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SELF AWARENESS AND INTER-PERSONAL RELATIONSHIP ROLE PLAY IN DEVELOPMENT OF EMOTIONAL INTELLIGENCE

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Abstract:

The Emotional intelligence is a very recently described as intelligence form. It is the ability to sense and understand and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence the skill which belong to the highly developed emotional intelligence include to be independent from individuals own feeling, discern niceness of feelings ability to adjust, ability to recognize, name and direct the feeling and use them. In a positive way, and be able to derive actions from them emotional intelligence accompanies our daily life. In the regard the meaning, need and importance of emotional intelligence factors essential for the development of emotional intelligence those are self awareness (intra-personal Relationship) and inter-personal Relationship

KEYWORDS:

Self Awareness , Inter-Personal Relationship , Development Of Emotional Intelligence.

INTRODUCTION

In view of the above the factors self awareness and inter-personal Relationship are two major components found in the tool of emotional intelligence which has been developed by Mangal and Mangal. When there is having its own role playing to findout through its items, for the need of the study in this regards the meaning and steps / stages playing significant role. So now the details study is essential of the components.

MEANING OF EMOTIONAL INTELLIGENCE:-

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic.

Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article "Emotional Intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (1990).

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NEED AND IMPORTANCE OF EMOTIONAL INTELLIGENCE:-

Emotional development reaches its maturity in adulthood. In these stages, the various emotions such as fear, anger, hatred, discrimination, pleasure, etc., can be distinctly seen in an individual, and generally their patterns of expression can also be recognized. Emotional reactions in this age are influenced by such complex factors as values, desires, ideals, viewpoints and common ethos of the society. Manifestation of emotions also is relatively refined, the adult being normally possessing the discretion to hide his emotions when the occasion so requires. Even when angry, he does not immediately give his expression but stores it in his mind to manifest it sometime days later when the opportunity presents itself. In this age, the various problems that face the individual concern vocation, marriage, family and new responsibilities, being problems that exert considerable influence on his emotional development. If these problems are properly solved, then his emotional development proceeds along desirable paths.

Formation of Emotional Intelligence originates in childhood, to which the child's life in the home and school, and social and cultural life in his surroundings contribute. Character is formed of the organization of sentiments. Sentiments are formed of the organization of emotions. Some emotions are innate while others are acquired. Both the acquired as well as the innate emotions contribute to the formation of sentiments. In social situations different emotions become bound up with different objects due to the simple and natural process of mental association. Hence the factors essential for development of Emotional Intelligence are as follows

FACTORS ESSENTIAL FOR DEVELOPMENT OF EMOTIONAL INTELLIGENCE:

1.Character and culture:

Character formation is also influenced to a considerable extent by culture, since different values and different sentiments develop in different cultures. In the words of Kimball Young, "Sentiments are products of cultural conditioning, they may be closely allied to our fundamental values, or they may be relatively fleeting in their strength and importance". In this way, individuals develop differing sentiments in dissimilar cultural situations.

In this way, the individual's moral, aesthetic, social and religious sentiments are determined by his cultural environment. They change if the environment changes. Sentiments help the individual in his adjustment to culture, so that any change in culture is reflected in changes in this adaptation.

2.Character and habits:

Habits are important element in the individual's behavior. Much of his day-to-day conduct is determined by his habits. Thus, character is expressed in habits though it cannot be said that character is the sum total of habits.

3.Character and volition:

Volition is a very important element in character. It is will power that develops the character. People of strong wills stick to their principles without flinching while the weak willed people show a lack of this spirit and are easily diverted from their paths by the least obstruction.

4.Character and imitation:

Imitation is an important element in the psychological development of character. It is a matter of common sense that children imitate the conduct of teachers and all family members who are senior to them in respect of age.

5.Character and suggestion:

Formation and development of character is also duly influenced by suggestion. These suggestions to the child can be conveyed through good stories, tales and high ideals. From the psychological viewpoint, it is the positive rather than the negative mandate that gives the more adequate and effective suggestion to the child.

6.Effect of reward and punishment on character:

Punishment and reward also occupy an important place in the development of character. In the ancient system of education, punishment was an important element. One English proverb prevalent at the time was 'Spare the rod and spoil the child'. But the application of psychology to the field of education has led to continuous decline in the importance of punishment in education.

7.Character and emotion:

A child's character development is improved by developing high sentiments in the child. Sentiments are created by emotions. The development of proper and high sentiments in a child demands psychologically effective behavior on the part of his parents and teachers. From the psychological viewpoint, the conduct of parents and teachers regarding children should be loving and sympathetic, but, of course, this hardly means that the child be spoiled with excessive affection and tolerance, even in the matter of bad habits. If a proper character is to be evolved in a child, it is essential that he be prevented from acquiring bad habits, and this is a task which needs the co-operation of both parents.

8.Character and knowledge:

Finally, increase in knowledge is also important for the development of character. Herbart has stressed the importance of knowledge in character development. A person who is not knowledgeable is not in a position to make the distinction between good and bad, with the result that complete development of character does not occur.

The essential components which found to develop Emotional Intelligence in relation to, two major aspects those are interpersonal and intrapersonal relationship as known self awareness in this regard to study details as follows.

Meaning and Definition of Inter-personal Relationship

An interpersonal relationship is an association between two or more people that may range from fleeting to enduring. Interpersonal relationships are formed in the context of social cultural and other influences.

