

## Analysis of Emotional Intelligence

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**Abstract:** This article is an analysis of emotional intelligence and analysis purposes topics emotional intelligence and emotional intelligence, characteristics of people who have high emotional intelligence? How to increase your emotional intelligence? The relationship between social adjustment and emotional intelligence, relationship management and leadership and emotional intelligence and marital relationship is examined At the end of the conclusion of why emotional intelligence and foster growth and it is important that we have discussed.

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### Introduction

Emotional or emotional intelligence (EQ) include cognitive and emotional control and emotional. In other words, someone who has a high EQ successfully combined three elements of excitement to gether (cognitive component - component of physiological and behavioral components).

Emotional intelligence means having the skills to understand who are we? What have thoughts, feelings, emotions and our behavior cohesion.

Emotional intelligence means recognizing emotions in themselves and others, so that we can conduct based on moral and social conscience our behaviour.

(Daniel Goleman)

Tvanayyhasht emotional intelligence collection and help Mindy in personal life or work with others on the relationship and we Mdaragrayanh (Mauric Elias).

Emotional intelligence is the ability to perceive emotions in order to create emotions tries to help better thinking can lead to cognitive emotions.

Emotional intelligence is the ability to understand and correct understanding of themselves and others as they are reflecting emotions.

### Topics

#### History of emotional intelligence

first time psychology in 1990 called "Salvi", the term emotional intelligence to describe the quality and understanding other people's feelings, empathize with the feelings of others and the ability to apply effective administration temperament. establishing a good relationship with the people of the screw. Emotional intelligence theory to predict new perspective on success factors and also provides a primary prevention of mental disorders that fulfilment of cognitive science, neuroscience and child development. Emotional capabilities to expertly manage relationships with others is very important.

Psychology called "Goleman," said keeps the cognitive intelligence at best only 20 percent and 80 percent of success and makes the success to other factors and the fate of people in many situations to skills depends on the form of emotional intelligence. low emotional intelligence. thus emotional intelligence is prediction and how to deal effectively with stress success full in life. According to this intelligence is consist five elements to below discribv the 15 factors that are effective. People who find more of these components in itself, have a higher emotional intelligence.

1) interpersonal skills, including:

Emotional self-awareness (recognition and understanding their feelings). Dare (feelings, ideas, thoughts and personal rights constructive manner).

Self displin (awareness, understanding, acceptance and respect for themselves).

Self-actualization (realizing the potential of self).

Autonomy (self-determination and self-control thinking and acting in a personal and emotional dependency).

2) interpersonal skills, including:

Interpersonal relationships (awareness, understanding others' emotions, create and maintain mutually satisfying relationships that are placed near the excitement and clear dependence).

Social commitment (effective and useful members of their social group, showing himself to be a good partner).

Empathy (be aware of the feelings of others, understand their feelings and admiration).

3) compatibility include:

problem solving (identifying issues, also create effective strategies).

Reality testing (assessment of compliance between what is subjective and what is objective, is an experience).

Flexibility (emotion regulation, thinking and behavior to changing situations and conditions).

4) Stress management includes:

The ability to tolerate stress (resistance to adverse events and stress situations).

Impulse control (stand in front of momentum or deny momentum).

5) general mood include:

Happiness (satisfaction of self, happy self and others).

optimism (look at the bright aspects of life and maintain a positive attitude even in the face of adversity).

### **Components of emotional intelligence**

Doctor Daniel Goleman is said components of emotions intelligence as follows:

♣ Self-awareness: knowing that it felt wishes and why have awareness. Self-awareness means being aware of your mental state and also our thinking about the case.

♣ Autonomy: Autonomy called the emotional balance. Sometimes means self-control feelings and emotions and learn impulses addressing. Self-regulation is a fundamental feature that plays an important role in controlling emotional behavior.

♣ motivation: Means productive, effective and creative work in the field. Motivation and energy to others and to guide their behavior Despite having poor morale. The motivation of Emotions as a means to achieve goals wishes.

♣ Empathy: the ability to empathize with others' feelings and views with them. Empathy is the ability to understand and influence the emotional state of others or awareness of the feelings, needs and interests of others. In other words Privacy empathy into the feelings of others.

♣ social or communication skills: the ability to understand and empathize with others, communicate effectively, deep listening, asking important questions, collaboration, and negotiation to be coach numerous components of these skills.

