

**PSYCHOLOGICAL DESCRIPTION OF THE CONCEPT OF EMOTIONAL INTELLIGENCE**

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Student of the Jizzakh Branch of UzMU**Abstract**

In this article, psychological descriptions of the emergence of emotional intelligence, various studies on the concept of emotional intelligence, the structure of emotional intelligence, emotional intelligence and personality, the conditions for the development of emotional intelligence, and the psychological character of such concepts as emotional competence have been revealed.

**Keywords:** Emotion, emotional intelligence, evaluation, emotional understanding and control, emotional competence, empathy, frustration, social skills..

**Introduction**

The concept of emotional intelligence was first introduced to science in 1990 by researchers Dj. Meyer and P. Solovey. D. Goulman is recognized as their follower. Because, in his time, D. Goulman attracted everyone's attention with his many speeches related to the concept of "emotional intelligence" in the press and various scientific congresses. P. Solovey made a unique analysis in his research on "Emotional Intelligence", according to which the intellect does not perceive some ideal phenomenon, but emotion performs this task. That is, emotional intelligence is a person's ability to accept and understand emotions expressed in emotions, as well as the process of managing his emotions based on mental processes. According to P. Solovey, "emotional intelligence" consists of four parts.

1. The ability to feel or accept one's feelings and the emotions of others;
2. The ability to direct one's emotions, which helps the mind;
3. The ability to understand expressions of one or another emotion;
4. The ability to manage, control and organize emotions.

Researcher I.N. Andreeva takes a unique approach to the analysis of "emotional intelligence" and describes it as the intersection of emotion and intelligence in the process of understanding others and one's own feelings. Emotional Intelligence - EI (Emotional Intelligence) is the intelligent use and management of emotions. Emotional intelligence should be distinguished



from the seriousness of emotions and the power of their manifestation. First, if a person, for example, expresses his emotions violently and has a high EQ, this does not necessarily mean that he has a high EI. An emotional person (with a high emotionality quotient) is a person who can feel and express his emotions more strongly than others, a person with high emotional intelligence is a person who can identify and competently use these emotions. is the person who gets it.

People with high emotional intelligence are able to use their emotions effectively. Those with low EI may ignore, misinterpret, or completely obey these signals without using them. Second, when using EQ, there is often a false contrast between intelligence and emotion, and it is even argued that emotional intelligence may be more important than common sense. In fact, EI implies that consciousness and emotions are an inseparable whole and contribute together to human behavior. "Emotional competence" is all the knowledge, skills and abilities of a person to understand and evaluate his own and other people's feelings. A certain level of emotional intelligence is related to emotions, which is essential for learning specific skills. Emotional intelligence has become a hot topic all over the world, moving from the scientific laboratory to the business community. Replicated, oversimplified, new theories and practices of emotional intelligence that are not true to the original have become increasingly marketed for adult and child development. Some parents independently develop their child's emotional intelligence by reading various literature. Let's take a look at the components of emotional intelligence.

**Recognition of emotions** - the ability of a person to recognize his own feelings and the feelings of another person (with facial expressions, gestures, behavior, voice). How are you feeling right now? What emotions does your child experience? These questions lead many people to a dead end because they cannot find the right words. It's important to know the ABCs of emotions, how to recognize a particular emotion in yourself and others. Using emotions in problem solving is the ability to rationally direct emotions to stimulate mental activity and solve problems. Do you remember a situation when some unexpected feeling prevented you from achieving an important result? Or, on the contrary, did it help to solve the problem? Each sense has an important function and can help you and your child in certain situations.

**Understanding emotions** - the ability to determine the causes of emotions; anticipating how emotional states change over time (emotional scenarios) and understanding complex emotions and feelings. Look at your child. What is the reason for the emotion he is experiencing now? Often when we communicate with teenagers, we notice that our harmless words (as we seem to ourselves) cause them a violent emotional reaction. What can happen? Perhaps at this moment you touched the child's values and were very important for him, and without realizing it, you devalued them.

