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Emotional intelligence as an object of modern psychological research

Abstract. Emotional Intelligence, its structure and definition is considered. Emotional Intelligence within the broad context of self-motivation, emotions, self-regulation, stress-resistance and other traits of personality is presented. Decision making as a final stage of Emotional Intelligence process, as a processing of emotions and its personal meaning is defined.

Keywords: Emotional Intelligence, emotions, personal meaning.

Originally the meaning of “Emotional Intelligence” was connected with social intelligence and was observed like one of its components. It has appeared just in context of social intelligence problem developments by such researchers as J.Guilford, H.Gardner and G. Aizenk. By the way, on the current stage researches of emotional intelligence are quite independent direction of psychology. According to the D.V. Ushakovs opinion, although emotional intelligence is closely related to social intelligence, but has its own characteristics. Therefore, these two constructs can be considered as overlapping areas [1].

According to the opinion of T.A. Pankova, emotional intelligence or emotional competence in the widest meaning connects in itself abilities of personality in effective communication by understanding the emotions of others and the ability to adapt to their emotional state [2].

According to the opinion of D. Goleman, emotional intelligence – it is a group of mental abilities that are involved in recognizing and understanding our own emotions and emotions of others. D. Goleman also as a component of emotional intelligence has to deal with such categories as self-awareness, self-control, motivation, empathy and social skills [3].

Manoilova M.A. defines emotional intelligence as a person’s ability to recognition, adoption and regulation of emotional states and feelings of others and himself [4].

From the above definitions of emotional intelligence we can make conclusion that most researchers shared the view that emotional intelligence - is the human ability to recognize and regulate their own emotions and emotions of others.

According to the first model of emotional intelligence (EI), that was developed by P. Salovey and J. Mayer EI is defined as a complex construct consisting of three types of abilities:

1. Identification and expression of emotions
2. Regulation of emotions
3. Using of emotional information in the thinking and activities

Each type of author’s identified abilities consists of number of components. Ability of identification and expression of emotions consists of two components, one of them directed on your own emotions, and another is on others emotions. In the first component are included verbal and nonverbal subcomponents, and in the second - subcomponents of nonverbal perception and empathy. Regulation of emotions consists of two components: regulation of your own and others emotions. The third type of skills associated with the using of emotions in thinking and activities includes components of flexible planning, creative thinking, redirected attention and motivation [5]. So, the author’s selected components are not simply structural elements of EI, they are the serial stages involved in cognitive processes and activities of the person generally.

Later, P. Salovey and J. Mayer finalized and clarified the proposed model, which is based on the idea that emotions contain information about human relationships with other people or objects. It is noted that in this relation may be not only relevant but also remember, and even imaginary [6]. Changing relationships with other people and objects leads to changing of emotions experienced in this regard. In light of these views emotional intelligence is

interpreted as the ability to process the information contained in the emotions: to determine the value of emotions, their relationships with each other, to use emotional information as a basis for thinking and decision making, which can later be reflected in concrete actions. On the basis of abilities related to the processing of emotional information, the authors identified four components that are being developed and are developing in the course of the ontogenetic process. The selected components belong to their own emotions and the emotions of others:

1. Identifying of emotions is explained as the ability to identify and appropriately express emotions, to distinguish between genuine emotion and imitation.

2. The using of emotions to enhance thinking and acting. Includes the ability to use emotions to direct attention to important events, to cause emotions that contribute to problem solving and the generation of creative ideas, to use mood swings as a means of analyzing different points of view on the issue.

3. Understanding emotions is defined as the ability to understand complex emotions and connections between emotions, transitions from one emotion to another, causes of emotions, verbalization of emotions.

4. Managing emotions is the ability to control emotions, reduce the intensity of negative emotions, awareness of emotions, including the unpleasant, the ability to solve emotionally laden problems without suppressing the associated negative emotions. Promotes personal growth and improvement of interpersonal relationships [5].

Later, D. Goleman, based on earlier ideas of P. Selovey and J. Mayer, added the structure of emotional intelligence by such concepts as enthusiasm, perseverance and social skills. So there were combined cognitive abilities that were included in the model of Selovey and Mayer, and personal characteristics selected by D. Goleman. Due to the popularity of the D. Goleman's book «Emotional Intelligence», his model has become better known, not only among psychologists, but also in wider communities [7].

According to D. Goleman, emotional intelligence is «a person's ability to interpret their own emotions and the emotions of others in order to use this information to realise their own aims» [8]. According to the D. Goleman the specific structure of emotional intelligence includes a set of heterogeneous and even divergent settings: first, understanding their own emotions, aims and results of their behavior,

and yet the understanding of emotions and behavior of others; secondly, the ability to regulate their emotions and behavior and influence on the behavior of others. Even these qualities are belong to the same area, but they are in different directions, and therefore represented a variety of ways from the same individual [8, 9]. Another one of the researchers of emotional intelligence R. Bar-On (Bar-On, 1997) gives very wide interpretation of the concept of emotional intelligence (EI). He defines EI as a set of non-cognitive abilities, knowledge and competencies that provide a person to successfully deal with various life situations.