### **Features people who have high emotional intelligence**

IQ and emotional intelligence capabilities are not contradictory but rather it can be said that differ. We all enjoy a combination of intelligence and emotions, people with high intelligence and low emotional intelligence or low IQ and high EQ are typical samples Despite of a relatively are rare. Indeed, the correlation between IQ and some aspects of emotional intelligence is brief. However, this relationship is clear that the two realms are essentially independent. Pure species have a high IQ, that is completely lacking in emotional intelligence, almost picture Exaggerated of intellectuals who are masters in the realm of the mind, but in a world inefficient. Statistical profiles men and

women in this respect is somewhat different. Men with high IQ extensive range of interests and certain mental abilities They are of course not surprising. This man is ambitious and productive, predictable and stubborn and not their individual interests in the ward. He also Faultfinding and boastful, Pride, Fastidious and inhibiting, in experiences discomfort, Otherwise indicates, independent and emotionally cold and is Soulless. The men of "emotional intelligence" are high, socially balanced, affable and cheerful, and is resist the thoughts of worry or fearful. They are serving the people or solving problems, accept responsibility and having moral views, significant capacity, in their relationships to other A sense are show and attention. Their emotional life is rich, but keeping them to himself, others and society in which they live a to comfortable. Women have the "intelligence" of self-reliance above Intelligently that are expected of them, raised their thoughts easily there have, for mental subject value and extensive range of intellectual and aesthetic interests they are also prone to anxiety, guilt and dive in imagination and express her anger manifest delay immediately, though indirectly expressed cite it. They like men, affable and social and express their feelings appropriately cite, it's not explosions that subsequently expressed regret eat. Also matches well with stress attending their social status gives them the ability to easily attending with new people, they are comfortable enough with themselves to in order to that have, spontaneous and accept the emotional experience. Unlike women with high IQ and lean women with high emotional intelligence rarely feel anxious or guilty or dumped into sinks. Of course, these images reflect two extreme aspects of IQ and EQ modes to different degrees in all of us have been combined.

### **How to increase your emotional intelligence?**

The main and minor components of emotional intelligence knowledge learning alphabet Emotions them. Some Emotions can-be "main" is to be taken; Emotions that as the main colors, blue, yellow and read and other compounds originate from them. As some original families and some of their members are as follows:

Anger: assault, defamation, hatred, anger, exasperate, anger, resentment, aggression, hostility, harassment, Irritability, hostility.

Grief: grief, sorrow, sadness, sullen, melancholy, had to stats self his compassion, loneliness, hopelessness and severe depression pathological level.

Fear: anxiety, fear, irritability, anxiety, bewilderment, concern,, suspicion, irritability, fear, fright or shock, panic and fear of mental pathological (Phobia) and (Panic).

Happiness: happiness, joy, peace, happiness, prosperity, joy, fun, pride, joy, excitement, pleasure,

satisfaction, euphoria, and the level of pathological mania (mania).

Love: acceptance, friendship, trust, kindness,, devotion, adoration, infatuation.

Fascination: where to eat, astonishment, bewilderment, surprise.

Shame: guilt, regret, remorse, postal feel, alas, repentance.

It certainly can not list all the classified question of emotions. For example, jealousy, anger mixed with grief and fear that is how species that can be classified. However, the first step in this direction subtle understanding of. The next step is self-consciousness, self-consciousness in the broad sense of the word and find the words to express the emotions they find a link between thoughts, feelings and, knowing actions thought or feeling prevails in decision making, attention the consequences of different ways to select and implement the insights in making decisions about subjects such as smoking.

One of the practical steps up the consciousness for rich is that when passions ask ourselves: "Now exactly how I feel? Do you distressed? Do you envy this regard? I just thought occurred to me? ". After practice always we a warning to react to the emotions, there are a number of ways. Whatever a person to respond to an emotion, more ways to know life will be richer. Another way to develop self-awareness, inner states is writing. After several months writing their different moods since lost words is dumped in mind, not on paper, we can look at a historical chart. For example we a warning last year against issue of how angry and how to react our selves to year. The ability to communicate with other people is also the components of emotional intelligence: designing individual training to be a good listener and questioner, can distinguish between what else gives and what it says and tries instead crude behaviors like anger or passive ways such as courage and assertiveness to learn.

