

Effects of Emotional Intelligence on Social Intelligence of Young Adults

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The current study was done to assess the effects of emotional intelligence on social intelligence of young adults. The targeted demographic sample was 100, 17-23 year old students from public as well as private colleges and method of randomized sampling was used to collect the data. The tools used for the study were emotional intelligence scale by Dr. Arun Kumar Singh and & Dr. Shruti Narain and Social Intelligence scale by N. K. Chadha and Usha Ganesan. The results were calculated using the SPSS software. The findings revealed a significant positive relation correlation of emotional intelligence and social intelligence.

Keywords: Emotional intelligence, social intelligence, SPSS, Correlation, demographic

EQ is defined as the skill of regulating and assessing an individual's affect as well as our own affect.

Affect intelligence

It deals with an individual's skill to understand and analyze affect skillfully and is able to manage/manipulate it effectively. It helps to memorize, contain and separate affect, and also assists with relations with the community/public. Individuals who are high in EQ are skilled in understanding feelings of others and are able to relate it with themselves and are able to efficiently manage and influence those feelings. Being able to understand and control emotions effectively gives the individual an upper hand in the social environment and helps in effective public relation management. People with high EQ have increased life fulfillment and are able to see life in a more positive light as compared to individuals who do not have high EQ. EQ contains some attributes like: mindfulness of affect which in other means finding out your own affect, skill to master affect and implement it to activities such as cognitive functions and mental activities; also the skill to regulate affect involving managing affect of yourself and also helping and relaxing individuals around us. A lot of people benefit from attaining greater EQ as compared to IQ which assisted them in attaining prosperity and wealth.

Individuals are better if they inculcate abilities of EQ that helps in comprehension

and insight into one's own feeling as well as of someone else. There were several significant attributes identified by EQ scholars which are as follows:

1. *Mindfulness*: notice and perceive an individual's affect and drives and analyze how it influences people around that person. The important component is to be able to analyze and regulate feelings of one-self. Abilities in this component represent:

- *Boosted esteem of self.*
- Attribute to understand comedy and having the skill to chuckle at jokes about oneself.
- Being mind full about how other individuals see you and feel about you.
- Having knowledge and esteem in your abilities

2. *Individual adjustment*: due to irregularities in your affect balancing oneself can be very challenging. To deal with the issues fully being open and mindful about the situation and re analyzing the event in a better and light way helps. Handling of immediate reflexive action is greatly required. The skills are:

- Being in-charge and accepting responsibility of what ever occurred.
- Adjusting to alterations in situations in a positive way.