

Emotional intelligence

Psychology



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Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. This is a big factor that comes along with growing up and forming relationships. People who do not have a strong emotional intelligence have a very hard time making relationships that last. When playing into a young adults life if this is not developed that young adult will be having a hard time being able to function in day to day tasks. This plays a major factor in the everyday lives of young adults just by not being able to communicate with people that will play a major role in where you end up in life. There are four parts to emotional intelligence according to psychology. about. com. The first part is perceiving emotions. Perceiving emotions is understanding and seeing others people's emotions, like their body language. Body language emotions could be anything from slouching, facial expressions, slow walking, or giving the silent treatment. This is especially important to know because without this many young adults may not know what their friends are feeling or anyone around them and it would be hard for them to form friendships or even work relationships. Relationships are all about how one acts around each other, and if one person doesn't realize how the other is feeling it will be a hard relationship to keep. This is why having a strong emotional intelligence in college and in the workplace is so important. The second part to emotional intelligence is and react to. We respond emotionally to things that gather our attention. This is helpful when we want to form a relationship with our boss at work as a young adult. Because of our emotions if we know what our boss wants out of us, our emotions kick in because we do not want to disappoint them thus hurting ourselves in the long run. The third part of emotional intelligence is understanding emotions. Understanding emotions is a very essential part of life. Again this is great <https://assignbuster.com/emotional-intelligence-2/>

example for a young adult with a new job because if your boss is acting angry, it might mean that he or she is dissatisfied with your work, or it could mean that they got in a fight with their spouse and is now angry at work. Being able to understand and think about what may be the cause of another person's feelings is a great thing to have in life. I think this is one of the most important ones because this one will help you be able to actually get somewhere in life for your career. Young adults are looking for two things in life at this point and that is a romantic partner and a great job that will support them for the rest of their life. So having this developed will help any young adult immensely. The last part of emotional intelligence is managing emotions. The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management. Putting this in perspective of a young adult this means that if a young adult has the ability to realize what they themselves are feeling and understand, then they have reached full capacity of emotional intelligence. Knowing how you feel and knowing why you feel that way is very hard for many people to do. If you know how you are feeling it will be very easy for you to adapt to all situations and all relationships with the people around you. All of the parts of emotional intelligence are very important. Being a young adult without any form of this intelligence will be struggling with everyday tasks, but one who has mastered this intelligence will have a great job and a great college life.