Formation components of emotional intelligence, beginning in the early years of the child's behalf, although this capacity formation continued emphasis during the school years. Create a message that a little girl when her mother caught puzzles help wanted, will receive emphasis, in terms of how responsibel mother is different.. All transactions between parent and child is small, has sub set emotional messages and repeat this over the years to the formation of views and basic emotional abilities in children tangential direction.

Studies show that mere neglect of a child is more harmful than outright abuse, child neglect attending to act worse than all the other children, of all more Anxious, and more un concerned, more Apathetic and alternately aggressive and withdrawal. Among the children forced to repeat the grade is 65%. a. During

this period, compared to later life learning the basic content more readily achieved fulfillment and emotional learning in all learning do lie ahead. During this period, mental stress can seriously harm the learning centers of the brain damaged people brought Hence the intelligence.

#### **Emotional intelligence reinforcement boys**

Contrary to scientific and rational intelligence (IQ) is close to a century, hundreds of thousands of people to investigate it focused, emotional awareness consist of strength and resistance to failure, losing morale, fight depression and despair, empathy and intimacy, is hope.

no any aware properly the emotional awareness of how the diversity of people's lives, but it can be said that emotional awareness can be many times more powerful than the conscious knowledge or IQ. In fact, the excitement, is a phenomenon that occurs every day in body and mind and consider issues such as love, hate, hate, sadness, happiness, anger and aggression. Emotional reactions and physical processes are often correlated impact on each period. For example, if the heart rate is sometimes very steep tears, on their own or color of the faces is tears. Attempts to curb the practice of emotional reactions valuable human, social and smart it is to be seen in emotional intelligence.

Extensive research results show that emotional intelligence skills, academic life, personal and social children play an important role stems. Emotions can lead to any position that their attention on learning, memory and behavior also differ. For example, the ability to control Emotions can help children focus in the classroom and have decent Status that is product anixity. In fact, children with higher skills are emotional intelligence, compared to children that in this respect have lower skills tend Status higher education experience.

Daniel Goleman, Psychology, wrote in this context our family life first school to learn about affection. We learn in this private space there where what we feel about ourselves in relation to others' feelings and how to think and what is Reactions to choose and how to recognize and express our hopes and fears-that.

Some of these parents, teachers, talented and brilliant in the field of emotions lags and others are very weak in this respect. Training in emotional skills can lead to more success in the education of students. For example, a very intelligent student test anxiety and may be rejected because the students are taught skills to address the problem. Children with emotional intelligence are more interested in behavaiou that is socially better and non aggression.

#### **Emotional literacy education**

Moreover, according to recent research, there is a reduction in emotional intelligence skills-smoking,

depression and violent children is not communication. For example, evidence show that for boys immediate desires function in childhood, increases the likelihood of crime and violence later in life for all children, inability to control anxiety and depression, the possibility of using drugs later in life More emphasis.

Parents should show their feelings and learn how to express it to others to be able to understand it and take how their mistakes and apologize for them, also recognize disability in status others facial expression can be related directly to their hostility and aggression.

Because children are more aggressive than children in non-aggressive hostility in others addressing. Conversely, children who have more skills Emotions recognition, social connections are better. In fact, children learn emotional literacy, positive impact on aspects of life HAND school students, because students who are capable of emotionally desirable social relationships at school, they feel more comfortable in the school environment, Speak to your class mates and teachers and attract more support and attachment to school in their correction form.

#### **The role of parents**

As parents we can encourage our boys to promote emotional intelligence and life emotional and support or boys. For example, we can make sure they have a strong support system to strengthen their interpersonal communication.

The parents could help their boys to non-violent and angry with the people around you behave. Without forgetting its kind and without losing their right, be generous, parents need to help their sons society's expectations of a young boy is well known. These expectations often result in inducing the parents to boys and their parents to their son, know the success of ways, sometimes very heavy emphasis on their for boys. So parents should initially expected his son's life and then ask your expectations and demands to speak. As parents we can discover our sons emotional dimensions of their existence and what they hyper thmia stems, support and encourage.

