

Emotional Intelligence Development Programs And Their Effectiveness

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Abstract

This scientific at work emotional development of intelligence (EI) programs, their modern education and work in the activity importance, as well as psychological and pedagogical efficiency studied . Research to the results according to, special working issued emotional intellect develop programs person's their feelings to manage, others understanding, communicative skills improve and stress in reduction high to efficiency has that Also, the EU level increased in humans motivation, social activity and psychological of stability noticeable at the level increase observed .

Key words: emotional intelligence, empathy, self understanding, social competence, psychological training, stress management, motivation.

Current in the period human capital, that is person's mental, social and emotional potential society development the most important from factors one as confession Human only knowledge level or technician skills not, maybe their feelings management, others feeling understand, correct communication installation and conflict situations reasonable solution to grow skills and success key is considered. This point of view visually, emotionally intelligence (EI) today education, management, health psychological environment create and personal growth in the processes central from concepts to one became.

Emotional intellect The term was first used in the 1990s by an American scientists P. Salovey and by J. Mayer scientific into circulation included It is a human being. own and others' feelings understand, evaluate, manage and from them effective use ability Later, D. Goleman this theory popularize, emotional intellect person's in life success for intellectual more important than IQ factor as described.Today globalization under the circumstances people between social and cultural communications increasingly emotional stability , empathy and communicative flexibility skills importance further increasing Especially the youth stress, study pressure, motivation decrease and social insulation cases increased one at the time , them psychological in terms of support, feelings management culture formation current to the point has become.

Research Methodology: In the study psychological observation, questionnaire, test, interview and training methods Participants as 50 people student and 20 people teacher selectively was obtained. Experience two in stages take went:

1. **Diagnostics Stage 1** — EI level through the Mayer- Salovey -Caruso Emotional Intelligence Test (MSCEIT) determined.
2. **Intervention Stage 8** - Emotional mind and empathy development " program based on trainings held.
3. **Control stage** — from the program after participants' EI, stress level and social adaptation again was evaluated.

Results analysis this showed that from training past in the group emotional himself management, empathy and social activity indicators noticeable at the level increased.

Conclusion

Research results emotional intellect develop of programs personal and in professional development big importance has that confirms. Such programs human communicative

potential expands, stresses endurance increases and in the team cooperation culture Strengthens future EU programs education institutions, enterprises and psychological in the centers wide current to grow interpersonal relationship quality noticeable improves.

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