

Reaction paper 10

Psychology



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Emotional Intelligence and Its Role in People's Life The of the Emotional Intelligence and Its Role in People's Life Every human at least once in life has thought of what he or she is given for gaining success in the world of competitive proposals, positions, and status in the society. Moreover, at finding a strong side people just concentrate all their efforts on reaching particular goals with its help, forgetting about other essential and no less effective features of their personality. The question is about such a new and interesting concept of emotional intelligence and its role in our lives. Let's see the issue from every angle, and consider its actuality.

To begin with, it must be said that currently general accepted view is intelligence quotient as a criterion of evaluation of people's capacity for smart actions and dedicated attitudes. Still quickly developing life conditions demand prompt reaction and adaptation for them. As a result, emotions come to assistance of mental activity. In fact they serve "... as an organizing response because it adaptively focuses cognitive activities and subsequent action" (Salovey, & Mayer, 1990). Emotional intelligence empowers men's ability to rule the world by reading emotions of other people as well as their own. Together with emotional self-control it gives a person all the cards for sound decisions and prosperity. So sensation level appears to be underlying key for successful life in all social spheres.

As for the negative aspect of emotional intelligence, it realizes in alternative decreasing of true emotions manifestation on the strength of emotional control and maintenance of a particular emotional behavior pattern depending on a concrete situation. It seems undoubted that anyone who aims at hitting the mark by the means of emotional intelligence will probably show not genuine emotions but those, which can be useful for a case.

Consequently, it leads to ossification of emotional resonance.

For the conclusion, my personal believe is that emotional intelligence is an extremely actual one in our life; otherwise there couldn't be so much evidence of insignificant track records of people with high mental ratio.

References

Salovey, P., & Mayer, J. D. (1990). Emotional Intelligence. Baywood Publishing Co., Inc., 186.