Our children are very diverse interests and unstable, they sometimes dramatically and suddenly dumped into something their interest Designing of his sons ask parents about what suddenly hyperthmia attending then encourage them to talk about them. If as a parent, feel the excitement have that your son away from you, it is necessary to find a way to re-connect.

in order to be better coordinated with the emotional needs of boys. Today, some families Perhaps it could be said the boy's family never heard from her father as I love you.

#### **Social adjustment and emotional intelligence**

The human brain stems in the 21st century, if his heart is in the Paleolithic era Have you ever with

people who have enough intelligence, but in social life and successful career not successful?

These questions show that we study important aspects of human Abilities ignored intelligence assessments have stayed in theories. provided new intelligence that will gradually replace the traditional is dumped. When psychologists began research on issues of intelligence and thinking, cognitive aspects such as memory and problem solving was the center of attention. But the researchers noted that at the same time non-cognitive aspects must also be considered. Background Emotional Intelligence (EQ) can be find in the ideas Wexler (psychology) to an explanation of non cognitive aspects of public intelligence. Wechsler intelligence cognitive and non-cognitive aspects attempts to measure public together.

He's trying to understand "social adjustment" and adjust the images to identify and clean "social Status" was. In 1968, Cattell and Boucher psychologists who were trying to progress through school and creative ability, personality and motivation predict their people. They were able to show the importance of this issue, even in academic progress. Preceding studies by Sips and colleagues (1987) showed that between understanding the images and there is a significant correlation to social intelligence indexes. Lypr (1948) also believes that "emotional thinking is" part of the "logical thinking". Psychologists such as Meier (1993) Salvi also their preceding studies focused on aspects of emotional intelligence limitations. EQ ideas after 50 years again by Gardner (1983), professor of psychology at Harvard University followed. He know intelligence, including linguistic, musical, logical-mathematical, physical, interpersonal and intrapersonal.

The definition of emotional intelligence in the brain aware that we have something called (IQ IQ) that the years-we think is the sovereign body and behavior that he gives us control diagnosis is made, wherever correctional behavior of someone's head, or vice versa, fast to his high IQ or a low IQ. But in 1990 by Daniel Goleman found that the widespread species as part of everyday language and aroused income. the environment or the ability to understand and reasoning are emphasized. Psychologists identify different intelligences limitations that can be used in three Group Classification:

- ♣ objective intelligence.
- ♣ abstract intelligence.
- ♣ Social Intelligence.

Objective intelligence, the ability to perceive objects and work with them.

Abstract intelligence is the ability in verbal and mathematical signs.

Emotional intelligence is rooted in the definition of social intelligence. Goleman defines emotional

intelligence opens: "Emotional intelligence is another form of intelligence. This intelligence includes understanding the sense of self and use it to make the right decisions in life. In one motivating factor in defeat and hope stems. this. Emotional theorists believe that the EQ to us says that what we can do, in fact, EQ, ie having skills to know who we are, what thoughts, feelings, emotions and behavior, means recognizing your emotions and others, so that we can have a social conscience morality based on behavior. We have to succeed in passing the University of IQ, but we need to succeed in personal life and career of emotional intelligence need.

Emotional intelligence in the workplace than other factors for the optimal performance capabilities such as IQ or technical skills play opens, so by nurturing and emotional growth and its capabilities, both the organization and employees' benefits it is EQ similarity to. IQ can be assessed, such as in education and IQ is higher than the acquired properties; EQ. The possibility of excitement and general awareness, control, and manage it provides a. A large number of people with high IQ but carrying stupid things, because they do not manage emotions. In fact, the excitement on various occasions over them-is managed. One of the main differences is that intelligence quotient (iQ) with emotional intelligence through genetic IQ but EQ is created through education. It seems that despite the growth of the brain in science, mathematics and logic that has not changed in terms of emotions with initial human. Do rage against the man in the photo-response, that is faster blood flow to the heart beat and have delivered the high eyebrows in surprise to have a broader field of view.

Despite of arise long before brain and logical, there is the emotional issues related to the emotional brain, the amygdala, which is operated as a reservoir of emotional memories. The human brain stems in the 21st century, if his heart is in the Paleolithic era. Although the components of emotional intelligence, emotional intelligence communication with intelligence quotient, but in terms of theoretical and practical concept, it differs completely with component-of emotional intelligence are as follows:

- ♣ interpersonal including self-actualization, independence and emotional self-awareness.
- ♣ interpersonal including problem solving and knowledge to reality.
- ♣ Compatibility: including impulses and bear the brunt of control resulting in emotional intelligence as a phenomenon of interest, not only consist of a psychological theoretical aspects, but also on the ground for most of the problem lies with its promotion of life can be a good response Found. emotional intelligence conversely intelligence quotient change,

reform and modernization, so understanding emotional intelligence will have a practical use.

