

## ROLE OF TEACHERS IN DEVELOPING EMOTIONAL INTELLIGENCE AMONG THE CHILDREN

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### **Abstract**

*Teachers are role models for the students to regulate emotion appropriately in the classroom. Emotional Intelligence is having three different dimensions which are Emotional Competency, Emotional Maturity and Emotional Sensitivity. Emotional intelligence four types affects Performance at Work, Physical Health, Mental Health and Relationships. Today's teachers should be able to demonstrate good intellectual, moral, emotional and social development and be able to promote the same among the students. Teacher plays an important role in the field of Education. Today's Education is child- centered, but the child Education cannot be successful without the teacher. Emotional intelligence adapts a wider perspective and helps us extend our understanding of our interactions with other and social world around us.*

### **Introduction**

Emotional Intelligence is an ability to express, manage and control emotions of self and others. Teaching is an emotional practice which involves Emotional Relationships, Emotional Understanding and Emotional Labour. Teachers have to value emotional bonds with students and educate students as emotional and social beings. The role of a teacher in the school is a vital one. In fact teaching requires high level of Emotional Intelligence. Low Emotional

Intelligence brings a host of negative emotions, these consume a great deal of energy, lower self esteem, leads to absenteeism indifference and are effective block to team work. But teacher with high Emotional Intelligence use more positive well adapted coping strategies when dealing with different sources of stress at school, and feel greater satisfaction with their work.

Emotional Intelligence is a way of recognizing, understanding and choosing how does one think, feel and act. It shapes interactions with others and our understanding of ourselves. Emotional Intelligence defines how and what to learn. It allows to setting priorities, it determines the majority of daily actions, because Emotional Intelligence is so closely tied to the ways people relate to themselves and others. Coleman (1995) offered a definition of Emotional Intelligence as the capacity for recognizing our own feelings and those of others, for motivating our selves, managing emotions well in ourselves and in our relationship.

### **Need of Emotional Intelligence**

Over the past several years, it is believed that success in life or at work place depends upon the individual level of intelligence or intelligence quotient as reflected in an

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individual's academic achievement, examination passed, mark obtained etc. But now, research on emotional intelligence has revealed that EQ is the most important determinant of the extent of professional and personal success in life.

Emotional Intelligence, playing an important role in determining the individual success in work, family and social life and individual's ability to manage his/her relations efficiently with his/her environment includes the awareness of emotions, judgment of the knowledge related to the emotion and operating on the emotional knowledge as a part of problem solving. Emotional intelligence is an attempt to extend our understanding of intelligence by going beyond what we traditionally measure by intelligence test. Emotional intelligence adapts a wider perspective and helps us extend our understanding of our interactions with other and social world around us.

### **Dimensions of Emotional Intelligence**

Emotional intelligence is having three different dimensions which are i) Emotional Competency ii) Emotional Maturity and iii) Emotional Sensitivity. All of them are interdependent.

#### **i) Emotional Competency**

Emotional Competency constitutes the capacity to trace fully respond the emotional stimuli elicited by various situations, having high esteem and optimism, communication, tackling emotional upsets such as frustration, conflicts and inferiority complexes, enjoying emotions, doing what succeeds, ability to relate to others, emotional self control, capacity to avoids emotional exhaustion such as stress burnout, learning to avoid negativity of emotional handling egoism.

#### **ii) Emotional Maturity**

It refers evaluating emotions of one self and others, identifying and expressing feelings, balancing state of heart and mind adaptability and flexibility, appreciating other's point of view, developing others delaying gratification of immediate psychological satisfaction.

#### **iii) Emotional Sensitivity**

It constitutes understanding threshold of emotional arousal, managing the immediate environment, maintaining rapport, harmony and comfort with others, letting others feeling comfortable in one's company. It also involves being honest in inter personal dealing, interpreting emotional cues truthfully, realizing communicability of emotions, moods and feelings and having an insight into how others evaluate and relate to us.

