



# ENHANCING EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS: NEEDS AND STRATEGIES

Mrs. Getzi Baby. T<sup>1</sup>, Dr. Martha George Ph. D (N)<sup>2</sup>,  
Dr. P. Anto Paulin Brinto M.Sc., M.Ed, M.Phil, Ph.D<sup>3</sup>

<sup>1</sup>Research Scholar, Department of Nursing, Himalayan University, Itanagar, Arunachal Pradesh, India.

<sup>2</sup>Research Supervisor, Department of Nursing, Himalayan University, Itanagar, Arunachal Pradesh, India.

<sup>3</sup>Biostatistician, Asst. Professor, Scott Christian College, Nagercoil, Kanyakumari District, Tamilnadu, India.

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## ABSTRACT

*Emotional intelligence (EI) is an invaluable life skill for adolescents, as it enables them to better understand their own emotions and those of others and to effectively manage relationships. Enhancing emotional intelligence among adolescents is therefore critical for their overall well-being. Emotional intelligence is a critical factor in the overall well-being of adolescents. It is imperative for them to learn how to manage their emotions, as this will help them to better understand and empathize with others. This article will provide an overview of emotional intelligence and how it can be enhanced in adolescents. It will discuss the importance of emotional intelligence, the different components that make up emotional intelligence, and various strategies that can be used to increase emotional intelligence in adolescents. Lastly, it will provide tips for parents and teachers on how to foster emotional intelligence in their adolescents.*

**KEY WORDS:** *emotional intelligence, adolescents*

## INTRODUCTION

Emotional intelligence (EI) is the ability to recognize and manage one's own emotions, as well as the emotions of others. It is a critical component of effective communication, leadership, and relationships. EI involves the ability to accurately perceive emotions, to access and generate emotions to assist thought, to understand emotions and emotional knowledge, and to regulate emotions to promote psychological and intellectual growth. It also encompasses the ability to empathize with others, manage stress, and control one's own emotions in order to achieve goals.

EI involves being aware of one's own emotions, being able to recognize the emotions of others, and being able to craft strategies to manage and regulate both. It can also involve being aware of the impact that emotions have on problem solving and decision-making. The concept of EI emerged in the late 1980s, and has been gaining popularity ever since. It is now seen as an influential factor in successful relationships. It is increasingly being used in the workplace to help employees better understand and manage their emotions and those of their colleagues.

## THE IMPORTANCE OF EI

Emotional intelligence (EI) is an instrumental factor in success both personally and professionally. It helps individuals manage

their own emotions as well as the emotions of others, leading to better relationships and higher job performance. It can also help people become more self-aware, manage stress more effectively, and make more informed decisions. Ultimately, having high emotional intelligence can provide the foundation for a successful and happy life.

Emotional intelligence is a factor in many aspects of life. It is especially helpful in interpersonal relationships, as it helps us to understand, accept, and manage our emotions as well as the emotions of others. This enables us to create strong, meaningful relationships and to effectively communicate with those around us. In the workplace, emotional intelligence can help us to effectively manage and lead teams, work collaboratively, and build successful relationships with colleagues. In addition, those with emotional intelligence tend to be more successful in their careers and better able to handle stress. Ultimately, emotional intelligence contributes to our overall wellbeing and happiness.

EI is an incredibly valuable life skill for many reasons.

1. Improved Decision Making: EI helps us to make more informed decisions. By understanding our own emotions, we can better assess the potential outcomes of our actions, as well as the potential reactions of



those around us. This is especially relevant when faced with difficult decisions.

2. **Strengthened Relationships:** EI helps us to understand and relate to those around us. By being able to recognize and respond to the emotions of others, we can build stronger relationships with friends, family, and colleagues.
3. **Increased Self-Awareness:** EI helps us to become more aware of our own emotions and how they affect our behavior. This helps us to become better at regulating our emotions, which can improve our mental and physical health.
4. **Enhanced Leadership:** EI helps us to be better leaders. By understanding our own emotions and those of others, we can more effectively communicate, motivate and inspire those around us. Overall, emotional intelligence is a key life skill that allows us to be more successful in all aspects of life. It can help people make smarter decisions, build stronger relationships, increase self-awareness, and be better leaders.

### **NEED FOR EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS**

Emotional intelligence is an essential skill for secondary school students to possess. It enables them to better understand and manage their own emotions, as well as those of others. This enables students to improve their interpersonal relationships, make more informed decisions, and generally handle stress and difficult situations more effectively. Secondary school students are living through a period of transition and development, so having emotional intelligence enables adolescents to navigate the complexities of adolescence. It can also help students foster better relationships with their peers, teachers, and family members, which can lead to increased academic success. Developing emotional intelligence can help secondary school students become more self-aware and self-reliant, which can have a positive impact on their overall mental health and well-being.