### **Management and leadership with emotional intelligence**

The leadership of an organization to adapt to change and to survive and thrive in new environments, will certain characteristics that generally is dumped managers to respond to them facing many problems. One of the most important that can help leaders and managers in response to these changes, is emotional intelligence. Emotional intelligence is a subject that try to explain and interpret role of emotions and sensation in ability humans. Managers have the emotional intelligence, effective leaders that they are targets with maximum productivity, employee satisfaction and commitment. Today, many organizations are change and any change requires employees and managers who adaptability and adapt to changes. The social interaction and fruitful manner appropriate for most managers and leaders as a key element in organizational change management is becoming increasingly important.

Surveys have shown that overtaking will be the future leaders who can effectively communicate with their human resources. In the field of emotional intelligence (EMOTIONAL INTELLIGENCE = EI) is one of Components can greatly play an important role in relations with organization members and managers According to Goleman (1998) imminent and inevitable condition in the organization would-be account. Recently, some scientists also found that more important emotional intelligence and IQ (IQ) for a manager and leader.

Today, emotional intelligence has been explained as a kind of intelligence that also includes a detailed understanding one's own Emotions and accurately interpret emotional states of others. Emotional intelligence, the person evaluates emotional, it means that the person is aware how much of Emotions and sensations and how they manage their stems. The remarkable thing is the emotional intelligence abilities are not innate emotional intelligence, they can be learned.

### **dimensions of emotional intelligence in leadership**

Goleman, Bvyatzys and Ray (1999), the components of emotional intelligence to the limitations described below:

1. Self-awareness: conscious or recognize emotions that are happening at the same time, a key part of emotional intelligence at this. The ability to manage real-time indication of the sense of self and insight psychology is Sensations. Managers and leaders who are degree top-of-consciousness, and others are honest with yourself and know the how their sensations affect to, other people and affect to their career performance. With a strong sense of self-

awareness, self-confidence and are diligent in using and know their ability when they ask for help.

2. Self discipline manage emotions is a skill-based self-consciousness form. Managers and leaders can create an environment of trust and fairness. Self discipline factor is very important for competitive reasons, because in an environment that is dumped and IT organizations work repidiy deformation. Only those who master their Emotions, able to adapt to these changes.

3. Motivation: Sensations directed towards specific target to focus their attention and motivation is very important. Sensations control any kind of skill and success and those who are able to motivate Sensations on time, in everything that is given to them, try to productive and effective. Leaders are motivated to achieve beyond their expectations and everyone else moves addressing. Keywords of the leaders, progress. Leaders who have leadership potential, willingness to progress and to progress in their meta-be internalized. Passion, the first sign of leadership is motivated by the love of learning, engaged to do a good job and a better energy for doing things show that to lerate. Another sign of organizational commitment. When people love their job for himself, an organization where employed, they are commitement sensation. When the symptoms against them they are optimism sensation.

4. Empathy: the ability of others to lie on the emotional self-awareness, empathy with others that are a numerous people skills. Speak to all the leaders tried to satisfy with empathy. They are thoughtful and thought, Sensation's staff are regarding, along with other factors in decisions regarding. Empathy is particularly important today as part of the leadership, leaders most sympathetic to show that sympathy with the people around them. They used their knowledge to improve their organization in subtle but important ways to addressing.

5. Social skills or set up relationships with others: the art of connecting with people too much, control and management skills Sensation's others. This skill is an ability that popularity, power, leadership and personal influence to strengthen stems. An important loss leaders with high levels of emotional abilities. Most are in the spirit. Socially skilled people and also the wide range of skills to build relationships tend to other. They are skilled in managing Group. Social skills can be the key leadership capabilities in most organizations are taken into account, because the task of leading the work done through other people. In this regard, leaders need to effectively manage relationships and social skills makes it possible.

