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## ON THE FORMATION OF EMOTIONAL INTELLIGENCE IN PSYCHOLOGICAL SCIENCE

*This article discusses approaches to the interpretation of the concept of emotional intelligence, as well as its formation. The value of emotional intelligence for successful activity of a person is shown.*

*In psychology, one of the Central objects of research is the personality and all the processes that are inherent in it. Based on the most common interpretation, we can say that a person is an established person with a number of features and characteristics.*

*The processes that occur with the individual are subject to a multiplicity of studies, and the consideration of emotional intelligence, however, as well as intelligence and emotions separately, is no exception.*

*The article deals with the periods of development and study of emotional intelligence in both foreign and domestic psychology.*

*Goal. Consider existing research on emotional intelligence, and based on the results to generalize how emotional intelligence can affect the success of a person.*

*Novelty. This article describes the essence of emotional intelligence, as well as reveals its impact on the success of the individual.*

*Methods. Analysis of research, scientific literature, synthesis, generalization.*

*Results. After analyzing the scientific literature and research, we can conclude that emotional intelligence is a fairly popular topic in psychological science, and the analysis of research shows the importance of emotional intelligence for a person, as well as confirms its impact on success.*

**Key word:** emotions, emotional intelligence, success, motivation, personality, research, skill, condition.

**Statement of the problem in general terms and its connection with important scientific and practical problems.** Modern society places great emphasis on the importance of developing human intelligence, without which it becomes impossible to achieve goals, self-improvement, success. A person constantly feels the need for emotions, thanks to them there is knowledge of the surrounding world, adaptation to conditions and so on.

D. Goleman considered emotional intelligence as a person's ability to understand their emotions and the emotions of others in order for this information to help them realize their goals [6].

J. Meyer and P. Salovey considered emotional intelligence as the ability to perceive personality manifestations, which is expressed in emotions [9].

The most universal and recognized today is the definition of D.V. Lyusin, who by emotional intelligence means the ability to understand his own and others' emotions, the ability to manage them [7]. In turn, emotional intelligence focuses on the cognition of individual emotional states [8].

**Goal and tasks** – to show the evolution and formation of emotional intelligence in psychological science.

### Presentation of the main material of the study.

The term emotional intelligence entered psychological science not immediately, but only after realizing that the emotional and cognitive correlate with each other.

It is valuable to note the study of emotional intelligence by J. Mayer, who distinguished five periods throughout the XX–XXI centuries. During the first period, which dates back to 1900–1969, there was only a separate study of emotion and intelligence, which did not interact with each other. Already starting from 1970 to 1989 (the second period) cognitive and emotional processes and their interaction began to attract the attention of researchers. And only in 1990–1993, (the third period) emotional intelligence became the subject of psychological research. And only by the 4th period (1994–1997) is gaining huge popularity among researchers. And the fifth period dates back to 1998 and lasts to the present day. At the moment, the essence of this phenomenon is being revealed [9].

One of the early works, which was a harbinger of the beginning of the study of emotional intelligence, is considered to be a study in 1920 by Thorndike. In this work, for the first time, social intelligence was distinguished from the part of general intelligence.

According to the researcher, social intelligence implied the ability to understand a person to people, to show empathy [13].

Already in the 1930s Hunt and Thorndike conduct studies of social intelligence in subjects using the method of drawings depicting faces with emotions, in addition, emotions were identified by verbal description [12].

And in 1935, Doll developed a scale of social maturity for the cognition of a person's social competence.

In the 70s and 80s, mass studies of the relationship between emotions and thinking were conducted. The list of such studies includes studies of the relationship between depression and thinking, mood and creativity, and so on. It was found that positive emotions lead to emotional stability and purposefulness of action [10].

In addition to foreign studies, there were also studies by Russian authors of emotional intelligence. For example, Vygotsky believed that emotions are separate from instincts and belong more to the psychological sphere. He also believed that emotions are intellectually mediated and there is a relationship between emotional and intellectual, emotions also regulate thinking, which affects the motivation of activity.

Leontiev supported Vygotsky's ideas about cognitive and emotional processes and developed them in his writings. The researcher showed that emotional regulation is inherent in thinking.

In Russian psychology, the term emotional intelligence was closely correlated with the concept of emotional thinking. This process was reflected in the research of Tikhomirov O.K. In his opinion, thinking interacts closely with emotional phenomena. It is the emotional state of a person that performs regulatory functions in mental activity. Emotional activity is the basis of a person's intellectual work.

It is important to note that the study of emotional intelligence was not new to Russian psychology, since this phenomenon was studied as a semantic experience, intellectual affect, intellectual thinking.

According to A.V. Brushlinsky, there is a need to introduce a new term into psychology, since this allows us to form research from a new perspective. And despite extensive research, the problems of studying emotional intelligence continue to remain open [4].

Many researchers have agreed that emotions can control a person's behavior and influence his actions. This is reflected in the motivational theory of emotions. It was found that emotions motivate a person to act [1].

Every emotion is a complex psychophysiological state. According to Levitov N.D., any state can be both an experience of a person and the work of his various systems. Therefore, emotion is still an important component of the multicomponent structure of abilities, which a number of authors have called emotional intelligence.

Considering the structure of emotional intelligence, it would not be superfluous to consider Daniel Goleman's model. D. Goleman identifies four main components of emotional intelligence: self-awareness, self-control, empathy, and relationship skills [5].

Self-awareness is the knowledge of oneself, one's own self, one's feelings and desires. Self-control also allows you to control your emotions, manage anger, rage, panic... Motivation in this model is a means of achieving a goal, joy, satisfaction from getting what you want. Empathy should be attributed to the manifestation of personal emotions of a person, the ability of one person to accept the feelings of another person. And social skills, in turn, correlate empathy with people's personal needs.