R. Bar-On has identified five areas of competence, which are related to the five components of EI; and each of these components consists of several sub-components:

1. Knowledge of yourself: awareness of your emotions, self-confidence, self-esteem, self-actualization, independence.

2. Interpersonal skills: empathy, interpersonal relationships, social responsibility.

3. The ability to adapt: problem solving, communications with the reality, flexibility.

4. Stress management: stress tolerance, control of impulsivity.

5. The prevailing mood: happiness, optimism [5].

So, a review of works devoted to the development and research of the problem of emotional intelligence, suggests that emotional intelligence is mainly associated with individual abilities, which are indicators of communicative competence. The structure of emotional intelligence includes such factors as the ability to recognize their emotions and emotions of others, empathy, regulation of emotional states, the implementation of self-control.

Prospective researches of emotional intelligence are related to its effect on various aspects of the life of the individual. It should be noted that emotional intelligence reflects the inner world of man and its relationship to the behavior and interaction with reality. The final product of emotional intelligence - making decisions based on the reflection and understanding of emotions, which are being differentiated value of the events that have personal meaning [10]. Targeted development of emotional intelligence contributes to the effectiveness not only in interpersonal relationships, also as well as staff management, in the manifestation of the skills of a competent leader, and in many other areas.

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Эмоционалдық интеллект заманауи психологияның зерттеу объектісі ретінде

Бұл мақалада эмоционалдық интеллект түсінігінің ғылыми тұрғысы мен құрылымы қарастырылған. П. Сэловей, Дж. Мэйер, Д. Гоулман, Р. Бар-Он сияқты зерттеушілер осы түсінікті дамытуға көп үлес қосқан, олар эмоционалдық интеллектінің когнитивтік және тұлғалық бірліктерін ажыратқан. П. Сэловей мен Дж. Мэйер анықтаған ЭИ компоненттері қарапайым құрылымдық элементтер емес, олар тұлғаның іс-әрекеті мен ойлау барысына қатысатын реттік кезеңдер болып табылады. Р. Бар-Он эмоционалдық интеллектіні адамға түрлі өмір жағдайларында сәттілікке жетуге мүмкіндік беретін когнитивтік емес қабілеті, білімі мен біліктілігінің жиынтығы ретінде анықтайды. Эмоционалдық интеллект құрылымына өз эмоцияларын және басқа адамдардың эмоцияларын түсіне білу, өзіндік мотивация, өзіндік бағдарлану, эмпатия, икемділік, стреске тұрақтылық және өмірдің түрлі салаларындағы тиімділікті арттыруға әсер ететін тұлға ерекшеліктері жатады. Салыстырмалы тұрғыдағы жаңа түсініктің мағынасында тұлғаның орта жағдайларын бейнелеуі мен осыған байланысты жүріс-тұрысын реттеу ерекшеліктері сипатталады. Эмоционалдық интеллектінің қорытынды нәтижесі – жеке тұлғалық мағынасы бар жағдайлардың дифференциалдық бағалануы болып табылатын эмоциялардың бейнеленуі мен мағынасы.

Түйін сөздер: эмоционалды интеллект, эмоциялар, тұлғалық мағына.

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Эмоциональный интеллект как объект исследования современной психологии

В данной статье рассматривается научное понимание и структурные компоненты эмоционального интеллекта. Весомый вклад в разработку данного понятия сделали такие исследователи как П. Сэловей, Дж. Мэйер, Д. Гоулман, Р. Бар-Он, которые выделили когнитивные и личностные компоненты ЭИ. Выделенные П. Сэловеем и Дж. Мэйером компоненты ЭИ являются не просто структурными элементами, они являются последовательными этапами, принимающими участие в мыслительных процессах и в деятельности личности в целом. Р. Бар-Он определяет ЭИ как совокупность некогнитивных способностей, знаний и компетентности, дающих человеку возможность успешно справляться с различными жизненными ситуациями. В содержании эмоционального интеллекта выделяются понимание своих эмоций и эмоций других людей, самомотивация, саморегуляция, эмпатия, гибкость, устойчивость к стрессу и другие особенности личности, способствующие повышению эффективности в различных сферах жизнедеятельности. Сравнительно новое понятие в своем содержании концентрирует дифференцированную оценку событий, является связующим звеном между отражением событий и поведением личности. Конечный продукт эмоционального интеллекта – принятие решений на основе отражения и осмысления эмоций, которые являются дифференцированной оценкой событий, имеющих личностный смысл.

Ключевые слова: эмоциональный интеллект, эмоции, личностный смысл.