

Emotional Quotient, Emotional Intelligence

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Abstract

The historical evolution of the term emotional quotient and how it is a supportive element for any person to cope with dealing in social life and environment, the factors that makes the emotional quotient develop and strengthen, how it differs from intelligence quotient.

Keywords: *Emotional Intelligence; Oxytocin; Breast Feeding; Emotional Quotient*

Introduction

I will start by a quote "Anyone can become angry-that is easy. But to be angry with the right person, to the right degree, at the right moment, for the right purpose and right way, this is not easy" (Aristotle's challenge) [1,2]. Sometimes little emotions may direct our lives [2]. Emotion as an expression started with Charles Darwin (1865) with his book "The expression of the emotions in man and animals" [3]. After that, in 1920 Thorndike published "Intelligence and its uses", where he stated that physical forces are conquered by science and emotions facilitate man's life [4]. Man's own power of intellect, skills and emotions can improve the use of earth power. He defined this concept as "social intelligence" which is the ability to adapt with people around [4].

David Wechsler in his published article in 1940 "The influence of non-intelligence factor on intelligent behavior" stressed that intelligence cannot be completed if the non-intelligent factors or "emotions" are not included. Moreover, successes in life will not be achieved [5]. During the 1950s, humanistic psychologists such as Abraham Maslow described how people can build emotional strength, and Howard Gardner published in 1975 "The Shattered Mind", which introduced the concept of multiple intelligences [6].

The first to coin the term "emotional intelligence" was B Leuner in 1966 [7] followed by Howard Gardner in his book "Multiple intelligences" (1983) [8]. In 1985 the term emotional intelligence was introduced by Wayne Payne in his doctoral dissertation "A study of emotion" where he discussed the developing of emotional intelligence, self-integration and recognition with the connection to fear, pain and desire, that influence the way to approach, solve and interact [6,9].

In 1987, Mensa Magazine and Keith Beasley used the term "emotional quotient" and this was the first published use of the term Emotional Quotient [10]. During 1989, Stanley Greenspan offered one of the first models of Emotional Intelligence. In 1990, Peter Salovey and John Mayer published their landmark article, "Emotional Intelligence," in the journal of Imagination, Cognition, and Personality [11]. Later, they discussed the emotional development and emotional intelligence: educational implicates [12].

As a concept, the term emotional intelligence was popularized by Daniel Goleman in 1995 (a psychologist and New York Times science writer) in his book "Emotional Intelligence" and discussed the reason, Why It Can Matter More Than IQ. Daniel Goleman brought emotional intelligence as an international subject to be considered [13]. In 2003, Damasio made a clear distinction between emotions and

feelings, and wrote “Emotions are of the body, while feelings are of the mind.” He went further that a feeling is a mental representation of the state of the body and emotions are automatic. Feelings are conditioned while emotions are reactions to external stimuli or to feelings themselves [14].

If we come to the definition of emotional quotient or emotional intelligence we can say it is the ability to identify, control, and assess the emotions of the person, others, and groups. It differs from intelligence quotient in that it does not need standardized tests designed to assess the intelligence. Emotional intelligence is the “something” in each of us that is a bit intangible. It deals with management of behavior and integration in social complexity which enables you to make personal decisions that will achieve positive results [15]. It is the self-awareness which gives you the ability to accurately perceive your emotion and keep aware of whenever it is needed. It is “the know thyself” by knowing one’s own character, desires and motive and keep in control of them.

Emotional intelligence is an individual’s capacity to accurately perceive, understand, reason about and regulate emotions in order to facilitate thought and achieve goals [16]. It is your ability to understand and recognize your emotions and be aware of it in order to manage your behavior relation with other people in your social circle [15]. It is an inborn characteristic that could be developed and strengthened by learning.