Meyer, Salvvy and Karsv (1990) also recognize four dimensions of emotional intelligence include:

1 Emotions identify in themselves and others: the most important related to emotional intelligence is the

ability to be conscious of Emotions and Sensations. The ability of consciousness to permit managers to know their strengths and weaknesses and to believe in their value.

2 Application Emotions of: Emotions applications, the ability to use Emotions in helping to achieve the desired results, solving problems and using Frst-Hast. These skills include empathy and insight critical to the organization. Managers who have the ability, Emotions and Sensations others until they feel more feasible. They show that they care. In addition, they specialize in understanding the process of administrative policies. Thus, socially-conscious managers who exactly know the words and actions of others affect and impact-sensitive that if the words and behavior have a negative impact, it changes this location.

3 Emotions ability to understand ability to understand complex Emotions and awareness of their causes and how to change from one state to another Emotions called the Emotions understand. Managers who have the ability, the skills to develop your passion and resolve different expressed through humor and kindness to addressing. This could help them better cooperation with others planning their abilities.

4 Emotions management: Emotions management, the ability to control Emotions in themselves and others. So, they know the origin of this bad moods Where and how long that might take.

Jordan, "Ashanazy", "Hartl" and "Hooper" (1999) dimensions of emotional intelligence in the workplace for show-have model. In this model, according to Meyer dimensions, Salvvy and Karsv, explaining the more minor indexes indices and their relationships with themselves and others that including emotional intelligence, emotional intelligence related to the workplace.

#### ♣ Emotional intelligence and leadership

Emotions to facilitate problem-solving ability of emotion or produced in the performance of group members play an important role stems. In fact Barsad (2000) from Yale School of Management in study about the emotion did not get a positive Emotions Open in Group, members facilitate collaboration, reduce conflict and the to improve the performance of the group. pay them. degrese correlation between the group leaders in emotional intelligence test-score of their efficacy by the director ( $51/0 = r$ ) was calculated. The correlation between emotional intelligence test and scored an average Degrese group of managers their performance in providing services to clients ( $46/0 = r$ ), respectively. In this study, the relationship between emotional intelligence and complex performance. members of the relatively high positive correlation ( $58/0 = r$ ) with emotional intelligence.

An Australian research team is that by "Jordan", "Ashanazy", "Hartl" and "Hooper" (1999) leadership. 44 Group's performance during the period from 9 examined. Emotional intelligence Group members using a self-report scale that was designed based on the model Mayer and Salovey, respectively. The researchers Group performance in the field of high or low emotional intelligence were analyzed. At the beginning of the study, Group performance of high emotional intelligence was significantly higher than the performance Group who had low emotional intelligence and at the end of the ninth week, the performance of both Group were at the same level.

According to the results of the surveys and other Study seems to be that emotional intelligence as a mediating factor organic and can improve the performance of the group. Because it makes it possible for the group to have delivered widely and in a coordinated manner to be effective.

#### **correct methods of emotional intelligence training program**

Emotional intelligence in organizations in implementing programs should be considered a matter of principle. These principles include: (Karsv and Wolfe, 2001).

Clearly define the goals of the organization;

Create links between education and the goals of the organization;

Detailed assessment to identify the strengths staff training program based on their individual needs;

Compliance with abilities and weak staff training program design;

Compiled session structure;

Use Practices practical, case studies and role playing;

Communication and links between Learned and real-world experiences of staff;

Provide opportunities for training that Learned;

Prediction multiple opportunities to give feedback;

Use Status team to play and the most important social behaviors and training;

The specific needs of each individual's private and confidential;

Providing support and strengthen resources for staff in the follow-up phase.

#### **Emotional Intelligence at Work**

Sometimes your self are questions, How can he motivate the employees? Or under what conditions can be set in members of a business or organization, enthusiasm for increased work better? How can trust and confidence be? How raise hope for the future? Reduce anxiety by what method? And questions like these.

Looking at the expressions motivation, enthusiasm, confidence, hope, anxiety and similar

words found, about issues of excitement or emotion and rational thought this regard nor cognitive components. Or rather, instead of talking about the IQ of capacity or what is now called EQ, emotional intelligence (Emotional Intelligence = EI) called simply wishes to discuss.

Emotional intelligence consists of five skills:

1. Self-awareness skills:

Understanding your emotions are immediate and profound and use it to guide appropriate decisions.

