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## EMOTIONAL INTELLIGENCE: A SECRET FOR HAPPY TEACHERS

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### ABSTRACT

Today the world is becoming more and more competitive. In teaching, Quality performance has become a main goal in teachers' life. The teacher should pay vital focus on learners for good character formation and be a second parent of them. The teacher is responsible for the entire development of the learner. In general, people focuses that the learner's achievement is high which is eligible to go other class and he/she attained development. But really it is not a development; the development of students must include desirable changes learning and personality, good behavior formation etc. In this status, the teacher has a complex task of developing students. Sometimes it may be affected by teacher's unwanted activities. One of them is teacher's emotion. It is removable but manageable and inborn activity. Teacher getting happy when they are achieved; that is the students achieved their development. But the emotional teacher does not do this. The only ways to manage emotions are emotional intelligence. So this paper describes the importance of emotional intelligence for happy teachers.

**KEY WORDS:** Emotion, Intelligence, Emotional Intelligence, Teachers, Classroom.

## **INTRODUCTION**

In a school every teacher has an objective is to enhance the academic and social progress of all students. In order to reduce classroom disruption, misbehavior, indiscipline of the students and create good behavior and deeds, morals, punctuality, discipline among the students, the teacher has to be adopted some behavior modification strategies. But this may not applicable to all kinds of pupils. This let to problems in students' social and emotional issues. Throughout the world many emotional problems are mainly raised among the students either inside the school or outside. Students even in the young age may not ready to accept the advice of the elder person. Parents and teachers words are not accepted by the children. Parents may not know the solution to this problem and they give the opportunity to the teachers to find out the solution and regularize their wards behavior. They are arguing that the students are mainly spending their day time with teachers more than seven hours and they must change this wrong behavior and misconceptions along with their teachings. But the teachers are having a limited time and they have to work for best performance of their students and to regulate the emotions which created so many problems in and around school.

## **EMOTION AND ITS AFFECTS**

The word Emotion etymologically is derived from the Latin word "Emovere" which means to "Stir up" "agitate" or "Excite". Emotion is a 'moved' or 'stirred -up' state of an organism. It is excited state of feeling. Emotion is an affective experience that accompanies generalized linear adjustment and mental psychological stirred - up states in the individual and that shows itself in his overt behavior (Crow & Crow, 1973).

Recent days many cases were pointed out in the 'daily newspaper, the affects of emotional outbursts by the teacher on students or students on teacher. The incidents of emotional outburst in schools or colleges are given in succeeding paragraphs.

Srinivasan, P (2010) reported in the thesis entitled "Developing a strategy for enhancing emotional intelligence and its effect on competence in teaching science of B.Ed trainees" as the following emotional outburst were made by the teachers. For that reason, the teacher didn't know to manage their emotions.

From the enough information of emotions, there are many incidents of emotions clearly explains how the other's suffering which leads the learning activity as insipid. It is lucidly described as emotional outburst. Emotions are not controllable but it is manageable. If the person knows how to manage their emotions, it will help the person as successful happy.

## **Teachers Emotions On Students Development:-**

Development is not a single activity. But it is complex process which includes too many activities of an individual. Here, Teachers' emotions highly affect the student's activities such as learning, Personality and character formation etc. Teacher does not know the affect of emotions on students. Teacher should know how to manage emotions otherwise it makes undesirable changes in student's activities. The three of them is explained briefly as below,

**Learning:** For real learning, the classroom should be in reality centered classroom where the students' active participation in teaching-learning process is encouraged and the teacher acts as a guide to promote learning. But these are not properly maintained in the classroom. The teacher gets emotions with the students for respectful and irritable activities. In oppositely, the emotions

occurred by the students that they getting emotion when they misunderstanding with the teacher like meaningless threaten by the teacher. Both of these emotions suffer learning internally (Suresh, 2014).

**Personality:** Personality is one of the essential developments in human life. Everyone has its own personalities but it may be some times imitating by other activities. The emotional teacher shows his emotions continuously in classrooms. The student observes the emotions; he/she may be adjust to the teacher or may not adjust or imitate him/her. So the personality may affect by the emotions partially.

