

Emotional intelligence: A key to positive mental health for teachers and students

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Abstract

Teaching is a demanding profession. Developing emotional wellbeing and mental health among teachers will benefit not only the teachers themselves but also their students. A lot of work has been done on emotional and mental aspect of education in recent years. But it is become more important for teachers to work on the emotions and positive mental health for success and promoting emotional and mental growth of children. An emotionally intelligent teacher will serve as an important role model for students.

Feelings are important in education for success (**Kusche & Greenberg 2006**). Emotions are critical sources for optimal information processing, communication, motivation, attention, concentration, memory, creativity, behavior, physical health and even our every survival (**Goleman 1995; Jenson 1998; Kushe & Greenberg 1998**)

Recent researches indicate that Emotional Intelligence is responsible for the mental health as well as success. The set of perception, expression, and regulation of moods and emotions, suggests that there must be a direct link between emotional Intelligence and physical as well as psychological health (Salovey et al., 1995). Emotional Intelligence is the ability to understands and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others and overcome challenges. It is an intelligence can be learned, developed and improved (**Perkins 1994; Sternberg 1996**).

A school is an ideal place where children develop their educational, social and emotional skills. This concept is very important for teachers as they should be emotionally intelligent to understand and manage their emotions and mental health and also develop it to their students.

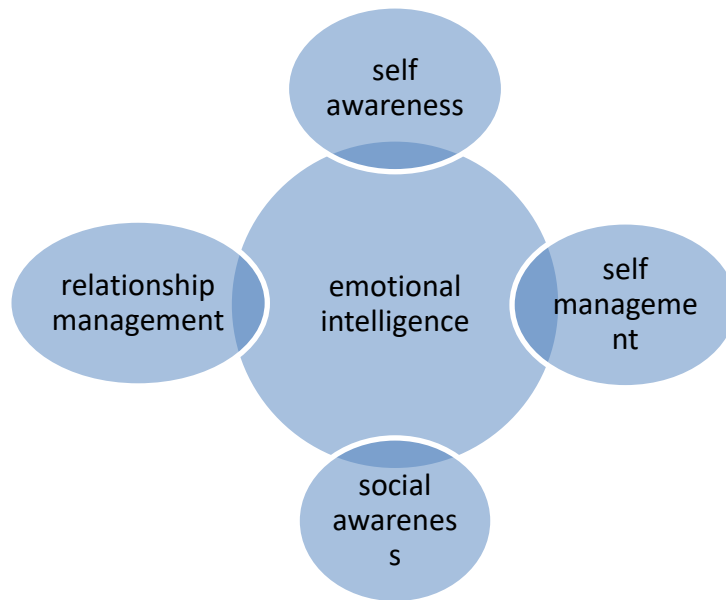
In this present paper we'll discuss about Emotional Intelligence and why it is important for teacher and student's positive mental health, and how it is connected to mental health.

INTRODUCTION

Emotional intelligence was introduced by Howard Gardner, professor at Harvard University. It is the ability to identify, use, understand, and manage your emotions in positive and constructive ways. It's about recognizing your own emotional state and the emotional states of others.

The merging of emotions and intelligence as a cognitive tool under the concept of EI was proposed by Yale Psychologists, Peter Salovey and John Mayer (1990). They defined EI as “the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions.”

Emotional intelligence consists of four core abilities:



- 1. Self-awareness** – The ability to feel one’s own emotions, abilities, strength ,weakness to survive in an environment.
- 2. Self-management** – The power to control the behavior and impulse feeling experienced in different stages of life to live and maintain a healthy life.
- 3.Social awareness** – To feel and understand the emotions, needs, of other people, can take care of others emotions and aware about the properties of group.
- 4.Relationship management** – To maintain good relationships, communicate effectively, inspire and influence others, work well in a team, and manage conflict.

Characteristics of Emotional Intelligence

Daniel Goleman, an American psychologist, developed a framework of five elements that define emotional intelligence:

- 1. Self-Awareness** – People having high emotional intelligence are very self aware. They understand their emotions and behave to their feelings accordingly. They aware about their weakness and strength.

2. **Self-Regulation** – This is the ability to control emotions and impulses. People who self-regulate can control themselves on getting high tempered. They have good control over their thoughts also.
3. **Motivation** – People having high degree of emotional intelligence are usually motivated . They're highly productive, accept challenges, and are very effective in whatever they do.
4. **Empathy** – It is the ability to experience and feel others emotions by putting yourself in the place of other.
5. **Social Skills** – Those with strong social skills are love to work on team instead of focusing on self . effective in maintain relationship with others.

Importance of emotional intelligence

Emotional intelligence is important to maintain a healthy life by developing skills like feeling others emotions and express self emotions in a proper way, by which people can maintain a good relationship with other people and can reduces conflicts.

Emotional intelligence is also important in the following domains:-

Physical Health – managing our stress has an impact on overall wellness, which is based upon the emotional intelligence. By being aware of the emotional states we can manage our stress and maintain a good health. An emotionally intelligent person can cope better with life's challenges and control their emotions more effectively, both of which contribute to good psychological and physical health (Taylor, 2001).

Mental Well-Being – Emotional intelligence effect our perception on life. It can also help to maintain anxiety, avoid depression and mood swings. Emotional intelligence is also directly connected with a positive attitude and happier look on life.

Relationships – Understanding the needs, feelings, and responses of those we care about leads to stronger relationships.

Conflict Resolution – when we can feel others emotions and empathized with their feelings, then it is easy to solve the conflicts before it become the huge one.