2. Self discipline skills:

The ability to control and manage emotions and calm to help decision making and utilizing cognitive Abilities properly. Hyjanatman in a way that works in harmony with the disorder, the easier it is to help us.

3. spontaneity skills:

Use your deepest interests and guided to move towards the goals to help Forward and strive for perfection and progress, The fact that not waited up to an event or person motivates and moves us.

4. empathy:

Understand what people feel they have the ability to consider the views of others and develop rapport and coordination with various Human to promote teamwork (especially in the workplace and organizational).

5. Social skills:

In relationships with others, as well as cope with their emotions and others, understanding social situations and networks, good listening skills, assertiveness and well off, and use these skills to resolve conflicts and Opposite persuasion, leadership and management.

What is clear is the fourth and fifth skills directly connected with the functions of leadership and management but with a little reflection will notice is the Self discipline skills to control emotions, skills, self-knowledge to better understand the underlying layers feelings, Offends, desires and thoughts, and spontaneity in order to create hope and behavioral skills that is perseverance for a director of special importance.

When the director of a deep understanding of your feelings and emotions management, and identify your organization's current wave of emotions, behaving in a coordinated show of solidarity with the elderly waves, will become the Hearts government headed screw not on positions and infrared situations self organization! Such leadership in accordance with the norms and culture of your organization,, motivation, hope and confidence to move in group.

As Daniel Goleman, Annie McKee and Richard Bvyatsyz in his book, Leadership Articles 2 (organizational leadership and emotional intelligence) noted limitations, a leader for famous to emotional norms (under the stream of real-emotional) and

dimensions Hide your organization have the necessary attention. If the cultural norms of passionate action, innovation and advocacy director not famous not, they will find themselves in an unequal fight. Perhaps the most ominous aspect of this lack of coordination is that-instead of ingenuity and self-control in such a series of false View, following without thinking, flattery or neglect are obvious. The best leaders are effective methods in order to understand and improve the way found in which control their emotions and other. Understanding the powerful role of emotions in the workplace best distinguished leaders, not only on issues such as tangible and measurable business results better protect and promote talent, but also intangible but important issues such as morale, motivation and commitment.

Simply can say that in every human group leader, Max has the power to influence emotions. If you yearning to be drawn emotional, will reach peak performance if they lead people to hatred and anxiety, the progress will be open. This lateral other leaders of fundamental shows, whose work beyond that determine whether a job well done, It results. supporter followers for emotional connection and empathy, his gaze directed to the Leader addressing. When leaders lead emotions in a positive direction, that the second executive director in By-By-Sy have seen, the following best result the best form of emotional intelligence of leaders to benefit for offer advances.

#### **Emotional intelligence and marital relationships**

According to family counselors, to achieve a successful marriage and a happy family life, very simple and straightforward: "You should know when to apologize and when your wife Interest work did not bring on his face." Like many other Mot concise words, the seeming simplicity of this Directive, is deceptive. In fact, that knowing when, why and how of your spouse and enjoyment of the ability to appolo gize such as patience, fortitude and tolerance in an angry, emotional requires advanced skills and a high level of empathy, control and his deep understanding of the needs and feelings of others. The interesting thing about these skills is knowing these are similar to the components or dimensions of emotional intelligence construct. Emotional intelligence (EI) is defined by Meyer and Salvy "The ability to understand the thoughts and emotions in order to assess the mood and setting that will empower them to species to be emotional and intellectual development." In fact, this apparent incongruity between the types anilites to congruence and that makes emotional intelligence and marital factors are high abilities necessary dialogue and interaction has been successfully us to this point makes that emotional intelligence in the field of marriage and family life, an important role is

undeniable. The question now is that emotional intelligence to how it can affect your married life off? And couples what kind of emotional skills they need to help them overcome their marriage problems and ups and downs ever overcome it?

♣ emotional perception and relations between spouses

Since 1995, research conducted perception of emotional and marital relations, the results of which are as follows:

Marriage and married life full of emotion is the texture.

the marriages that couples are in conflict with each other, arousal be seen more emotional. In other words, more Opposite and conducted in disputes between couples due to emotional arousal conflict The ability to receive and accurate diagnosis of emotions in yourself and others differ. For example, some openly marriages a to neglect their husbands and their emotional symptoms ignored or misinterpreted and not correctly identified the emotions are ready. For example, a sad mood or sadness his husband is intererpret angry.