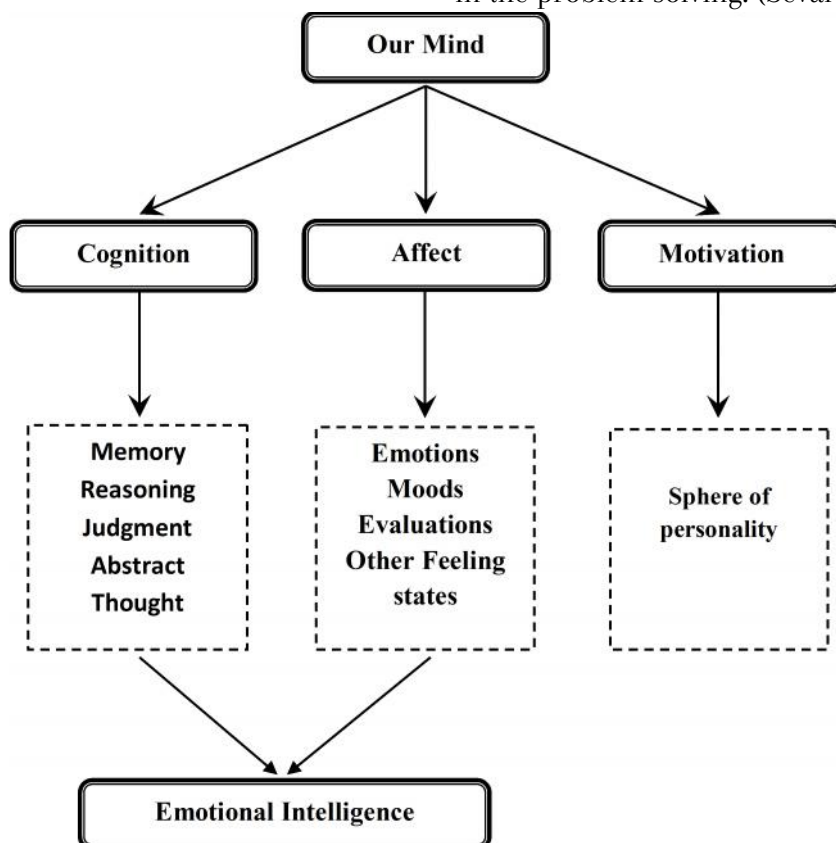
**Character Formation:** character formation is a process which has been done internally and it is influenced by externally. Teacher is the key for student's character formation. If the teacher is good, the students would be good. Teacher has the responsibility to mould good character of students. Teacher's

emotions may modify the character by imitation and role playing or following teacher's activities by the students. Because unwanted emotions does not make a good man.

**Is Emotional Intelligence Secret of Happy Teachers?**

Yes, emotional intelligence is secret for happy teachers. The emotionally stable teacher achieves their goals peacefully. The succeeding paragraphs will be for justify this concept.

Over the past century, intelligence has played a central role in illuminating the understanding of human performance (Schulte, Ree & Carretta, 2004). Moreover, educational institutions have focused on two types of intelligence: logical and linguistic. This intelligence is thought to be a set of mental processes that are stable and are used to produce intelligent behavior. Although IQ tests may assess analytical and verbal aptitude well, they are not an accurate test of creativity, of practical knowledge, and other skills involved in the problem solving. (Seval Fer, 2004)



Our mind operates in three ways: Cognition, Affect and Motivation. This cognition includes memory, reasoning, judgment, abstract thought. The affect includes emotions, moods, evaluations and others feeling states. The motivation includes the sphere of personality. This cognition and affect together make up of Emotional Intelligence (Seval Fer, 2004).

By combining the two words emotion and intelligence - emotional intelligence emerged and this concept is coined by peter salovey and John Mayor in 1990. In 1995 Daniel Goleman Adopted this concept and defined as the ability to identify and manage our own emotions and emotions of others. It is generally said to include 3 skills:

- ☺ Emotional Awareness, including the ability to identify our own emotions and those of others.
- ☺ The ability to harness emotions and apply them to tasks like thinking and problems solving.
- ☺ The ability to manage emotions, including the ability to regulate our emotions, and the ability to cheer up or calm down another person.

The Emotional Intelligence domains are

- ☺ Awareness of our own emotions
- ☺ Managing our own emotions
- ☺ Motivating oneself
- ☺ Empathy for others
- ☺ Handling Relationships

Emotional Intelligence facilitates the teachers to understand the emotions of the students and manage and regulate them. The teacher is the only person facing emotional competences and wants to maintain the emotional balance between him /her and the students. To find the solution to this problem, the teacher should understanding ourselves is the first step in developing emotional

intelligence. The next step is to learn how to recognize and manage our emotions, that is, to become more aware of how we feel the secret of managing our emotions lies in recognizing our feelings particularly our negative or fear - based feelings. The emotional practiced teachers are successfully managing their emotions. Because the emotional intelligence will give a managing power to manage the emotions. The internship course of emotional intelligence to the teachers and a concept of emotional intelligence to the learner as in curriculum lead the emotion free society. If the teacher is in balanced in emotions the students are interested in their teaching. It gives to the way to the students asking queries and answering. The students are mostly attached with the teacher who is lovable with them. If one teacher easily got emotions, he/she are neglected by the students. The emotion less teacher makes desirable changes to the students easily. It directs students to the desirable developments. The teachers who are feeling happy; they would be achieved their goal of students achievement such as development learning, personality and good character formation. It is only done by the emotionally intelligent teacher but not an emotional teacher. So the background of these things, the authors of this article concluded that emotional intelligence is a secret for happy teachers.

## **CONCLUSION**

Teacher emotional Intelligence can improve the achievements of students and offer them skills for their personal and professional lives. If an individual knows the outburst of emotions, he/she will try to become an emotional free individual. But it is not possible in real life. Emotion is an evil knife to suffer others. It is not controllable but it is manageable by an individual. This paper described about the emotions and its affects with background

of outburst incidence. It also included importance of emotional intelligence for happy teachers. Finally, the authors of this paper trusted that this paper will help the readers/teachers to know the concept of emotions and its descriptions which will make the readers/teacher emotion free individual/teacher by controlling their own emotions for happy life.

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