and caring behaviour.** One way to encourage empathy is to frequently challenge students to put themselves in another person's shoes. During lessons ask questions like "What do you think he was thinking?" or "How do you think she was feeling?" Empathy helps kids develop positive relationships, which is the cornerstone of social and emotional learning. Encourage your students to listen to others and ask them to try to understand how others might be feeling.

Conclusion

No doubt students are the real asset of a parents , school and nation. There development is real motto of all the agency of education. But developing only one side i.e. IQ is not enough to develop a complete personality. It's like polishing the one surface and other become untouched. That's why so many cases of suicide of students, aggression assassination by students, teachers culprit activity are common now days. The only problem found behind this is lack of emotions or EQ among students/ teachers. So in 21 century education goals must include an EQ balanced personality development and it must be attain by teachers too.

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