Emotional intelligence is able to influence all spheres of people's lives and activities. He is able to influence physical health, so only by learning to manage emotions can you avoid stress, apathy, depression. Emotional intelligence is also able to control relationships with other people. Thanks to it, conflict situations can be avoided. All this carries a certain burden on psychological health. The human psyche suffers from uncontrolled emotions.

Thanks to a well-developed emotional intelligence, it is easier for a person to get used to studying, at the workplace.

Emotional intelligence is interconnected with the emotional sphere of personality. They develop synchronously. And their formation is laid from birth. The activity of their development depends on society. And the most sensitive period is considered to be school and adolescence.

The problem of diagnosing emotional intelligence is significant for psychology today. Despite extensive research, no single diagnostic method has been developed. It is fair to note that preference is given to methods that are based on solving problems to determine emotions and the ability to manage them. Such tasks contain several possible answers [11].

The popular Mayer-Salovey-Caruso test can be attributed to this group of methods. These methods allow us to study the level of cognitive abilities that allow us to control emotions. Personality traits are not included in the study [9].

Methods that are based on self-report and self-assessment work with certain abstract situations with which the subject either agrees or does not. These methods include the questionnaire by N. Hall, the questionnaire by N. Schutte, the questionnaire “EmIn” by D.V. Lyusin and others.

As numerous studies show, the level of development of emotional intelligence affects the success of a person. And the higher the emotional intelligence, the higher their success rate. Such people are not afraid to express erroneous judgments, they are able to take responsibility for themselves and for others. Those subjects who show low and average results of emotional intelligence have poorly formed emotions, emotional state. And as a rule, people with a low indicator of emotional intelligence achieve less success, they are passive, not balanced [7].

A. I. Egorov investigated the relationship between the emotional intelligence of managers and the effectiveness of management, which can be considered success. He came to the conclusion that managers with a high level of emotional intelligence cope with their duties more effectively, they have a democratic leadership style.

Pankova T.A. in her research emphasizes that the level of emotional intelligence is associated with the effectiveness of its work. Such managers are successful in their work, there is career growth. Managers are able to direct their emotions and the team in the right direction, increasing the productivity of activities.

The ability to control the emotional state, in other words, emotional intelligence is an important condition for the formation of personal qualities that are necessary in educational activities, in work. The ability to understand your emotional state and other people increases self-confidence, increases success [2].

If we consider a situation where a person experiences strong emotions, for example, in the case of

supervised work, an exam, an interview and does not cope with them, because he does not know how to manage them. As a result, a person in a stressful situation gets lost, cannot gather himself and eventually suffers defeat. And when a person is able to pull himself together, sensibly assess his abilities, develop a plan of action, curb anxiety, cope with emotions, then this in turn increases the possibility of a positive outcome, success. Thus, people with well-developed emotional intelligence become more successful, as they manage their emotions, are able to choose the right social strategy.

Considering the influence of emotional intelligence on the success of activities, it is important to note its importance both in educational activities and in work where “human-human” interaction takes place.

**Conclusion.** Emotional intelligence is considered a competence where the success of an activity leads to the conclusion that a high level of emotional intelligence entails motivation that is aimed at achieving success. Motivation for success allows you to overcome difficulties, prevent failure. As scientific research and practical experience show, the level of motivation to achieve success of a person has a direct relationship with the level of his emotional intelligence.

Thus, the study of emotional intelligence has its own history. To date, a single interpretation of the concept has not been developed. At the moment, there are a sufficient number of techniques for considering emotional intelligence [3].

Multiple scientific studies of emotional intelligence make it possible to make sure that the ability to manage your emotions, having a clear motivation lead to successful activity. Therefore, for successful activity, it is necessary to engage in the development of emotional intelligence at any age. To date, there are enough ways and methods.

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### **Насібова С.Х. ПРО ФОРМУВАННЯ ЕМОЦІОНАЛЬНОГО ІНТЕЛЕКТУ В ПСИХОЛОГІЧНІЙ НАУЦІ**

*У цій статті розглядаються підходи до трактування поняття емоційного інтелекту та його формування. Показано значення емоційного інтелекту для успішної діяльності.*

*У психології одним із центральних об'єктів дослідження є особистість і всі процеси, які їй притаманні. Виходячи з найбільш поширеної інтерпретації, ми можемо сказати, що людина – це сформована особистість з низкою особливостей і характеристик.*

*Процеси, що відбуваються з людиною, є предметом безлічі досліджень, і розгляд емоційного інтелекту, а також інтелекту та емоцій окремо, не є винятком.*

*У статті розглядаються періоди розвитку та вивчення емоційного інтелекту як у зарубіжній, так і у вітчизняній психології.*

*Мета. Розглянути існуючі дослідження, присвячені емоційному інтелекту, і на основі отриманих результатів узагальнити, як емоційний інтелект може вплинути на успіх людини.*

*Новизна. У статті описується сутність емоційного інтелекту і розкривається його вплив на успіх особистості.*

*Методи. Аналіз досліджень, наукової літератури, узагальнення.*

*Результати. Проаналізувавши наукову літературу та дослідження, можна дійти висновку, що емоційний інтелект є досить популярною темою у психологічній науці, і аналіз досліджень показує важливість емоційного інтелекту в людини, і навіть підтверджує його вплив на успіх.*

**Ключові слова:** емоції, емоційний інтелект, успіх, мотивація, особистість, дослідження, звичка, стан.