A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship, or a parent – child relationship. Individuals can also have relationship with groups of people such as the relation between an uncle and family or a mayor and a town.

MEANING OF SELF – AWARENESS (Intra-personal Relationship)

One important aspect of perpetual development of man is self-awareness. If harnessed properly, it can be the key of success of human life; that is to reach the real Goal of human life which is identified in different terms like 'Self-realization', 'God-realization' or 'human-perfection'.

Self aware means knowing self well having a balanced and honest view of your own personality, and often an ability to interact with others frankly and confidently. Self-awareness can be defined as the capacity for introspection and the ability to reconcile oneself as an individual separate from the environment and other individuals. Self-awareness, though similar to sentience in concept, includes the experience of the self, and has been argued as implicit to the hard problem of consciousness.

Self-Awareness Theory states that when we focus our attention on ourselves, we evaluate and compare our current behavior to our internal standards and values. We become self-conscious as objective evaluators of ourselves.

NEED OF SELF – AWARENESS (Intra-personal Relationship)

One's life, when considered as a series of experiences between "You" (subject) and "World"(object). The first one is related to the spirit and matter (body, mind and intellect) with reference to one's own system. The second one is related to the minerals, plants, animals and human beings in the external world. There are two types of explorers with reference to these two sets. The explorers within their system are termed as philosophers, yogis, seers and spiritual personalities. Here the search is within and for within. The explorers of external world are geologists, botanists, zoologists, psychologists etc.. and the search is outside. Self –awareness is related to the first category. Here one is trying to find out "what am I?"

SELF AWARENESS AND INTER-PERSONAL RELATIONSHIP ROLE PLAY IN DEVELOPMENT

starting from body, later mind, and in higher level, about spirit.

To identify one's own fullest potentiality, to exploit it to the maximum to reach the Goal/s set by oneself and ultimately it is nothing but human perfection is possible only if there is co-operative atmosphere and helping hands of capable teachers in different levels. And if this skill is achieved in different levels, all that we need for worthy living is already in our grip because there we achieve moderation, love, right thinking, right decision, right communication, right relationships, concern for others, selflessness etc..

STEPS OF SELF-AWARENESS (Intra-personal Relationship)

There are two approaches of development of Self-Awareness. They are

- ❖ The Teacher- Centred Approach (expository approach) where the teacher exposes the knowledge to the learner.
- ❖ The Learner – Centred Approach (heuristic approach) where the learner is encouraged to find information himself.

The teacher can use any one of the above approaches according to the level of the learner. Importance should be given to the teaching- learning experiences which promote direct learning or experimental learning. For effective teaching-learning we have to carefully select the most suitable methods and learning experiences and arrange them in a logical manner so that a smooth flow of transmission of knowledge takes place.

In fact, the concept of SELF-AWARENESS can be recognized in 3 levels. They are,

- ❖ self - awareness : this is of primary level related to the physical self of the individual. Right from the birth an individual tries to explore his/her physical self with the help of parents, family, teachers and society.
- ❖ Self- awareness: this identification is of higher level and the exploration is related to the mental self of the individual. His/her mental capacity, attitudes, aptitudes etc. are to be identified and developed with the help of the parents and capable teachers and appropriate learning experiences.
- ❖ SELF- awareness: here the recognition is of highest and subtlest level where the learner develops awareness of his SELF/SOUL. In that process he achieves the development of all required values like moderation, empathy, selflessness, love, right thinking, right attitudes, etc.. The learner here will be in need of a teacher of caliber or level or Master. The learning takes place by the effort, obedience and alertness of the student/disciple.

STEPS OF INTER PERSONAL RELATIONSHIP

Living organisms relationships have a beginning a lifespan and an end. They tend to grow and improve gradually as people get to know each other and become closer emotionally or they gradually deteriorate as people drift apart, move on with their river and form new relationships with others. According to George Levinger the natural development of relationship follows five stages. (steps)

- 1) Acquaintance : Becoming acquainted depends on previous relationships, physical Proximity, first impressions and a variety of other factors. If two people begin to like each other continued interactions may lead to the next stage but acquaintance can continue indefinitely.
- 2) Buildup : During this stage, people begin to trust and care about each other. The need for intimacy, compatibility and such filtering agents as common back ground and goals will influence whether or not interaction continues.
- 3) Continuation : This stage follows a mutual commitment to a long term friendship romantic relationship or marriage. It is generally a long relative stable period, continued growth and development will occur during this time. Mutual trust is important for sustaining the relationship.
- 4) Deterioration : Not all relationship deteriorate but those that do tend to show signs of trouble. Boredom resentment, and dissatisfaction may occur and individuals may communicate less and avoid self-disclosure. Loss of trust and betrayals may take place as the downward spiral continues, eventually ending the relationship.
- 5) Termination The final stage marks the end of the relationship, either by death in the case of a healthy relationship or by separation.

In the light of stages of development of relationships we can see that relationships as mentioned

below.

CONCLUSION

It is well understood that in this modern era of stress and strain of all sorts in all phases of human life are affecting due to different reasons like lack of development of SELF- AWARENESS in the individuals in the form of inter / interpersonal relationship.

The emotional intelligence is the main factor which has two internal aspects. Those are intra-personal (Self Awareness) and Inter-personal relationship which develop and assess emotional intelligence of himself / herself and other emotions. It reflects on other two aspects to manage the Interpersonal/ Intra-personnel i.e own & others behaviour in our society. The significance of this article focuses on intra and inter-personnel awareness

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