



Emotional Intelligence in Youth Through Education

Dr. Kamlesh Meena, Assistant Regional Director, Ignou, Regional Centre, Bhagalpur, Bihar,

Mob: 9929245565, Email: kamleshmeena@ignou.ac.in /

drkamleshmeena12august@gmail.com

Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions effectively, as well as to perceive, interpret, and respond to the emotions of others in a constructive manner. It encompasses skills such as self-awareness, self-regulation, empathy, and social competence, contributing significantly to personal and interpersonal success.

COMPONENTS OF EMOTIONAL INTELLIGENCE (EI)

Emotional Intelligence (EI) encompasses a range of components that collectively contribute to an individual's ability to perceive, understand, manage, and utilize emotions effectively. Here are the key components:

1. **Self-Awareness:** This involves recognizing and understanding one's own emotions, including their impact on thoughts, behavior, and decision-making. Self-aware individuals are attuned to their strengths, weaknesses, values, and goals.
2. **Self-Regulation:** Also known as self-management, this component involves effectively managing one's emotions, impulses, and reactions in various situations. It includes techniques such as impulse control, stress management, adaptability, and the ability to remain calm under pressure.
3. **Motivation:** Motivation refers to the drive to pursue goals with energy and persistence, even in the face of obstacles or setbacks. Individuals with high emotional intelligence are often intrinsically motivated, have a strong sense of purpose, and are resilient in the pursuit of their objectives.
4. **Empathy:** Empathy involves understanding and sharing the emotions, thoughts, and perspectives of others. It includes the ability to accurately perceive others' emotions, demonstrate compassion, and effectively communicate and connect with people from diverse backgrounds.
5. **Social Skills:** This component encompasses a range of interpersonal abilities, including communication, conflict resolution, collaboration, and leadership. Individuals with strong social skills can build and maintain positive relationships, influence others positively, and navigate social dynamics effectively.

These components of emotional intelligence are interconnected and mutually reinforcing. Developing and enhancing emotional intelligence can lead to improved personal and professional outcomes, including better communication, enhanced leadership abilities, stronger relationships, and increased overall well-being.

KEYWORDS: self-awareness, self-regulation, empathy, and social competence.