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**EMOTIONAL INTELLIGENCE**

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It is believed that human mind depends only on the intellectual abilities of each person (which are detected by IQ tests). Society was surprised when scientists, having conducted numerous studies, proved that our success in real life, work, relationships and family is directly associated not only with the mental abilities of a person, but also with the ability to identify and manage emotions. It means that there are some traits that are even more influential on our success than our IQ.

The first formal theory of “emotional intelligence” was suggested by Peter Salovey and his colleague in 1990. They coined the term emotional intelligence and described it as “the ability to recognize, understand, utilize, and regulate emotions effectively in everyday life”. This gave rise to the study of emotional intelligence by other scientists and psychologists.

Nowadays, the amount of information in the media devoted to negative events far exceeds the positive news. This is a big problem, which contributes to a growing deterioration of emotional state, nervous breakdowns and depression. Besides, not all people have well developed emotional intelligence. Daniel Goleman, a famous psychologist that published the bestseller “Emotional Intelligence”, proposed that promoting “social and emotional learning” in children to boost their emotional intelligence would not only improve their learning abilities, it would also help them succeed in school by reducing or eliminating some of the most distracting and harmful behavioral problems. Thanks to his book, researchers and the general public recognized that emotional intelligence might have an equal importance or even greater importance, for individual success as IQ does. Schools, educators, and education researchers have also heartily welcomed the idea that emotional intelligence is not simply a genetic, “you have it or you don’t” sort of trait, but a set of skills that can be learned and improved upon.

The main components of emotional intelligence are the following: self-awareness, self-regulation, motivation, sympathy, communication skills.

The ability to distinguish, recognize and manage our emotions, as well as understand other people can greatly facilitate a person’s life, moving him up the social ladder. There is evidence that recruiters will tend to be interested not only in practical skills and abilities, but also in the level of emotional development as it reflects stress tolerance, the ability to communicate, to cope with complex tasks in the process of team or individual work.