

# Importance of Emotional Intelligence in Education

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**ABSTRACT:** *As the rivalry is going to grow day by day, emotional intelligence has been concentrated in recent times. In the competitive environment, the management of the emotional becomes more important. In their studies and sport, the youngster has to face the rivalry, the adult has to handle their carries and even their love life occasionally. At their job, the employee has to face a lot of stress; even the fast changing world of today has no guarantee of any misfortune in the life of a person. Therefore, in order to come out of any unforeseen situations, one needs to be emotionally healthy enough to manage or regulate their mental. Besides the intellect quotient, the emotional quotient has become a more sensitive topic to address. The current paper was written to discuss the extent of emotional maturity of students going to school.*

**KEYWORDS:** *emotional intelligence, academic, students, educational process, intelligence quotient.*

## INTRODUCTION

In a student's education process, emotion is an integral aspect. The significance of Emotional Intelligence (EI) has recently attracted some attention in terms of assessing and evaluating the success of an individual relative to the Intelligence Quotient (IQ). Emotional intelligence is one of the essential criteria to look at, aside from the intelligence quotient, to the degree of someone's performance ranking[1]. This implies that the quotient of intelligence is not considered to be the only factor to make someone successful; however, emotional intelligence becomes one of the key factors to be evaluated in terms of controlling one's and others' emotions. An individual who is able to convince society that emotional intelligence (EI) is an essential aspect that can affect the performance of a person. This gives a better understanding of how good a person might be in his life that emotional intelligence can be an added element to prove. Upon that persuasion, society began to realize the importance of emotional intelligence for the successful growth of an individual.

Emotional intelligence (EI) is a set of emotional and social intelligence that includes the ability to recognize and comprehend others' own thoughts and emotions and to act on the basis of these emotions appropriately. It requires the capacity to perform effective emotional activity and rationalization enhancement. Specifically, EI is defined as the capacity of an individual to efficiently and meaningfully perceive, incorporate, understand, and control emotions. Arguably, those who are emotionally intelligent are able to form a more relaxing or stress-free environment by organizing their work-life in ways that produce less disappointing or stressful events.

Evidence suggests that people with higher EI scores are more receptive and open to their own emotions; hence, they have a better capacity to cope effectively with their emotions. They report symptoms that are less depressive and anxious; show less destructive behavior; receive better test results; and demonstrate prosaic behavior [2].

Furthermore, the growing evidence of the significance of emotional intelligence (EI) as a predictor of academic and career performance has underlined the importance of inculcating EI and its characteristics in graduate training. However, the community places greater significance and value on academic achievement in Malaysia. Excellent exam grades are regarded as the touchstone for the progress of an individual in life. There is a lack of awareness on the importance of Emotional Intelligence (EI) development among students and lecturers in the higher education sector[3]. Students, in particular do not recognize emotional intelligence as an important element for them to develop a good interpersonal skill with people around them. They also faced difficulty in managing their own emotions and unable to control the emotions when needed. According to experts, EI is considered as an important variable in influencing personal achievement, career success, leadership, and life satisfactions.

### IMPORTANCE OF EMOTIONAL INTELLIGENCE

it is extremely important for the nation to educate a well - balance and holistic younger generations who do not just achieve higher exam scores in terms of the numbers of A's. Rather, they should be individuals who have the ability to use their intelligence in other aspects of life such as relationship with others and making decisions. Therefore, there is an important need for Malaysia to develop well-balanced students who have equal comprehension of both intellectual and emotional intelligence.

Currently, most higher education institutions (HEIs) rely on SPM or matriculation scores and high school grade point averages to determine whether a student is academically prepared for the challenges of attending colleges or universities and ultimately to determine whether he or she will be successful[4]. The assumption with this type of admission criteria is that students who are academically prepared for colleges/universities will be able to overcome the obstacles necessary to graduate. This assumption has been challenged by various research findings which concluded that the overall association with HEI retention was greatest when academic scores were consolidated with non-academic elements such as institutional commitment, educational goals, social and learning support, self-confidence, and social participation.

