



Significance of Emotional Intelligence among Teaching Profession

(A Study on the relation between the teachers and the effect of their emotional intelligence on students among the professors of The Parul University, Vadodara, Gujarat)

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Introduction

Emotion describes how a specific item, scenario, or state of affairs has personal meaning for the individual experiencing it through a complex experience of knowledge, physiological feeling, and behaviour.

By the time they are able to speak and have long-term memory, children may process events along either or both of the pathways, with the subcortical pathway concentrating on situations that call for an immediate response and the cortico-amygdala pathway offering the evaluative information required for cognitive judgement and more advanced coping mechanisms.

The Physical Expression Of Emotions:

There seems to be a tonne of studies on how people display their emotions, especially those that are the most apparent, external, and commonly the most natural or spontaneous and are, thus, usually undetected by the person showing them.

The first model conceptualizes emotional intelligence as a type of cognitive capacity that entails recognizing and differentiating emotional signals and information, in contrast to the second paradigm, which views emotional intelligence as a personality trait linked to conventional behavior (Bar-On and Parker, 2000; Lu and other, 2016).

According to Reuven Bar-on (1997), a person's emotional intelligence (EQ) is a measure of their ability to overcome challenges in the real world and a predictor of their success in the future, both personally and professionally.

For most undergraduate programs, standard XII years of education are required, and most university admissions are based on how well you do on entrance exams.

Research Methodology

Research methodology is a way to systematically solve the research problem. It is necessary for the researcher to know not only the research methods/techniques but also the methodology. Research design is the strategy that the researcher uses to combine the different parts of the research study in a rational and logical mode. Research designs should achieve the following:

- Recognize the research problem
- Understand the assumptions underlying various techniques
- Design the type of research design.

Parul University is a state of the art campus situated in Gujarat's cultural capital, Vadodara. It is an amalgamation of 20 faculties and 36 institutes, offering a range of diploma, undergraduate and post graduate programs in numerous disciplines. The University has been awarded as Best Private University in Western India by Praxis Media, Best University in Placements by ASSOCHAM and ranked among the Top 50 Private Universities for Leading Innovation Achievements 2020 by ARIIA, Ministry of Human Resource Development. The research objectives of the study are to understand why emotional intelligence is important for teachers, how teachers practice emotional intelligence, and teacher's perception concerning impact on students due to influence of EQ. The researcher will use a particular design to justify the use of a particular design, review and incorporate previously published literature associated with the research problem, illustrate the data, and explain how the data will be obtained.

Data collection instrument/tool refers to the device used to collect data, such as a paper, various types of scales, questionnaires, observations, in-depth interviews, personal interviews or question-answers, computer assisted interviewing system whether online or off line. The Emotional Intelligence Scale is used as a tool of data collection prepared by the researcher. The researcher has used one source of data collection, the primary source, which is an original data source collected first hand by the researcher for a specific research purpose or project. Emotionally intelligent teachers care about students, create an emotional atmosphere in the classroom that develops the learning environment for students and helps teachers increase academic success. Education is a deliberate endeavour aimed at achieving particular objectives, such as the dissemination of knowledge or the development of skills and character traits.

Findings

The results of a study conducted by Parul University showed that there is no gender bias in the university. The majority of respondents were between the age group of 21-30 years of age and had 6-10 years of experience. They were from PIET faculty of Parul University, had 8 hours of working period in a day, and had limited amount of students. The study also found that most teachers were aware of their emotions and were able to channelize their feelings. Additionally, many teachers had other portfolios than only teaching in the university, such as admin work and project coordinator.

Almost everyone had a guiding falling for their emotions and was aware of their strengths and weaknesses. They were open to genuine feedbacks, open to continuous learning, active towards self-development, and able to present themselves in humorous ways. They were also able to manage their disruptive feelings, even during tiring moments, and were able to focus and think clearly under pressure. They were able to build trust among students by being reliable and authentic in front of them, and were confident about accepting their mistakes and not repeating them. They also observed their co-workers and students behaviour, organized fun events for their students and colleagues, and were aware of the non-verbal messages they send to others.

Parents have an important role in maintaining mental health of their children and helping teachers. Emotional intelligence should be observed in both, the teachers and the students. University should arrange more programs on emotional health, teachers should develop the quality of a good listener, and there should be a class on personality development for teaching faculty. Gender has no significant influence on emotional intelligence, but location and university norms and working pattern have an impact on behaviour, mental health and emotional intelligence.