Use of Emotional Intelligence in a Positive Work Enviroment Continued for success Career

Ritika Soni, Research Scholar, Department of English, Jayoti Vidyapeeth Women's University, Vedaant Gyan Valley, Jaipur, Rajasthan

Introduction

The term emotional intelligence was created by two researchers, Peter Salavoy and John Mayer in their article "Emotional Intelligence" in the journal imagination, Cognition, and Personality in 1990. It was later popularized by Dan Goleman in his 1995 book Emotional Intelligence.

Various models have been developed to measure EI. In 1987, Keith Beasley used the term Emotional Quotient (EQ) in an article, named after the Intelligence Quotient (IQ). The trait model, developed by Konstantinos V. Petrides in 2001, focuses on self-reporting of behavioral dispositions and perceived abilities. The ability model, (Mayeret al., 2023) focuses on the individual's ability to process emotional information and use it to navigate the social environment.