EMOTIONAL INTELLIGENCE IN TEACHERS

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Emotional management in teachers plays a crucial role in helping the teachers solve conflicts inside the classroom without affecting the students’ interaction.

Teachers are admired not only because of the knowledge that the teachers impart but also because of the ability to showcase positive perceptions in spite of the personal difficulties they are in.

As a teacher, the priority should be to cater quality education for the sake of the learners. Teachers are expected to portray optimism so as to create friendly atmosphere and to provide environment conducive for learning to the students.

Teachers who cannot manage their emotion well exhibit attitude that conflicts to their oath as a teacher. As Henry Adams stated that a teacher affects eternity and that he can never tell where his influence stops. A teacher is a great influencer.

1According to Salovey, emotionally intelligent people like teachers have five basic skills. These are Self-knowledge-knowing one’s own emotions; Emotional control-dominate impulsiveness in stressful situations; Ability to motivate-understand how to motivate oneself; Empathy-communicate with students and understand them; and lastly, Social and leadership skills-make it possible to interact in effective ways.

The teacher who possesses such basic skills will most likely overcome the anxiety of facing different situations inside the classroom. They could positively deal with challenges of handling students with different competency levels.
One cannot determine the impact that the teacher may bring. Thus, the teachers’ performance should not be affected by mismanagement of emotion but rather by the love of teaching where the teachers’ heart lies.

References:

https://exploringyourmind.com/importance-emotional-intelligence-teachers/