



A study on Emotional Intelligence and teaching effectiveness among teachers in Kerala

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Abstract:

Emotional Intelligence may be relatively a new term which have a wider acceptance in the modern era. The term emotional intelligence was first coined by Peter Salovey and John Mayor in 1990s. It refers to the ability to recognize regulate emotions in our self and others to make effective decision. The concept of EI get popularized after the publication of Daniel Goleman's book "Emotional Intelligence-why it can matter more than IQ?". EI is defined as the " the ability to monitor one's own and others feelings and emotions to discriminate among them and to use this information to guide ones thinking and action". Emotional Intelligence has conceptualized in four broad abilities such as perceiving, assimilating, understanding, and managing emotions. The person who can manage the emotions and understand the feelings of other people perform better in school, college, and on their jobs. The success and chance of the productive life of a student are directly dependent on the educator. Teachers lay the foundation stone for the social, emotional, and intellectual potentialities of the learner and also accounts for the success in teaching and learning and welfare of the students. Hence it is imperative to assess the Emotional Intelligence of teachers. This study is an effort to know whether the present day teachers have EI skills, whether they are using it. This study will help in bringing awareness about Emotional Intelligence and its effectiveness.

Key words: Emotional Intelligence, intellectual potentialities, teaching effectiveness

1.1 Introduction

Teachers are the most important resource in education reconstruction. Teaching effectiveness is the extent to which the teaching activity fulfils its intended purpose, function, and goals. According to Goleman, Emotionally Intelligent teacher is creating a safer and more satisfying, caring, and productive school environment. Emotional Intelligence is useful in any place where interpersonal relationships are generated- schools, workplaces, home and other organisational settings. The study involves understanding the effect of emotional intelligence on effective teaching. This study is an effort to know whether the present day teachers have EI skills, whether they are using it. This study will help in bringing awareness about Emotional Intelligence and its effectiveness.