



Strategies for Promoting Emotional Intelligence among Children

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Abstract: *The main objective of this paper is to present various strategies for promotion of emotional intelligence among children. Emotional intelligence may be considered as the ability to monitor one's own and other person's emotion and to differentiate and act in an appropriate manner. 16 different strategies have been presented in the current article, for example, scope for expressing one's feelings, optimism in life, industriousness, intuition, management of stress etc. Use of such strategies in life may help in up-keeping mental health in a good stead.*

I. Introduction

Every individual in this present competitive world experiences stress, due to their desire for high standard of living, exposure to western world and people want too much, and too quickly. These have enhanced the pressure of competition. It is the root cause for depression, desperation and recklessness among adolescence.

People who have control over their emotional life can manage and know their feelings, and focus on their work and think clearly. Every individual differ from one and another in many aspects, among them intelligence is one aspect. To be intelligent is to solve new problems and to deal with diverse situations. Hence, there is a need to bring intelligence to emotions.

Emotional intelligence can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior (Coleman, 2008). Emotional Intelligence is a person's ability to understand his/her emotions and the emotions of others and to act appropriately based on this understanding. It refers to the ability to perceive control and evaluate emotions.

It is remarkable to note that Emotional Intelligence is very essential in our daily life. Emotions are our responses to the world around us and they are shaped by the combinations of our thoughts and actions.

The present generation of children is more emotionally troubled than the last. Now a days children are growing more lonely and depressed, more angry and unruly, more nervous and prone to worry, more impulsive and aggressive, reasons may be like- nuclear family system, more pampering by parents, increasing materialistic wants and lack of ethics and values. So there is an increasing need to address the emotional health of our children. Thus education plays a vital role in understanding and handling the emotions in right manner and to deal with social situations more effectively. Therefore, role of teacher in the existing discussion becomes vital.

The teacher should acknowledge and empathized with the feelings of their students and create salubrious surroundings for the students and teacher should also identify and focus on less emotionally intelligent students. The teacher should understand and act appropriately in the light of wise emotions.

If proper efforts are made for training the emotions and developing proper emotional intelligence potential among the people right from their childhood, then it will surely help in bringing mutual emotional understanding, empathy, accompanied with right actions and behaviour on the part of the individuals and groups, to lead a better life in peace and cooperation.

To progress and allowing others to progress, and, to live and let others live, are thus, the ultimate goals of any educational venture or training and for developing one's potential for emotional intelligence.

II. Strategies for promotion of Emotional Intelligence among Children

The current authors are of the opinion that the following strategies may be helpful for promotion of emotional intelligence among children.

- **Scope for expressing one's feeling.**

Teacher should allow children to talk about their feelings freely. Let them not be afraid to expose their vulnerabilities, thoughts and feelings. As a teacher one should try to help the youngsters develop the ability to understand feelings in the right manners both for self and others.

- **Be optimistic in life.**

Teacher should encourage children to acknowledge their emotions either good or bad, allow them to get in touch with their own motivations and needs to communicate effectively with others. Do not give away to misgivings and misinterpretations of feelings in others. It leads to a hostility and bias.

- **Industriousness.**

Always being occupied in some work helps one to have a balance over his emotions teacher should plan number of constructive activities to children.

- **Re-directing and sublimation.**

The direction of the flow of emotional energy should be changed through the process of re-direction and sublimation from an undesirable goal to a socially desirable one. In sublimation there is modification of original emotion itself. It does not destroy the emotions, but brings desirable changes in the mode of expression. The anger of the child may be diverted towards helping the weaker members of the society.

- **Catharsis**

In this method desirable channels are provided for the release of emotional energy. In some way or the other the individual is provided with an opportunity of self-expression so that his pent up emotions get a suitable out-let. This releases the tension and feels lighter and better. To listen patiently to the verbal expression of the individual under tension is the simplest cathartic process.

- **Learn to trust your intuition.**

Scientists started to realize that our intuitive emotion serves as an efficient mechanism that improves our ability to make better, sounder decisions. So children should learn to trust their intuition and relying on it more often.

- **Manage stress**

When an individual is under stress, he/she fail to read a situation, think rationally and communicate clearly. Hence we should know to manage stress when we are feeling overwhelmed.

- **Careful usage of words**

The words we use carry emotional baggage with them and evoke certain associations in the mind. To get negative emotions under control is to choose positively –charged words like *help, please, appreciate, understand, together, great and thank you*. Words like this enhance people's desire to listen and cooperate.

- **Encouraging originality and flexibility**

Passive reception, rote memorization discourages creative expression. Hence they should be discouraged. Originality on the part of children should be encouraged. Encourage them to have as many ideas or solutions they can come up with, for a given problem or a situation. In all situations, self awareness of the feelings and emotions are important. Teacher should teach the children and help them know what they feel at a particular time.

- **Removal of hesitation and fear**

Most of time, there is a great hesitation mixed with a sense of inferiority and fear in taking initiatives for a creative expression. The causes of such hesitation and fear should be discovered and removed.

- **Give frequent and positive feedbacks**

Children do better in situations in which they get frequent feedbacks on their efforts particularly feedback about how they have improved or how they have worked hard to achieve something. Also one should train the mind to see actions that are worth complimenting on, rather than focusing on unnecessary criticism.

- **Enrichment Programmes**

Other than curricular activities emphasis on creativity, skill of investigation, independent working capacity, originality, cooperative planning, extensive reading, first hand experience and community responsibility, self-exploratory activities such as projects, group training activities such as games, special visits, contact with talented people, allow students to mingle with other individuals and develops positive attitude among children.

- For understanding others and their feelings develop the trait of a good listener. People who have a high emotional quotient (E.Q.) also have a high score on empathy and empathy occurs through effective listening.

- Help children to learn the integration of thoughts and emotions, heart and mind for appropriate behaviour at the right time. Therefore, do not try to suppress emotion strike a balance between rational thought and emotions.

- Teach the children that all emotions are healthy. Anger, fear, sadness, the recalled negative emotions are as healthy as peace, courage and joy. The important thing is to learn the art of expressing one's feelings are emotions in a desirable way at the desirable time in a desirable amount.

- Encourage the child to practice the art of managing the feelings and emotions as adequately as possible. This is especially important for distressing emotions of fear, pain and anger.

- Do not allow the emotions and feelings become obstacles in one's path. Use them as a motivating agent

or a force for achieving your goals.

- Teach the children the lessons of empathy that is, developing a sense of what someone else is feeling.
- Try to devote more time and take efforts to develop not only the cognitive professional skills but also the affective skills for the development of emotional intelligence.
- Help the children to learn the methods of proper development of social skills for better communication and inter-personal relationship with others. Express your feelings with an equal sense of attending and listening to others feelings for the better management of relationships.

III. Conclusion

In a nutshell, it may be concluded by mentioning that emotional intelligence could be nurtured and are likely to produce positive results on students learning and well being. Emotional Intelligence is important in the world of education and also in society in general for leading a healthy and contented life.

Children who have an understanding of the role that emotions play in their life will have a better foundation on which to build successful futures. Emotional Intelligence could provide the` missing link` to achievements in schools.

Acknowledgements

The authors are grateful to all authors of articles / papers and all sources of reference for rendering the present article.

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