The current study is driven by the call to examine the level of EI among younger generation in Malaysia as they will be the future leaders who will represent the country's greatest talent. It would be a big turned down, if the future talent is highly educated, but incompetent in EI. Therefore, this aim is to ascertain the level of EI among the first-year students in a private college and to identify the significance difference between the most dominant domain and the

least dominant domain in first year students. Emotional intelligence theories can be divided into two categories: mental ability and mixed models. It has been formulated EI as consisting of "a set of emotional capacities that comprises the skills to monitor a person's own and other's emotions, to discriminate among them, and to use the information to guide one's thinking and actions. In Mayer and Salovey's revised four-factor model, the domains of EI are hierarchical and differentiated into four broad categories: the identification, use, understanding, and management of emotion. Each category is developmental, requiring mastery if individuals are to maximize their emotional and cognitive growth. By comparison, mixed models of emotional intelligence include a wide range of non-ability traits like motivation, impulse control, persistence, delayed gratification, adaptability, optimism, and hope.

Emotionally intelligent students possess several abilities such as the ability to self-motivate, to defer compulsions, to sustain a positive perspective, and to acknowledge self-defeating emotions. Emotionally intelligent students are generally more persistent and motivated in their studies, and they have the tendency to encounter less anxiety pertaining to academic stresses. Conversely, students with low level of EI tend to have more difficulty delaying gratification, they are less focused and more cynical, and they are also poorly motivated and more inclined to suffer from anxiety. According to Goleman's theory, the students may become emotionally high-jacked. Such students may also function and accomplish lower than their real ability or potential, and are most-at-risk for attrition.

## DISCUSSION

According to Selman, et al. human intelligence is rooted in a genetic code, and the complete evolutionary experience of life on earth. Neurologically, intelligence is routed or controlled by the brain and its neural extensions in the body; one of those intelligences is cognitive intelligence that is being measured through intelligence quotient, which is commonly known as predictor of educational achievements, special needs, job performance and measured the cognitive capabilities of a person, such as memory, solving problems and many other cognitive aspects, thus it predicts, what a person thinks or how smart a person is in real life, outside the classroom or in any situation where a person belong[5].

In connection, every individual could concede that she/he has had all that kinds of intelligences. It could be true, but it is also considerable that it might be only one or two intelligence that dominates to a person either, cognitive intelligence, Emotional, Spiritual or adversity. It could be a product of genetic inheritance that nurtured by environmental influences, traditional practices, experiences and learning[6]. Thus, these serves as evidence that every individual has its own differences and similarities and so every individual are naturally called as unique being. However, every individual's uniqueness may also one way to identify every person's weaknesses and strengths.

For example, a student is high in intelligence quotient but poor in emotional quotient, there may be somebody who is high in emotional quotient and spiritual quotient but poor in cognitive intelligence quotient and adversity quotient®. That is why, these becomes a concern, especially in the life of being a student, because being a student, is not only about going to school, just to be present in the class, more than that, it needs effort, understanding, adjustment, strength in whatever intelligences a student have and a strategy, in order to survive, maintain high academic performance and perform classroom or school activities effectively and productively.

## CONCLUSION

This paper has been come out with a number of the finding for the emotional quotient for the students. On the basis of the finding the main point has been emerging out the full involvement of the teachers with the students. It has been suggested to necessitate teaching knowledge/s to respondent for teaching position in the school and representation teacher to trainings in addition to seminar that would expand and develop their approach towards occupation. They need to seek to attain superior forms of teaching to refresh specialized education skills and determine unique and current trends to the enlightening system, promote behavior that would make the most of well-organized announcement and pleasant-sounding connection to all members of the school, and work on the smallest amount prioritized criterion under wisdom of Efficacy, Sense of group of people and intelligence of specialized Interest. There are also need to empowered students in there thinking process and need to work on their mind set towards the common problems of the life.

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