### **Impacts of Emotional Intelligence**

Emotional intelligence affects i) Performance at Work, ii) Physical Health, iii) Mental Health and iv) Relationships. There are given below in detail.

**(i) Performance at work**

Emotional intelligence can help navigate the social complexities of the workplace, lead and motivate others, and excel in career. In fact, when it comes to gauging job candidates, many companies now view emotional intelligence as important as technical ability and require EQ testing before hiring.

**(ii) Physical health**

If we are unable to manage stress levels, it can lead to serious health problems. Uncontrolled stress can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. The first step to improving emotional intelligence is to learn how to relieve stress.

**(iii) Mental health**

Uncontrolled stress can also impact mental health, making vulnerable to anxiety and depression. If we are unable to understand and manage emotions, it will also be open to mood swings, while an inability to form strong relationships can leave feeling lonely and isolated.

**(iv) Relationships**

By understanding emotions and how to control them, we are better able to express how we feel and understand how others are feeling. This allows communicating more effectively and forging stronger relationships, both at work and in personal life.

**Importance of Emotional Intelligence for Teachers**

Teacher's have great potential to effect students educational outcomes. Teachers are a role model for students on how to regulate emotions appropriately in the classroom. The impact of emotions between teacher and students might play a strong role in the development of teaching style. Today's teachers should be able to demonstrate good intellectual, moral, emotional and social development and be able to promote the same among the students. In addition to this, teacher have able to know how to work with the entire educational community, teacher also appears as a dynamic educational agent who together with his or her colleagues and students families, performs not only tasks of preparing and executing the teaching function, but also of mediation, innovation, management, research, assessment and guidance. So teacher is placed as the central axis of the educational community.

**Significant Role of Teacher in Molding emotional intelligence**

The role of teacher is important to study the level of Emotional Intelligence of the teachers who influence the behaviour of students. Emotional Intelligence is totally dependent on the environment. It is related neither to development of some organ nor to physiological process. Emotional Intelligence gives new approach to teachers, this approaches embraces the learner and learning in a more complete way than traditional

schooling. Quality emotions and feelings help teachers to give their best potential in the classroom.

### **Role of Teachers in Promoting Emotional Intelligence**

Teaching is the profession that shapes education. It is the essential profession, which makes all other professions possible, well-qualified, caring and committed. Teachers will improve curricula, assessments, safe school and highest standards in the world. Emotional intelligence is the ability to recognize the emotions, their relationships, to reason out and solve the problems. Teachers' goal is to provide an atmosphere where flow occurs easily and the students are totally engaged in learning. Here teaching plays a vital role in developing emotional intelligence among students. Professional success mainly depends upon the combination of the two, the intelligence and skills, one possess in our work.

Professionalism demands teachers to be innovative in their attitude, flexible in their approach, always refreshing themselves with the day to day development in their subject area. At the same time they should be capable of recognizing the value of human potentials, understanding the diverse needs of learners and provide enriched environment for their growth. In essence, the dream of learning society becomes real only when the teachers are well equipped with moral, professional, emotional, intellectual, and practical and communication skills. Therefore teachers must do extra efforts promote to emotional intelligence among their adolescent students. The teacher has to create emotional atmosphere in the classrooms.

### **Conclusion**

Teachers play a very important role in a student's life. It is to a great extent, the teachers who decide the shape a student's life will take. So it is very necessary to be adequately equipped with resources that will make the teacher a perfect role model to the students. Today's teachers should be able to demonstrate good intellectual, moral, emotional, social development and promote the same among the students. In addition to this, teachers know how to work with the entire educational community. Teachers also appear as a dynamic educational agent. Together with one's colleagues and student families, they perform not only tasks of preparing and executing the teaching functions, but also of innovation, management, research, assessment and guidance. The teacher is the maker of the future of the World. It means that the Teacher is the maker of the rules of the Nation.

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