**Emotional management** is the ability to regulate emotions, to arouse one's own and others' emotions, and to direct them in order to achieve goals. If this feeling does not help you now, how can you move on? What strategies work for you? We also know people who are masters



at controlling their emotions. They do not get angry in stressful situations. Instead, they have the ability to look at a problem and calmly find a solution. They are excellent decision makers and they know when to trust their intuition. However, despite their strengths, they are usually willing to take an honest look at themselves. They take criticism well and know when to use it to improve their performance. Such people have a high level of emotional intelligence. They are very self-aware and can sense the emotional needs of others as well. What is emotional intelligence? We all have different personalities, different wants and needs, and different ways of expressing our emotions. It takes tact and ingenuity to get through it all - especially if we hope to succeed in life. Emotional intelligence is important here. Emotional intelligence is the ability to recognize your emotions, understand what they are telling you, and understand how your emotions affect the people around you. It also includes your perception of others: when you understand their feelings, it allows you to manage relationships more effectively. People with high emotional intelligence are usually successful in most of their endeavors. Because they make others feel good, they find solutions faster than people who get angry or upset quickly. Characteristics of Emotional Intelligence In 1995, American psychologist Daniel Goleman in his book "Emotional Intelligence - Why It May Matter More than IQ" developed a five-element system that defines emotional intelligence:

**Self-awareness** - People with high emotional intelligence are usually very self-aware. They understand their emotions and so they don't let their emotions rule them. They are confident - because they trust their intuition and don't let their emotions get out of control. They are also willing to take an honest look at themselves. They know their strengths and weaknesses and work on these areas so they can perform better. Many believe that self-awareness is the most important part of emotional intelligence. Self-regulation is the ability to control emotions and impulses. Self-disciplined people usually do not allow themselves to get overly angry or jealous and do not make rash decisions. They think before they act. Distinctive features of self-discipline are thoughtfulness, openness to change, honesty, and the ability to say no.

**Motivation** - People with high emotional intelligence tend to be motivated. They are willing to defer immediate results for long-term success. They are highly productive, love a challenge and are very efficient in whatever they do.

**Empathy** – This is probably the second most important element of emotional intelligence. Empathy is the ability to identify and understand the wants, needs, and perspectives of others. People with empathy are good at recognizing the feelings of others, even if those feelings are not obvious. As a result, empathic people are usually excellent at managing relationships, listening, and relating to others. They avoid stereotypes and quick judgments and live their lives in a very open, honest way.

**Social Skills** - People with good social skills are usually easy to talk to and like, which is another sign of high emotional intelligence. Those with strong social skills are usually team players. Instead of focusing on their own success first, they help others grow and shine. They



can resolve conflicts, are excellent communicators, and are masters at establishing and maintaining relationships. As you have probably discovered, emotional intelligence can be the key to success in your life, especially in your career. The ability to manage people and relationships is essential in all leaders, so developing and using your emotional intelligence can be a good way to show others the leader within you. How to improve emotional intelligence? The good news is that emotional intelligence can be learned and developed. Watch how you treat people. Do you rush to judgment before knowing all the facts? Do you have a stereotype? Look at your own thoughts and how you interact with other people. Try to put yourself in their shoes and be more open and receptive to their perspective and needs. Look at your work environment. Are you looking for recognition for your achievements? Humility can be a great quality, and it doesn't mean you're shy or insecure. Consider how you react to stressful situations. Do you get frustrated every time there's a delay or something doesn't go the way you want it to? Do you blame others or get angry at them for no fault of theirs? The ability to remain calm and in control in difficult situations is highly valued. Keep your emotions in check when things go wrong. Take responsibility for your actions. If you hurt someone's feelings, apologize directly - don't ignore what you did or avoid the person. People are usually more willing to forgive and forget if you make an honest effort to make things right. Consider how your actions will affect others before you act. If your decision affects others, put yourself in their shoes. How would they feel if you did? Would you like that experience? If you must take action, how can you help others cope with the effects? Emotional intelligence is knowing your actions and emotions and how they affect those around you. It also means that you appreciate others, listen to their wants and needs, and can empathize with or empathize with them to varying degrees.

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