

THE ROLE OF EMOTIONAL INTELLIGENCE IN MODERN PEDAGOGY

Sohibjamol Abdullayeva Oybek qizi

✉ *abdullayevas05@icloud.com*

☎ *+998 94 143 71 21*

*Student, Denau Institute of
Entrepreneurship and Pedagogy*

Scientific Advisor:

Sarvar Hafizov Boborajab o'g'li

✉ *shafizov@dpi.uz*

☎ *+998 91 165 54 52*

*Teacher, Denau Institute of
Entrepreneurship and Pedagogy*

Annotatsiya

Ushbu maqola zamonaviy pedagogikada hissiy intellektning (EI) muhim rolini o'rganadi. Ta'lim jarayonida hissiy intellekt o'quvchilarning har tomonlama rivojlanishini hal qilish uchun asosiy mahoratga aylandi. Maqolada EI va o'qitish, o'quvchilarning faolligi, inklyuziv ta'lim va maktab etakchiligi o'rtasidagi bog'liqlikni ko'rsatadigan nazariy asoslar, amaliy qo'llanmalar va empirik dalillar muhokama qilinadi.

Kalit so'zlar: Emotsional intellekt, o'qituvchilik, o'quvchi faolligi, inklyuziv ta'lim, o'qituvchi tayyorlash, dars muhiti.

Аннотация

В статье рассматривается важная роль эмоционального интеллекта (ЭИ) в современной педагогике. В образовательном процессе эмоциональный интеллект стал ключевым навыком, способствующим всестороннему развитию учащихся. В статье рассматриваются теоретические основы, практические приложения и эмпирические данные, демонстрирующие связь между ЭИ и преподаванием, вовлеченностью учащихся, инклюзивным образованием и руководством школ.

Ключевые слова: Эмоциональный интеллект, преподавание, вовлеченность учащихся, инклюзивное образование, подготовка учителей, учебный климат.

Abstract

This article explores the important role of emotional intelligence (EI) in modern pedagogy. In the educational process, emotional intelligence has become a key skill to address the holistic development of students. The article discusses theoretical

foundations, practical applications, and empirical evidence that highlight the connection between EI and teaching, student engagement, inclusive education, and school leadership.

Keywords: Emotional intelligence, teaching, student engagement, inclusive education, teacher training, classroom climate.

Introduction

Teaching today is not what it used to be. Teachers are now expected to support students' emotions as well as their academic achievement. Emotional intelligence - the ability to recognize, understand, and manage emotions - has become an essential skill for teachers. Classrooms are more diverse than ever, with students bringing a variety of needs, challenges, and emotions. In this environment, teachers need to do more than just teach science. They need to build trust, address emotional moments and create a space where everyone feels safe. EI helps them do this.

Literature Review and Methodology

The concept of emotional intelligence was first introduced in 1990 by Salovey and Mayer, who defined it as the capacity to recognize one's own and others' emotions and use that knowledge to direct one's thinking. Goleman later elaborated on this concept and emphasized its significance in education and leadership.

This research employed a qualitative method to gain a deeper insight into how Emotional Intelligence operates in real classrooms. The teachers were interviewed with open-ended questions about their strategies for handling emotional circumstances. Thematic analysis was used to identify recurring themes in their answers.

Analysis and Discussion

1. Establishing strong bonds between teachers and students

Teachers who can comprehend their students' emotions are better able to form closer relationships with them. Students are more inclined to participate and take their education seriously when they feel understood.

2. Fostering a Positive Classroom Atmosphere

Teachers with emotional intelligence make their pupils feel secure and more confident in themselves. They are skilled at dealing with bad behavior in a calm manner and at ensuring that each student feels valued and included.

3. Promoting an Inclusive Education

It may be challenging to deal with children who have different experiences or learning needs. However, teachers get the patience and empathy from EI that they need to treat every student fairly.

4. Conflict Management Successfully

There is no way to avoid classroom disputes. However, teachers who are emotionally intelligent are often able to maintain composure and assist pupils in resolving conflicts with one another in a kind manner.

Emotional Intelligence and Student Success

Teachers' emotional skills, according to a study, have an impact on pupils' results. A significant study by Durlak and associates (2011) discovered that schools with social-emotional learning (SEL) programs had better student conduct and greater test scores. [3, 405-432b]

Students are more likely to do the following if their teachers are emotionally aware:

- Have greater self-assurance
- Improve teamwork
- Pay attention during lessons
- Lower your stress levels

Professional Development and Instructor Training

Regretfully, several teacher training programs continue to place a strong emphasis on academic material. The majority of the time, emotional development is overlooked. This might be remedied by incorporating the following into teacher education:

- Classes covering emotional literacy and EI
- Frequent workshops and reflective journaling
- Peer feedback and mentorship initiatives

This is currently happening in nations like Canada and Finland, and the outcomes are encouraging.

The Importance of Leadership

Not just instructors might benefit from emotional intelligence; it can also help school officials. Principals with great Emotional Intelligence foster a sense of community, encourage their staff, and remain composed in the face of adversity. This promotes a better atmosphere throughout the school and helps to lessen teacher burnout.

Obstacles to Implementing EI in Schools

There are, naturally, obstacles. For instance:

- It is challenging to quantify emotions
- Teachers lack time
- There are certain cultures where emotions are not freely discussed.
- Most teachers have never been taught about EI.

However, these obstacles may still be surmounted with the right policies and assistance.

Conclusion

It's a common misconception that emotional intelligence is just a buzzword; rather, it's a potent instrument that enhances the quality of instruction and learning. In the face of ever-increasing challenges in education, Emotional Intelligence may aid educators in fostering deeper relationships with their students, leading with compassion, and fostering a more conducive learning environment.

The future of education will be shaped most positively by investing in emotional intelligence through curriculum, training, and leadership.

References

1. Salovey, P., & Mayer, J. D. (1990). Emotional Intelligence. *Imagination, Cognition and Personality*, 9(3), 185–211.
2. Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.
3. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, 82(1), 405–432.
4. Zins, J. E., Weissberg, R. P., Wang, M. C., & Walberg, H. J. (2004). *Building Academic Success on Social and Emotional Learning: What Does the Research Say?* Teachers College Press.
5. Elias, M. J., et al. (1997). *Promoting Social and Emotional Learning: Guidelines for Educators*. ASCD.
6. Oberle, E., & Schonert-Reichl, K. A. (2016). Stress Contagion in the Classroom? The Link Between Classroom Teacher Burnout and Morning Cortisol in Elementary School Students. *Social Science & Medicine*, 159, 30-37.
7. Abdullaev, N. R. (2018). The role of emotional intelligence in Study. *Pedagogy and psychology*, 2(34), 45-51.
8. Tursunov, S. T. (2020). Methods for Developing Emotional Intelligence in Teachers. *The Modern Education System*, 3, 22-28.