

EMOTIONAL INTELLIGENCE AND PERSONALITY

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Introduction:

In present system of education in India as well in globe, is putting the future of pupils in a raise where everyone would be searching for a path of success with low efforts. But then we would be in the struggle of dissemination of sweetness and light to develop his personality with an apt balance of emotional intelligence and competence. The students play no active role in the attainment of knowledge. His entire education is becoming passive and mechanical. Things are loaded on his mind which he cannot digest without strong emotional intelligence, he only crams and therefore they never become his own, which at the end puts him in the struggle for his future success.

In today's highly competitive world, students face various problems to manage their education environment and succeed in life. During the last few years, psychologists have been trying to find answers to questions such as, "Who will be successful in education?" Why some people despite having high intelligence coefficient in education and the post education processes, they experience huge failures? "How is the role of personality & intelligence co efficiency in the success of the students especially the academic one?"

Every human being has a different and unique type of personality. This difference is a characteristic of each individual that will be seen in everyday life. Eysenck suggested that there are two kinds of human personality types, namely introvert and extrovert. According to Eysenck, "Introverted people show a tendency to develop symptoms of fear and depression, which are characterized by tendency to obsession, irritability, apathy; their autonomic nerves are labile. While introverts are sociable, agile, active, assertive, looking for sensations, cheerful, dominant Alwisol said personality is "a part of the soul that builds human existence into a single entity, not divided into functions. Understanding personality means understanding me, myself, self, or understanding a whole person From the differences in attitude between the two personalities it is clearly seen that there are differences in dealing with problems in life that are directly related to emotional intelligence .

By encouraging children to nurture all of their talents and capabilities that will practically lead them towards achieving success or helping them carry out their tasks, schools will turn into centers for nurturing life skills. The most important service that education can do to help the growth of a child is to

lead him/her in the best direction and it seems that in our country’s educational system, this goal has been ignored and less time is being spent on classification of children and more time is being spent and more time is allocated on showing their natural capabilities and talents; this is happening while there are countless ways for achieving success. There are also many capabilities which play their roles in achieving success. In this direction, teachers and parents should keep in mind that emotions by itself is not effective in the students’ educational progress; there are, however, other factors such as emotional intelligence, adaptation with the educational environment and gender that are influential in their academic progress which should be paid attention too. Thus, there is a need to study the relationship between emotional intelligence personality of students.

Over the last few decades, a growing body of research has highlighted the role of personality traits in influencing and shaping learners’ behavior. Personality is the supreme realization of innate peculiar behavior of a human being, whereas personality traits have strong relationship with EI.

In recent years personality viewed as “the most individual characteristic of a human being” and personality traits as stable and constant properties of an individual’s consistent behavior in a variety of contexts. This implies that although every person is different, as personality theory postulates, “individuals are characterized by a unique and basically unchanging pattern of traits, dispositions or temperaments.

Importance of Emotional Intelligence is increasingly being recognized and assessed across various professions. Managing emotions in social contexts are clearly important for success in a variety of interpersonal; as well as career-related domains. According to much recent academic work, a good deal of our successes and failures in life are not attributed to our cognitive abilities as measured by tests of IQ, but rather are attributable to our abilities to form and maintain social relationships, portray ourselves positively, and maintain how others perceive us (Richburg, 2002).

Definition

Defining Emotional Intelligence There are lots of arguments about the definition of EI. As the field is growing so rapidly that researchers are constantly amending their own definitions. Some definitions are as below:

Salovey and Mayer (1990) Emotional intelligence is: “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.”

Reuven Bar-On (1996) Emotional intelligence is: “An array of non-cognitive (emotional and social) capabilities, competencies and skills that influence one’s ability to succeed in coping with environmental demands and pressures.”

Maurice Elias (2001) "Emotional intelligence is the set of abilities that we like to think of as being on the other side of the report card from the academic skills."

Personality:

The term 'personality' is derived from" Latin word 'per sonare' which means - "to speak, through" The Latin term was used to denote the masks the actors used to wear in ancient Rome and Greece. Personality thus traditionally referred to how people influence others through their external appearances (actions). But for an academician personality included (i) external appearance and behaviour, (ii) the inner awareness of self as a permanent organizing force and (iii) the particular organization of measurable traits, both inner and outer.

Personality is the integration of many characteristics, No person is exactly the same as any other person. One's Personality is combination of qualities that makes one unique and gives his individual identity. Thus, a thoroughly complete definition of personality becomes a jigsaw puzzle because human being operates as a whole, not as a series of distinct parts. Though psychologists and social scientists unanimously agree to the importance of personality, they are unable to come out with an unanimous definition. Personality has been defined by many people in different ways.

Prince (1924) stated that personality is the sum total of all the biological innate dispositions, impulses, tendencies, appetites and instincts of the individual and the acquired dispositions and tendencies acquired by experiences.

