

Reaction 10

Psychology



**ASSIGN
BUSTER**

Emotional Intelligence School Even though emotional intelligence may not seem like a real intelligence, because emotions are very ambivalent and it is difficult to estimate them, still in many cases the ability to analyze human emotions helps people to predict others' actions and define what kind of personalities they deal with; hence, emotional intelligence is a real kind of intelligence.

First of all, emotional intelligence is often used by people absolutely unconsciously, so they may not realize how much information about others they figure out because of emotional intelligence (Landy 2005). For instance, it wouldn't be possible to estimate somebody else's emotional state without obtaining emotional intelligence. Knowing what other people feel helps in defining what possible actions people might commit, which is very useful in multiple situations.

Emotional intelligence allows people to estimate others' behavior, construct people's psychological portraits, and make right communicational choices. Being emotionally intelligent contributes a person's leadership skills, because such person understands other people and is able to find a right approach to establish efficient communication. Moreover, the emotionally intelligent person makes more wise decisions about who to communicate with, because understanding of people's feelings and emotions is helpful in defining people's personal traits and essences.

Another aspect of emotional intelligence, which is ability to monitor one's own emotions, is helpful in self-control. The point is that people often can't discern what exactly they feel at the moment, so eventually they make a lot of mistakes because of not being able to understand themselves.

I believe that emotional intelligence is a real intelligence, because it allows
<https://assignbuster.com/reaction-10/>

people to deal with psychological aspect of communication, which requires not an ordinary kind of intelligence but the emotional one, which is more delicate and sensitive. Emotional intelligence is a special kind of thinking that analyzes human personal traits, emotions, and feelings, which in fact works as an ordinary intelligence but works on another level of exploration.

References

Landy, F. J. (2005). " Some historical and scientific issues related to research on emotional intelligence". *Journal of Organizational Behavior*, 26, 411–424.