Emotional intelligence is an extremely valuable skill for secondary school students to possess. It enables them to better understand and manage their own emotions, as well as those of others. This enables students to improve their interpersonal relationships, make wise decisions, and generally handle stress and difficult situations more effectively. Secondary school students are living through a period of transition and development, so having emotional intelligence can prepare them to successfully navigate the complexities of adolescence. It can also help students foster better relationships with their peers, teachers, and family members, which can lead to increased academic success. Developing emotional intelligence can help secondary school students become more self-aware and self-reliant, which can have a positive impact on their overall mental health and well-being.

### **STRATEGIES TO ENHANCE EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS: THE ROLE OF TEACHERS**

1. **Teach Emotional Regulation:** Emotional regulation is the ability to manage one's emotions and to respond in an appropriate manner. Teaching students to recognize and name their emotions, to understand their triggers and how to manage them, and to express their feelings in a healthy way can help them to become emotionally intelligent.
2. **Foster Empathy:** Empathy is the ability to recognize and understand another person's feelings. This can be done through activities such as role-playing, reading stories, and discussing real-life situations in a safe and supportive environment.
3. **Develop Social Skills:** Social skills are critical for developing relationships and understanding the perspectives of others. Activities such as group discussions and team-building exercises can help students practice and improve their social skills.
4. **Encourage Positive Self-Talk:** Self-talk is the internal dialogue that we have with ourselves. Encouraging students to be aware of their own self-talk and teaching them how to use positive affirmations and statements can help them to be more emotionally intelligent.
5. **Promote Self-Awareness:** Self-awareness is the ability to recognize and understand one's own thoughts, feelings, and behavior. Encourage high school students to practice self-reflection and to become aware of their own emotional triggers and reactions. Teachers can teach them how to recognize their emotional states, and how to manage and express them appropriately.
6. **Practice Empathy:** Empathy is fundamental to emotional intelligence and helps students to relate to the feelings of others. Role-playing activities, such as putting themselves in the shoes of another person, can help students to better understand what it's like to be in someone else's shoes.
7. **Encourage Positive Self-Talk:** Negative self-talk can be a major obstacle to emotional development. Students should be shown how to recognize and challenge their own negative thoughts, and focus on positive statements instead.
8. **Prioritize Social Skills:** Social skills are essential for emotional intelligence. Teachers should teach students communication and collaboration skills, such as active listening and conflict resolution.
9. **Model Emotional Intelligence:** A teacher's emotional intelligence can be a valuable asset for your students. Teachers should demonstrate appropriate emotional regulation, self-awareness, and empathy, and create a safe, supportive environment for students to practice these skills.



## STRATEGIES TO ENHANCE EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS: THE ROLE OF PARENTS

1. Encourage open communication: Encourage children to discuss their emotions and to express their feelings with their parents. This can help them to better understand their emotions and to be more comfortable
2. Model emotion regulation: Parents are expected to be role models for their adolescents on how to demonstrate and how to regulate their emotions in difficult situations. Parents need to show them what it looks like to remain calm and focused when feeling overwhelmed.
3. Encourage self-reflection: Asking adolescents to reflect on their feelings and emotions, and to consider how they interact with others is very beneficial. This can help them to better understand their emotions and to recognize situations that may elicit certain emotions.
4. Provide problem-solving skills: Help adolescents develop strategies for dealing with challenging emotions. Encourage them to think of different ways to address the problem, and to consider the consequences of each option.
5. Promote empathy: Parents should help their children to understand the feelings of others and to develop empathy. Encouraging them to think about how their actions might affect someone else and to consider different perspectives helps a lot
6. Support their interests: Encourage children to pursue activities and interests that they are passionate about. This can help them to develop confidence and to become more in touch with their emotions.
7. Encourage mindfulness: Teaching students to practice mindfulness and to be aware of their thoughts and feelings. This can help them to manage their emotions and to stay calm in challenging situations.

## CONCLUSION

Emotional intelligence is a critical part of a student's overall well-being and development. Secondary school students need to be provided with appropriate strategies to enhance their emotional intelligence. Strategies should be tailored to the individual needs of the students and should include activities that emphasize self-awareness, self-management, social awareness, and relationship management. Furthermore, teachers should be trained to recognize the signs of psychological distress in their students. By creating a supportive environment and providing resources to help students develop their emotional intelligence, secondary schools can help students achieve success in their academic and personal lives.

In conclusion, enhancing emotional intelligence among secondary school students is of the utmost importance. It is essential that secondary school students learn how to recognize,

understand and effectively manage their emotions. Strategies such as providing students with appropriate education and guidance, creating a safe and supportive learning environment, and developing a strong relationship between students and teachers can help in achieving this goal. Moreover, fostering collaboration and communication among students and involving them in activities that promote self-awareness and self-regulation can also play a significant role in the development of emotional intelligence among secondary school students.

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