EMOTIONAL QUOTIENT: A LIFE’S SUCCESS INGREDIENT

by:

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Emotional Quotient concerns most when happiness and success in life became the top priority just as much with intellectual capability. It is the ability to value, apprehend, utilize and manage your own feelings and emotions in an optimistic ways to release tension, anxiety, communicate willingly and effectively, have compassion with others, overcome confrontations and resolve conflicts. This magic terms helps you develop a deeper and stronger relationship, fruitful at school and on the job, and attain a fulfilled profession and personal aspirations. It can also guide you to relate with your feelings, turn a purpose into an achievement and make primed decisions about what matters most to you. A person possessing a very high emotional quotient will be considered as reliable who has a reflective influence upon everyone that they came across.

Emotional Quotient is commonly described by four qualities:

1. **Self-administration** - You are able to handle an imprudent emotions and attitude, manage your feelings in wholesome ways, yield ascendency, devoted to commitments and adjust to changing circumstances and instances.

2. **Self-consciousness** - You are aware with your own feelings and how they modify and change your viewpoint and manner. You recognize your assets and limitations, and have self conviction or assurance.

3. **Social mindfulness** - You have sympathy and empathy. You can absorb the emotions, essential needs, and apprehensions of other people, carry on an emotional consciousness, sense contentment socially, and acknowledge the supremacy dynamics in a group or organization.
4. **Rapport management** - You know how to establish and maintain better relationships, communicate distinctly, encourage and affect others, influence productivity in a team and manage disagreements.

Emotional Quotient is so important because it affects the following:

1. **Showmanship at school or work.** Strong emotional quotient guides you sail across the intricacies of the workplace, lead and inspire others, and surpass in your career. In fact, when it comes to evaluating significant job candidates, many establishments, agencies, companies now rate emotional quotient as important as technical ability and utilize EQ testing before hiring.

2. **Basic Natural Health** - Failure to manage ones stress can lead to serious health problems. It can increase density of the blood, decline immune system, raises attack, diseases of the heart and strokes, causes sterility and easily manifest the early process of aging. Managing the personal stress is the first step in emotional quotient.

3. **Healthy mind** - Unrestrained emotion and tension can also impact on the healthy mind, making you susceptible to nervousness and hopelessness. If you are incapable to understand, difficult to be with or control your emotions, you’ll also exert effort to develop good relationships. This in turn can give an emotion of sadness and isolate you and further worsen complications of the mind.

4. **Association and Connections** - By being aware of your feelings and emotions and how to manage them, you can let others recognize how you appreciate them most especially on how they act and feel. This permits you to associate and connect with them through your communication approach and create stronger relationships both on work and in your professional life.

5. **Social Quotient** - Being in harmony with emotion, gives social satisfaction, associating you to others and mankind. Social quotient empowers you to identify a friend from enemies, gauge another individual’s motive in you, lower stress,
balance the system of the nerves through communal association and communication and feel being appreciated, loved and delighted.

References:

Improving Emotional Intelligence (EQ) – HelpGuide.org
https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm