

Emotional Intelligence (EQ) Are You Emotionally Smart ?

You've heard of IQ, the intelligence quotient, but what do you know about EQ - emotional intelligence? According to Daniel Goleman (1995, 2000), emotional intelligence (EQ) involves knowing and managing one's emotions, empathizing with others, and maintaining satisfying relationships.. In other words, an emotionally intelligent person successfully combines the three components of emotions (cognitive-thoughts, beliefs, and expectations, physiological-heart rate, respiration rate, etc, and behavioral-facial expressions and body movements).

Goleman argued that high EQ explains why people of modest IQ are often more successful than people with much higher IQ scores. He believes that traditional measures of human intelligence ignore a crucial range of abilities that characterize people who excel in real-life: self-awareness, impulse control, persistence, zeal and self-motivation, empathy, and social deftness.

Goleman also suggests that many societal problems, such as domestic abuse and youth violence, can be attributed to a lack of EQ. Therefore, EQ should be fostered in everyone. Parents can help their children develop EQ by encouraging them to identify their emotions and understand how these feelings can be changed and how they are connected to their actions (Bar-On & Parker, 2000; Kuebli, 1999). Schools that have instituted Goleman's ideas say students show not just "more positive attitudes about ways to get along with people, but also improvements in critical thinking skills" (Mitchell, Sachs, & Tu, 1997 p. 62).

Critics fear that a handy term like EQ invites misuse, but their strongest reaction is to Goleman's proposals for teaching EQ. For example, Paul McHugh, director of psychiatry at John Hopkins University, suggests that Goleman is "presuming that someone has the key to the right emotions to be taught to children. We don't even know the right emotions to be taught to adults" (cited in Gibbs, 1995, p. 68).

EQ is a controversial concept, but most researchers are happy that the subject of emotion is being taken seriously. Further research will increase our understanding of emotion and perhaps even reveal the ultimate value of Goleman's theory.

Reference

Psychology in Action 6th Edition; by Huffman. K; 2002, John Wiley & Sons New York.