

**DEVELOPMENT OF STUDENTS' EMOTIONAL INTELLIGENCE AS A SOCIO-PEDAGOGICAL TASK**

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Abstract

The article examines the key role of emotional intelligence (EI) in the educational process. The focus is on the importance of developing EI in students, the impact of this process on academic and social success, and the methods and strategies that can be used to foster emotional development in the educational environment. The article also emphasises the role of educators and in supporting and developing students' emotional intelligence. This material will be useful for both educational professionals and parents seeking to better understand and support their children's emotional development.

Keywords: emotional intelligence (EI), educational process, self-awareness, self-regulation, empathy, motivation, interpersonal skills, role of educator, socio-pedagogical task, EI development techniques, socio-emotional learning, educational environment, interpersonal relationships, students.

Introduction

In today's world, when education and technology are developing at an incredible speed, human emotions and their management are of particular relevance. Emotional intelligence, or EI, is at the centre of much educational and psychological research. It is not just a newfangled term or trend; it is a key element that can determine how successfully a person adapts to rapidly changing life conditions, both professionally and personally. For students, the development of EI becomes the basis for the formation of a complete personality, ready for life's challenges and complexities. In this article we will consider the importance of emotional intelligence in the educational process and methods of its development, as well as the role of educators in this important process[6].

1. Importance of EI development in the educational process.

Emotional intelligence affects many aspects of learning activities. Students with high EI often perform better in academic tasks because they are able to control their emotions, which reduces the likelihood of distraction.

They are also able to build social connections and work in teams more easily.



2. Key aspects of EI development.

Self-awareness: developing the ability to identify and understand their emotions. This helps students understand how they feel in different situations and how their emotions can influence their actions.

Self-regulation: students learn to manage their emotions, which enables them to better cope with stress, frustration and disappointment.

Motivation: emotional intelligence influences how students set and achieve their goals.

Empathy: developing the ability to feel and understand the emotions of others. This skill is critical to building strong and healthy relationships.

Interpersonal skills: students learn how to interact with others, which is useful both in and out of the classroom.

3. Educator's role in developing students' EI.

Educators need to create a favourable atmosphere in the classroom where students feel comfortable expressing their emotions and sharing their feelings. This may include discussing different emotions, applying role-playing games or conducting self-awareness exercises[1].

4. Programmes and techniques for EI development.

There are many programmes and techniques, such as.

Social-emotional learning trainings that include exercises on self-awareness, self-regulation and interpersonal skills.

Meditations and mindfulness practices that help students to focus on the present moment and manage their emotions[2, 3].

5. Barriers and challenges of EI development.

There may be challenges in the development of EI: lack of understanding of the importance of EI, stigmatisation of emotions especially in boys, or lack of trained educators to conduct appropriate programmes.

6. Benefits of EI in the future.

There may be many benefits of EI in the future: successful career achievements, strengthened relationships, and the ability to overcome life's challenges.

7. Parental role in the development of EI.

Parents can encourage conversations about feelings at home, practice active listening, and teach children effective ways to express their emotions.

8. Additional resources and materials.

There are various books, online courses, and workshops that provide tools and resources for developing EI in students.



Emotional intelligence is not just a trendy concept or an additional skill - it is a fundamental aspect of human development that can significantly influence an individual's success in all areas of life. In an educational environment where social interactions and different feelings are encountered every day, the development of students' EI is at the centre of attention[4]. Educators, parents and professionals must join forces to provide the young generation with the tools to effectively manage their emotions and understand the emotions of others. This is the only way to create an educational environment where every student feels understood, supported and ready to face a world full of emotional challenges and opportunities[5].

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