Emotional intelligence starts from the moment the infant is born and improves when the infant recognizes his mother given that breastfeeding plays a crucial role. The separation from the mother during this perinatal period is detrimental and triggers increase in brain cortisol which has damaging effects on emotional development and on security [17,18]. It is promoted by securing mother infant attachments from birth and it is a better predictor of success, quality of relationships and overall happiness [19]. Emotional intelligence helps the self-awareness to develop. It is a learning process via continued mother infant interaction which is a natural reaction of the infant mother contact. The infant feels and understands the mother’s feelings and reactions during breastfeeding. Infants feel the mother’s stress, upsetting situation and conflicting feelings. Disturbance in early mother infant interaction were found to be predictive of poorer infant cognitive outcome at 18 months. The influences on infant attachment security are essential for effective early prevention and intervention that promote optimal development [20].

One way to do this is to describe mother’s own feelings to her child, helping him or her to classify feelings. It also gives the child a label to name the feeling. The conversation of the mother with her infant while feeding or when holding him singing to make him sleep and using the words “I” and “you” gives the infant a state of satisfaction and adherence to his mother. This helps to ensure that his self-control is built [21]. If a child receives very little emotional support in the early years, especially the first 18 months, by being deprived of breastfeeding or separated from the mother by long working hours, the reaction that develops while the child is separated from the mother or deprived of being close and cuddled by her or the care taker, he/she will be vulnerable to peer pressures, worries, and anxiety.

Testing instruments to measure emotional intelligence are many. All depend on emotional reaction in different situation and reflect how the person feels towards people in his social circle. This differs from Intelligence Quotient which is the level of comprehension the child has to understand, interrupt and implement his knowledge in different situations [21].

So, it is recognized now that it is not only the intelligence quotient the child needs to be successful, he or she needs the emotional quotient to help him to understand the feeling and emotions of others. The higher the emotional quotient with the child the more he is responsible and respected by others. He will have increased ability to handle difficult situations. On the contrary the one who lacks emotional quotient feels lost and helpless when facing critical situation with difficult people. The National Parenting Strategy of NHS Health Scotland considers positive parenting in the following way: “Loving children doesn’t mean always letting them have their own way. But providing them with continuous secure environment in love and discipline, to understand what acceptable and not acceptable norms of behavior is, doing chores together and critically, playing together” [22].

Not having the parent around for guidance and comfort when the child is anxious would cause the child to deal with it (anxiety and fear) as being tough. This may lead to the child becoming a bully and might affect his/her achievement because of low motivation and encouragement from parents. Understanding and nurturing through early infancy and during breastfeeding enhances the child's emotional quotient by allowing continuous observation of the child. Breastfeeding is not only giving breast milk, but the direct contact promotes brain centers and brain neurotransmitters (oxytocin) that are responsible for love, attachment, security and dealing with stress. Oxytocin, a hypothalamic neuropeptide, is linked to increased levels of social interaction and well-being. Oxytocin is released in response to activation of various types of sensory nerves. For example, it is released in response to activation of sensory nerves during breastfeeding and to low intensity stimulation of the skin, in response to touch, stroking, warm temperature, and skin to skin contact in newborns. It is released during interaction between mothers and infants, and in response to suckling and food intake. Its release contributes to every day wellbeing and ability to handle stress [23,24]. It increases as the attachment with the mother grows during breastfeeding. The longer the breastfeeding duration (two years) the better is the outcome [21].

Oriented person with high emotional intelligence will use emotions and his/her cognitive abilities to appeal to a person's feelings and reasoning. A high emotional quotient could be demonstrated by tolerance, empathy, understanding and compassion for others, and the ability to verbalize feelings. Children with high emotional quotient are confident and have trust in themselves. They have stimulated mind especially when they are introduced during their growth to classical music, nursery rhymes and brightly colored objects [2]. Research shows that emotional quotient matters more for a child's success and happiness than intelligence quotient.

The first opportunities to shape emotional intelligence are in the earliest years, such as singing while feeding, speaking to infant while changing and feeding are the most important steps to start as mentioned before to allow the infant to feel secure emotionally by the warmth of his mother contact and continuous breastfeeding.

Conclusion

To conclude emotional intelligence is an important aspect of child development. What is sad and often neglected by physicians when they do not explain to the mother these facts and do not encourage breastfeeding and even tend to separate mothers from babies and promote bottle feeding. Emotional intelligence is important and is closely linked to social and personal development which is acquired by closeness to the mother and breastfeeding.

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