Success – Higher emotional intelligence helps in internal motivation stronger, reduces the tendency of procrastination of tasks and increases self confidence which directly correlated with success.

Leadership - An effective leader can feel what the needs of his people are, so that those needs can be met higher performance and workplace satisfaction. Intelligent leader is the one who work with the emotional diversity of team members strategically.

MENTAL HEALTH

According to WHO, mental health is as one of the important factors for general health.

According to the experts of this organization, health is shown with the well-being of body, mind, and society, not only for the lack of disease (Boldero & Fallon, 1995). Kaplan and Sadock (1993) define the mental health as “a condition of well-being and the feeling in person when can come to terms with society, and personal situation and social features are satisfying for him/her” . In general, according to psychologists, mental health is developed when people have healthy behavior and relationship in society, not only mental health means to stay away from diseases but it means to the overall well being of a person. (Ghorbanshiroudi, 2011). Agstolenda et al. (2006) showed that the components of EI has differential effect on the stress and health. Schutte et al. (2007), Banihashmiyan et al. (2010), Fakhri et al. (2012), Esmaeili et al. (2013) find the relationship between emotional intelligence and general health . emotional intelligence and, stress and a different measures of psychological health, like depression, hopelessness and suicidal

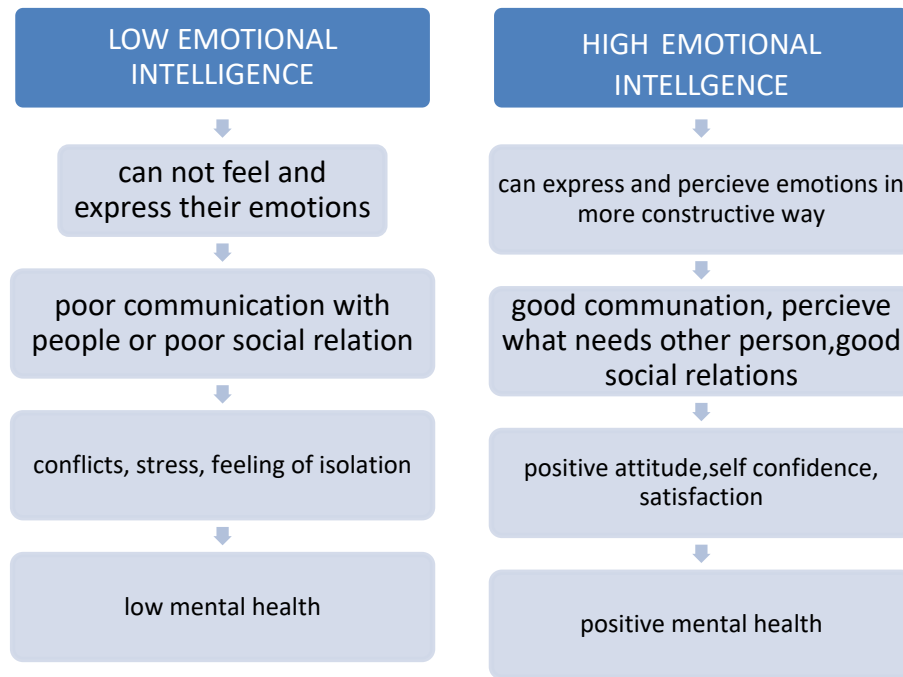
ideation among young people has a relationship with each other . (Ciarrochi, Deane & Anderson, 2002).

NEED OF EMOTIONAL INTELLIGENCE AND POSITIVE MENTAL HEALTH FOR TEACHERS AND STUDENTS IN EDUCATIONAL SETUP

Teachers are meant as the grounded pillar of the education system. They can contribute in various ways for the social development of society. They can improve the mental and emotional health of the children, only when they are emotionally and mentally healthy. The teachers having high emotional intelligence were having less amount of occupational stress and more teachers effectiveness whereas teachers having low emotional intelligence having high amount of occupational stress and low teachers effectiveness, Kauts, A & Saroj, R (2012) Thus, emotional intelligence is considered as the helping agent in reducing occupational stress of teachers and in enhancing the effectiveness of teachers in teaching staff. And found a result that the improvement in emotional intelligence would increase the effectiveness of employees. Krishnamurthy and Varalakshmi (2011) did a study to know the emotional intelligence of employees working in educational institution. They have taken a sample of 200 teaching and non teaching

Students are developing different types of emotions in the present environment full of competition, conflicts and stress etc. these conditions affecting their mental health also. Therefore they need pupil around him should emotionally intelligent. So that, can find a helping hand around him or her. Students need a teacher who can serve as a role model to develop their emotional intelligence. Kaufhold and Johnson (2005) showed that the teachers improving their emotional intelligence given the special importance on the values of individual differences and promote cooperative learning to solve problems and promote social competence among students. Hence it is very important that teachers should have high emotional intelligence and good mental health along with the academic and social intelligence.

RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND MENTAL HEALTH



CONCLUSION

Studies reviewed so far revealed that emotional intelligence is associated directly and indirectly to mental health. The present review contributes to determine the role of emotional intelligence in explaining person's psychological health. Become intelligent is not enough to deal effectively with the environment. The ability of making adjustment with life, ton learn from experiences and to think to the abstract level of innate potential is importantly needed to survive in the environment. This ability is known as emotional intelligence. It can be developed or improved. In classroom setup it is important that a teacher should be emotionally intelligent only then he\she can feel and express emotions of students and better know the needs of the student . It is

parallel important for the students also. When the needs and emotions of students were clear, the roots for success and positive mental health will also clear.

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