ARTICLE: THE IMPORTANCE OF EMOTIONAL QUOTIENT ON WORKING ENVIRONMENT

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Emotional quotient is the capability of a certain individual to control and manage his emotion. It is important for a person to have a high EQ since we use emotion on making decisions. Not only the Intelligence Quotient is important on identifying someone who fits on the job but also his EQ. Indeed, EQ is very important when it comes to working environment.

Employees tend to have a work overload and it is not new for every department someone is assigned to. Pressure is always there. Submission of assigned report adds up to the pressure of work. In result, emotion rises. Sometimes, they tend to be burn out and cursed their job. Sounds but this is reality. If you have a low EQ, you may not be able to be stable and flexible on different situations when it comes to work. The higher the IQ, you are firm.

Employees tend to miscommunicate with their colleagues. Even if this is not included on the job description you are assigned, this will always matter since colleagues are included on your working environment. Misunderstanding when it comes to working with them may affect your performance. We sometimes tend to fight with them. In result, your work performance will be affected.

Employees also tend to hate their superior when it comes to work. Superiors sometimes correct mistakes but its impact is not good to the employee. As a result,
employee tends to be passive. They tend to be affected and not function well on the working environment. If an employee cannot regulate himself, specifically his emotion, then no good result in terms of his work will happen.

Emotional Quotient is really essential on every kind of work. We always use emotions even if we have high IQ. To harmonize yourself on your working environment, someone has to be firm and resilient. Everyone must have a better EQ. Use your emotion to have a better performance. Always see the positive side of everything despite of negativity that surrounds it. That is the essence of Emotional Quotient.

References:

https://positivepsychology.com/emotional-intelligence-workplace/