DIMENSION OF HUMAN WELLNESS:
EMOTIONAL INTELLIGENCE IN COVID-19 PANDEMIC

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Do you have the ability to perceive emotions of your own? As if everyone has told with their own uniqueness, but still contradicts something roaring inside, revealing the truth beneath them. As on cue for Emotional Intelligence/Emotional Quotient (EQ) being one of the most intriguing intelligence in this phase of the pandemic.

EQ is the capacity to identify your feelings, understand what they tell you, know how your emotions affect the people around you, learning from your mistakes, and adjust to the new situation. It also includes the understanding of others: how well you get along, building good relationships, be an inspiration and influence others in a definite way.

However, pandemic warned humanity on how significant to be outstandingly intelligent in the dimension of emotions. Especially, the great number of students seeking ways of adjusting to the new normal that Covid-19 bought to everyone. In the intervening time, the changing role of educators in the new normal is superbly perplexing with much-needed digitization. It has radically changed the education system and brought a paradigm change in teaching and learning methodologies that has forced educational institutions in the Philippines to re-imagine conventional teaching in the classroom and to move to the modular and online mode of teaching to provide unrestricted access to education and information. Educators either subdue workloads or are incompetent emotionally credited to rapid changes in teaching. Nonetheless, during the adjustments and welcoming of the new normal, teachers were drastically coping with rising modifications enabling sturdy emotions to go against the odds of the Covid-19 pandemic.
EQ encompasses the initial understanding of your true potential. Having the ability to regulate emotions that even negativity such as frustration, sorrow, or something more subtle was dealt with in accordance and with calmness over intrapersonal self. In the toughest situation of a health crisis with the total isolation of emotions during the pandemic, the Emotional Quotient proved its finest role to the humanity, how significant to be intelligent fighting slow downfall happened worldwide.

In terms of family, academic, and professional performance, the importance and benefits of EQ are vast. In order to self-motivate and to build meaningful social experiences, you understand and control your emotions. EQ yields a conducive environment which quickly builds rapport and is the pre- eminent version of oneself.

Emotional Intelligence helps reaching growth and progress amid change and ambiguity. The incredible resilience and determination approaching the inside of known-self keep ensuring to have upskill and stay abreast with emerging technical hitches. Thence, keep soaring high and be emotionally supplemented through incessant receptiveness. Padayon!

References:

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