Watson (1924) has called attention to the fact that character is a part of personality, he said, "Personality includes not only these (character-conventional) reactions, but also the more individual personal adjustments and capacities as well as their life history".

Woodworth (1947) described personality as quality of the individuals' total behaviour. Personality includes the motivational aspects as well as other characteristics.

Personality Type

Personality is the special combination of qualities in a person that makes that person different from others, as shown by the way the person behaves, feels and thinks.

Introvert-

The definition of an introvert is someone who prefers calm, minimally stimulating environments. Introverts tend to feel drained after socializing and regain their energy by spending time alone. This is largely because introverts 'brains respond to dopamine differently than extroverts 'brains. In other words, if you're an introvert, you were likely born that way. An introvert person is someone who gets drained by socializing and recharges by being alone.

Everyone is born with an innate temperament a way that you gain energy and prefer to interact with the world. Introversion and extroversion are temperaments. Being an introvert or extrovert is largely determined by genes. However, individual is also shaped by life experiences. Not all introverts are the same. Some introverts will need only a little bit of alone time to recharge and can handle a fair amount of social time before feeling drained. Others drain quickly and prefer to spend very long periods alone. It's different for each person, and many introverts are somewhere in the middle. Sooner or later, however, all introverts will experience the dreaded —introvert hangover, which is the feeling of being completely wiped out from too much —people time or stimulation. This can mean feeling fatigued, unable to concentrate, or even grouchy. It's as if brain has used up all its mental energy and just doesn't have any left.

Extrovert-

The term 'extrovert' is informally and that too very often used to refer to a person with the ability to socialize with ease. Renowned Swiss psychiatrist, Carl Jung defined extroversion (or extraversion) as the ability of turning the interests and energies of one's mind toward events, people, and things in the surroundings. In psychology, the term refers to a person who is more concerned about the practical realities of life, instead of being restricted to one's inner thoughts and feelings.

A person who loves to socialize, who is talkative, and doesn't give in to inhibitions, and then he is more or less likely to be an extrovert. Extroversion is not just about socializing as it is widely believed. It is also about interacting with people around, i.e., sharing your ideas with them and being open to their ideas. Extroverts often come across as friendly people (overtly friendly at times), approachable, and always willing to help you. Unlike introverts, who are mostly in their past, or future, extroverts prefer to live in present.

Extroverts are well-versed with the art of making new friends. Their excellent communication skills help them get along with the people around quite easily. They don't take time to assimilate in a new group, which explains why it is rare to find an extrovert alone. Being gregarious and expressive, extroverts are known to be adept in romantic relationships; especially the initiation part. On the flip side, however, they also find it very easy to end (unwanted) relationships. With their exceptional communication skills, extroverts express their feelings good, or bad readily. Whether it is conveying one's inner feelings to someone, or initiating conversation with a complete stranger, it is usually a cakewalk for extroverts.

They are very impulsive in nature, but then they are also known to be a little moody. They will start a new task impulsively, only to discontinue it abruptly the very next day. Being expressive, they make it obvious when they are not in good mood, and that reflects on their work as well.

Ambivert-

An ambivert is a person who has both introvert and extrovert qualities and may bounce between the two. an ambivert is a person who has both introvert and extrovert qualities and may bounce between the two. Sounds a tad bi-polar, right? It can seem that way sometimes, but honestly, it's more of a need for balance. The ambivert loves social settings and being around others, but they also need solitude. Too much time on either the introvert or extrovert side will make them moody and unhappy. Balance is the key for ambiverts. An ambivert is rather balanced for the most part. They seek social settings and the company of others and do so quite well. They aren't overly loud and aggressive like the extrovert can be, but they enjoy being outgoing and do so on their own terms.

They also enjoy solitude but aren't quite as extreme with it as the introvert. Ambivert need both settings rather equally to be fully happy. The ambivert can sometimes be a confusing to others. Having both qualities, Ambivert can sway too far in either direction rather easily. Behaviors of Ambivert are likely to change with the situation. and they can easily become —unbalanced. These behavior —fluctuations are a result of need to find and stay balanced. Ambiverts have their personal preferences, of course, but they adjust pretty well in most situations. Ambivert can work well alone or in groups. They can take charge or step down when the situation calls for it. On the downside, this level of flexibility can cause them to be indecisive. An ambivert also has a pretty good understanding of people overall and different surroundings/settings. They are highly intuitive and can sense the emotions of others while likely being able to relate to them in many ways. Ambiverts aren't afraid to talk, but they also like to observe and listen. They are likely to know when to help or stay back.

Emotional Intelligence

Emotional Intelligence is not a new concept. In the early 1990s. Psychologists Peter Salovey and Jack Mayer proposed that individuals differ in their abilities to perceive, understand, and use their emotions. They labeled this ability emotional intelligence.

The concept became more popular when Daniel Goleman wrote about Emotional Intelligence. Emotional Intelligence based on the results of research on neurology and psychology which shows that emotional intelligence is as important as intellectual intelligence.

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