Men have significant differences in the ability to express their emotions clearly an important loss. For example, some vague emotional Message used to make a move to the opposite side smiling and Frown. The researchers found that individual differences in the ability to express the relationship between stable and accurate joys emotions and recognize them with life and marital relations is desirable.

Happy couples compared with couples who do not have a good relationship and emotions, empathy also show that more and more sensitive to each other's feelings at the expense of this location.

Unhappy couples from marriage in reaction to the inappropriate behavior of their husbands retaliation addressing.

Women better than men in expressing emotions and recognize them act, nearly as accurate. For example, when a wife gives her husband a message of positive emotions, nonverbal signals may be physical (such as smiling) and from a sincere tone when speaking in use is stopped. On the other hand, men tend to use Message mixed (hybrid) are. For example, when a man wanted his wife to give positive emotional message, the message is accompanied with laughter and with potential symptoms arousal such movements eye or brows.

Men's inability to accurately identify and express emotions, a major cause Marriages unsuccessful. For example show, high emotional arousal during the marriage (through measurement of physiological signs such as heart rate or blood pressure treated) men who are satisfied with their marital life rate daily, signs of

with drawal or emotional isolation are show that, Psychology called "stone wall" called.

Happy than couples discordant couples, both to manifest and express emotions and the understanding, diagnosis and receive affection, show that better performance.

Some men feel they threatened from two sides simultaneously dumped into one of the position-that are able to control them unpleasant and negative rate daily, and one of the emotions, such as anxiety and grief caused by these situations is dumped. This feeling of vulnerability and helplessness, nearly as men when angry is dumped and are willing to experience the emotional modes through which they feel unable to control the important loss situations.

the wife. This anger may lead to destructive behaviors that war and battles families and beat is physically abusive.

the relationship that full of tension and conflict in marriage, even a husband who is very tolerant and patient factors are high, feeling breakdown and in front, nearly as severe negative psychological and physical symptoms (such as stomach cramps and pain, increased heart rate, the definition of palms, headaches, etc.) that threaten their stems, feeling of helplessness, anxiety and panic, nearly as. In such circumstances, men may be automatically and involuntarily experiencing anger. Overall, based on the findings of studies on relationship marriage, spouses become aware of emotions and the assumption is made that if the couple to inform their emotions clearly and openly to each other and express themselves better life will have. To do this it is necessary to compare the causes, aspects and consequences on the lives of marital are aware of their emotions.

Psychologists believe we can increase emotional intelligence in children and even adults Since the creation of

- Lively and vivacious spirit Cooperation 2. 3. Create a sense of responsibility and helping others deal with dangerous situations and to follow the path of growth without risk.

Thus, growth and development in children and adults, according to her explanation is given in each category is essential for a healthy life.

Create a vibrant, happy life: Research has shown that the more happy people are more health and more and have more emotional intelligence, responsibility and more social are people high emotional intelligence that helps them be happier away from their grief.

Create a spirit of cooperation and help others: children who have higher emotional intelligence are aware of others' feelings and needs of others in the group try to be productive members understand.

And at least assist them with empathy. The baby's emotional intelligence education When you feel better about life that work together and help each other. Research has shown that children who are at a higher level of emotional intelligence have the following characteristics:

Learners are better, have fewer behavioral problems, emotions well speak up, Speak, listen to others Countless words, the less violence show that, a lot of friends virgin, happy and vibrant, if there is a problem in their lives, act in good problem-solving and coping with problems in these children more than others emotions about the people around you feel good have.

3. Create a sense of responsibility: Emotional intelligence helps the individual responsibility we have in the community, to reach this stage should give the necessary training to children, beginning with the education of children, to teach them to instead of Ahsasat-Shan take the responsibility for your feelings and accept Emotions, for example: instead of saying "you make me happy severe", including "I feel happy this regard" use.

Also to teach them the right to choose their own feelings, choice such as using verbal and nonverbal skills, change, action and all we can and we mastered on your Emotions and strengthening social connection is made.

4. Dealing with dangerous status: Research shows that children who have more emotional intelligence, early detection and reaction to dangerous status show that the critical period of adolescence is less chance that a moral deviation and less attracted to bad friends is dumped.

## References

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