A vast amount of studies have been carried out far and wide on the impact and development of emotional intelligence in an individual. At first it was not counted as a form of intelligence at all, it was merely considered a myth concerning the arts and even now, after numerous studies, some criticism remains. However, despite the criticism the impact of emotional intelligence in one's daily life cannot be denied. It is there, it is important, the developments are being studied and a great many health and social issues are related to it.

The ability to recognize one's emotions, properly categorize them and appropriately deal with them comes under the term "emotional intelligence". To be counted among other forms of intelligences, emotional intelligence has to be proved a mental capability and shown to be growing with age, like other forms of brain associated traits (Schutte, 2007). Although a number of studies have proved this, but due to lack of well defined scientific criteria of studies and the fact that a number of self-assessment emotional intelligence tests have shown false results, make it a target for controversy. Still, the ongoing studies and development of varying new study tools have made Emotional Intelligence an area of interest for many and a wide variety of traits have been linked to it in various researches. Among the most highlighted roles of emotional intelligence come its importance in the work place, the development of leadership qualities, stress management techniques, emotional and mental well being, mood maintenance and social development of individuals.

The capability to deal with what one is feeling and to categorize and understand the depths of one's emotions is highly important for the peace of mind and to deal with the daily stressors of life. Studies have shown that those who possess the ability to positively deal with their emotions are more likely to be successful in their academic and professional ventures as compared to those who get overwhelmed by the negative impact of emotions (Mayer, 1999). Feeling of anger and the knowledge that it is a threat to the situation but still letting it out of the bag can ruin a situation dramatically and it is a mark of emotional wreck. In contrast, a person who possesses emotional intelligence would deal with such a situation in a different manner, be in control of the situation, exercise caution and as a result will calmly steal the show. Successful recognition and control of emotions require modifications and alterations of feelings which comes with time and practice. Experience and skills also play a key role in development of emotional intelligence (Petrides, 2004)

An emotionally intelligent person possesses clarity, that is, the ability to recognize and effectively categorize their emotions and has the ability to deal with them individually and not get emotionally flooded or stressed at the prospect of challenging events. Academic achievements have also been linked to emotional intelligence. Although there is no saying that it beats the importance of IQ and memory in performing well in exams. But a number of studies have shown that exam stress or exam fevers are better dealt with a combination of emotional intelligence and IQ. Such individuals show better results than those who have difficulty in dealing with their emotions and as a result feel burdened and stressed. Anger, frustrations and intense negative moods can heavily damage the cognitive ability and prove disastrous in situations where one needs their mental capabilities to perform well. Percieving emotions clearly and being sure about one's feeling comes under emotional
intelligence and its overall contribution to cognition and intelligence development is higher than the general intelligence alone.

Some studies show that adults show better score of emotional intelligence than adolescence who tend to be more immediate in their actions and hence at times reckless with emotions. Some recent meta analytical studies indicate that overall, emotional intelligence has the capability to play a major role in the maintenance of mental and physical health of individuals as emotions have the power of being the core reason of anxiety and irrational actions derived by impulse. Mood fluctuations and depression have also been linked to low EI along with personality disorders. In contrast, it has been determined that EI is among the protective forces against a number of psychological disorders and directly effects the mental health of individual along with physical aspects of health in shape of pains, particularly evident in adolescence (Mayer, 1995). Emotional distress and irregulation of feelings may also lead to chronic stress; feeling anxious, highly frustrated, over excitement, resultant of which is negative effects on the body which is not designed to deal with such high doses of stress and gets burdened when emotions aren’t intact (Schutte, 1998).

Emotional Intelligence also has a huge social impact. Those who have the ability of exercising control over their negative moods and generate positive feelings are less likely to suffer from mental and social stress. They possess good social skills, interact well with others, make their fellows feel better and on a personal level, such individuals are considerably safe from distress and emotional disasters. As the emotional intelligence declines, the behavioral problems start. One loses identity on what is good for them and may also be pushed towards drug usage and smoking in order to deal with their emotional turmoils and daily doses of stress. A wide variety of stress, emotional problems and anxiety have been related to poor academic and professional performances as well. A great many individuals have been found to be going towards drug usage simply to get over with their emotional floods. Depression and suicides have also been linked to poor emotional intelligence and a lack of recognizing potential wreckers of the peace of mind. Hence, one cannot deny the necessity of well developed emotional intelligence, as it takes the mind, body and soul in its wake (Ahmed, 2013). High EI is shown to be directly linked with fewer incidents of psychiatric problems and a decrease in a variety of headaches (Ciarrochi, 2002). Emotional intelligence also has a link to the psychological aspects of well being, so it is necessary that more studies be carried out in this regard and a better perspective be created in order to deal with all related aspects. Recent advances in neuroscience has also led to the widening of horizons in terms of understanding emotions and it has been made clear that our body is not regulated by mere logic, it feeds on emotions which require regulations and quality handling in order for health to be intact.

The acceptance of emotional intelligence has been growing so huge that it is considered as core requirement of nursing education. It is said that a lack of EI aptitude can be disastrous for the profession of nursing which deals with not only the care in physical form but is dependent on emotions at a huge rate. Even teachers of nursing education are required to have a strong control over emotions and be remarkably high scorers in their emotional intelligence evaluations (Mavroveld, 2007).

Talking about work place and leadership qualities, emotional intelligence has gained importance as much as being regarded as a mandatory and pre requisite of a leader. For the positive growth of a workplace and a team, it is necessary that along with possessing vision and task managing techniques, a leader should have a high level of emotional intelligence, because people feel better when their leader makes them ‘feel’ comfortable with their duties. Leadership qualities are now defined to include the ability to understand and correctly interpret the emotions of others and to help them feel better with their assigned tasks. A leader should be able to communicate, listen and learn from a wide
variety of his fellows and deal with individuals on emotional level, to connect with them, maintain a balance between firmness and concern, manage relationships effectively and have understanding enough to assign tasks according to the capabilities of individuals in order to achieve good performance from them and also keep them satisfied (Freshwater, 2004). All these traits are a criteria of emotional intelligence, which has recently gained immense popularity as the quality of a good leader. It is said that emotion management skills are important for better social relations and related achievements (George, 2000).

Keeping in view the wide array of research dedicated to the cause of emotional intelligence, its impact on our lives cannot be denied. But there still is dire need of further scientific classifications and exact measures need to be formulated to evaluate the exact level of emotional intelligence and associated well being of individuals. At a very basic level it is required that teachers be good emotional practitioners and have the ability to control classrooms with positive emotions and feelings because learning and personality development are linked to emotional well being at a huge extent (Mayer, 2008). Not only is EI the requirement for good scholastic performances and better leadership skills, it also has a great deal of impact on our daily lives. Social and emotional development also depend on a good grasp at emotions, controlling emotions effectively and dealing with it wisely on a daily basis is mandatory and it enhances the role of EI in everyday life (Hargreaves, 2000). It should also be the role of parents to nurture their children with care that regulates their emotional intelligence above all so that they can grow to be better individuals and have firm grip over their emotions and as a result have sound minds and bodies.

Emotional Intelligence has been studied at length and its cause and effects have been identified but a great deal more remains to be uncovered and pondered upon. These studies are a lacking in Pakistan, where only the role of emotions on stress has been worked upon as yet. The importance of emotions in academic activities, workplace and health should be identified on our own population in order to be better equipped of the knowledge upon dealing with the population in general and the adolescence in particular in accordance with their emotional levels so as to step towards the betterment of our society in varying ways.

REFERENCES


