

Emotional Intelligence Emotional Quotient

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The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

"Emotional intelligence is the key to both personal and professional success".

For most people, emotional intelligence (EQ) is more important than one's intelligence (IQ) in attaining success in their lives and careers. As individuals, our success and the success of the profession today depend on our ability to read other people's signals and react appropriately to them.

Historical background of EI

In the 1900s, even though traditional definitions of intelligence emphasized cognitive aspects such as memory and problem-solving, several influential researchers in the intelligence field of study had begun to recognize the importance of the non-cognitive aspects.

For instance, as early as 1920, E.L. Thorndike (1874 - 1949) [1] used the term social intelligence to describe the skill of understanding and managing other people. Similarly, in 1940 David Wechsler (1896 - 1981) described the influence of non-intellective factors on intelligent behavior; and further argued that our models of intelligence would not be complete until we could adequately describe these factors.

Although the term first appeared in a 1964 paper by Michael Beldoch.

In 1983, Howard Gardner "theory of multiple intelligence" introduced the idea of multiple intelligences which included both interpersonal intelligence (the capacity to understand the intentions, and desires of other people) and intrapersonal intelligence (the capacity to understand oneself, to appreciate one's feelings, fears and motivations) [2].

In Gardner's view, traditional types of intelligence, such as IQ, fail to fully explain cognitive ability. The first use of the term "emotional intelligence" is usually attributed to Wayne Payne's doctoral thesis, "A Study of Emotion: Developing Emotional Intelligence" in 1985 [3]. However, prior to this, the term "emotional intelligence" had appeared in Leaner, Salovey and Mayer [4].

Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. It is an inborn characteristic and can be learned and strengthened.

EI describes an ability or capacity to perceive, assess, and manage the emotions of one's self, and of others. EQ, or Emotional Quotient, is the capacity to understand oneself, to appreciate one's feelings, fears and motivations.

It starts strengthening from the time the infant recognizes his mother and while breastfed.

It develops from the moment the child is born and is affected by the perinatal practices, where separation from the mother is detrimental and triggers increase in brain cortisol with its damaging effects on emotional development and insecurity.

The earliest roots of emotional intelligence can be traced to Charles Darwin's work on the importance of emotional expression for survival and, second, adaptation.

A number of testing instruments have been developed to measure emotional intelligence. All present a mix of self-report and situations related to various aspects of emotional reaction and how a person feels about the other people in his social circle.

Emotional Quotient (EQ) is promoted by securing mother infant attachments from birth.

In contrast, Intelligence Quotient (IQ) defines the level of intelligence a child possesses to understand, interpret and implement his knowledge in varied situations leading to his or her growth.

Emotional intelligence helps in developing emotional self-awareness and is a learnt process through continued mother infant interactions. This allows the child to understand his feelings and express them. It also empowers the child to handle emotions appropriately, and to handle stress and upsetting or conflicting feelings. It also deals with self-motivation, encourages empathy, and other social skills.

Parents today realize that it is not only their children's intelligence quotient (IQ) that is crucial for their development but also their emotional quotient. Emotional Intelligence Quotient is important for a child not only to understand himself, but also helps him to understand the feelings and emotions of others. A child with a high emotional quotient will become more responsible and respectful. He will have an increased ability to show empathy, and find it easier to develop self-restraint.

On the other hand, a child with a low emotional intelligence will often feel helpless and devastated.

A reaction that develops when the child is separated from the mother or deprived of being close and cuddled by the care taker. If a child receives very little emotional support in the early years by being deprived of breastfeeding or separated from mother by long working hours, s/he will be vulnerable to peer pressures, worries, and anxiety. A child may deal with his anxiety and fear by hiding it under a facade of being tough. This could lead to his turning into a bully, or becoming an under-achiever suffering from low motivation.

Understanding and nurturing through breastfeeding enhances your child's emotional quotient by allowing continuous observation of your child. Ascertain the feelings that are behind the behavior and encouraging the child to try to explain his feelings even through crying and responding with soothing sounds and cuddling (skin to skin) promotes brain centers and brain neurotransmitters (oxytocin) responsible for love, attachment, security and dealing with stress. Breastfeeding mothers intuitively help their child to express their feelings. Developing your child's emotional quotient starts with teaching him to understand his feelings.

One way to do this is to describe your own feelings to your child, helping your child to classify feelings. It also gives the child a label to name the feeling. Using words such as 'I' and 'you' will help to give focus to feelings. For example, "It looks like you are frustrated with that math problem". Give your child a framework of limits that he must adhere to. This will help ensure that he builds self-control, and does not allow his feelings to always determine his actions. Introduce him to activity books that are specially written to help build a child's EQ. Try to think up exercises that will help your child learn to wait for things. These exercises will also teach him how to handle disappointment, and how to persevere with a challenge. Remember that the challenges and exercises need to be designed keeping in mind the child's age group. What may be challenging to a younger child may be too easy for an older one. An Intelligence Quotient score remains more or less the same throughout a person's life. On the other hand, an Emotional Quotient score can be increased as a person can be taught how

to understand and deal with others feelings. It grows as the attachment with the mother grows with breastfeeding and the longer the breastfeeding duration.

An IQ-oriented person will focus more on facts to convince a person while an EQ- oriented person will use emotions and his cognitive abilities to appeal to a person's feelings and reasoning. EQ is more important in gaining success and happiness in your life. A high EQ is demonstrated by tolerance, empathy and compassion for others, the ability to verbalize feelings and the resilience to bounce back from emotional upsets. Children with high EQ have more confidence and trust in them stimulate the mind due to the use of classical music, nursery rhymes and brightly colored objects. Research shows that EQ matters more for a child's success and happiness than IQ and the first opportunities to shape emotional intelligence are in the earliest years.

It very much begins from the days of breast feeding, skin to skin contact, holding for breastfeeding, singing while feeding, speak to infant while changing and feeding are the first step for the infant to feel secure emotionally by the warmth of his mother contact and continuous adenines of breastfeeding.

Mothers who success in breastfeeding have higher EQ than non-lactating mothers. Since it is possible to identify and promote EQ, therefore, we can help to breastfeeding success of mothers.

To conclude EI is a vitally important aspect of development, yet often neglected by physicians who tend to separate mothers from babies and promote bottle feeding and politicians who undermine maternity protection issues. It is closely linked to social and personal development acquired by closeness to the mother and breastfeeding [5-15].

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