



## IS EQ IS MORE IMPORTANT THAN IQ

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### Abstract:

*In this study an attempt has been taken to compare the importance of IQ and EQ. IQ refers student's level of knowledge but EQ refers the level of a student's ability to emotionally judge situations and fit into groups by managing their personal interactions. In math's class IQ is more important but EQ is useful for living better life. The importance of life is more than class so we can say that EQ development is most necessary for students.*

### KEYWORDS:

EQ, IQ

### INTRODUCTION

Many studies show that IQ, a measure of cognitive intelligence focusing on linguistic and logical-mathematical abilities, explains only a small portion of leader effectiveness (Sternberg, 1997). Emotional intelligence (EI) - popularized by Goleman (1995) – was originally defined by Salovey and Mayer (1990) as the ability “to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions”. EQ or Emotional Quotient is a measure of our ability, potential to notice and then manage our internal and external perceptions of our feelings and then control our reactions. Using a well developed EQ will help us to manage and control our emotions this called emotional maturity. IQ or Intelligence Quotient is a measure of intelligence. A way to rate this for any individual is by taking an IQ test. An IQ test measures different types of abilities like: verbal, memory, mathematical, spatial, and reasoning. This test has a preset standard based on a representative group of the population. The majority of people rank in at about 90-110. Generally, IQ tests actually test G factor. Researchers find that IQ test is a measure of an individual's problem solving ability and not an actual measurement of general intelligence. The debate about the importance of IQ and EQ continues in psychologist's circles. Most large professionals now screen any potential employees using some form of EQ test. It is Necessary social skills and students need is associated with high levels of EQ or emotional intelligence. If a student does not develop the EQ skills needed to successfully transverse the maturation process he or she will be left in a situation of having the intelligence to functionally work but not have the emotional skills to successfully work or play, thus limiting their potential future and holistic development will not be proper. They may have received good grades on Examination in school classes but without a working high level of EQ they are unable to function as mature people in an adult world.

### DISCUSSION-

According to Olweus (1989), “a student is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more students.” Bullying has three specific characteristics: frequency, the intention to hurt, and an asymmetric relationship between the bully and the victim. EQ help students to cope up but IQ has no power to control emotions so individual become frustrated and hopeless. There is negative correlation between EQ and aggression. Being aggressive also generates a great deal of distress in a child. Anxiety, depression, loneliness, isolation, fear of going to school – all the necessary elements are present for provoking emotional and behavioral disorders in the aggressive child EQ manage the aggression and help us to behave according to situation. Meta review of the research shows that IQ provided limited value in predicting supervisory performance. Some studies showed that leaders with too high an IQ may actually be detrimental for team performance. According to Bahn, experts agree that a minimum threshold level of IQ is necessary for good performance and that other non-IQ factors play significant role in predicting leader effectiveness beyond that. Bahn's (1979) Gardner (1983) defines intelligence as a set of abilities that are used to solve problems and create products that are valuable within a cultural setting or community.

Emotion, according to the experts, is an unconscious state, distinct from cognition (thinking), volition (will) or motivation. Intelligence, on the other hand, is “a set of cognitive abilities which allows us to acquire knowledge, to solve problems.” Given this, IQ and EI seem like contradictions in terms, an oxymoron, an “us vs. them.” But an IQ/EQ test notwithstanding, Emotional Intelligence is not the opposite of intelligence. Rather it is a unique intersection of the two that can enable you to use your emotions to help you solve problems and live a more effective life – both at home and at work. C. R. Bard(2009)

**WHY EQ IS MORE IMPORTANT:** Emotional Intelligence consists of four fundamental capabilities: Self-Analysis (the ability to identify your own emotions and their impact), self-management(the ability to control and proper expression of emotions and behavior), social awareness (the ability to recognize and understand the emotions of others and react appropriately), and relationship management (the ability to influence and connect with others).Emotional Intelligence can be a powerful key to effective leadership. Used and developed wisely, it can help you build consensus, promote collaboration, manage conflict, generate buy-in, and, in general, enhance your overall effectiveness in dealing with the changing dynamics you face today.

**DEVELOP YOUR EQ:** Try to understand about the difference between your feelings and the fact means self evaluation. Make an effort to differentiate between your actual feelings about people or situations means ability to differentiate. Being able to recognize these differences will help you judge how and to what level to react. Instead of thinking or saying automatically "You are an idiot" to someone, think to yourself about their viewpoint before reacting or answering. You may want to ask them a polite question to get more information before making that judgment call. Postponing your rash reaction and seeing it from another person's viewpoint shows that you are developing EQ .Consider the situations and the people around you; they may have psychological power over you to create ongoing circumstances that cause you problems. Think about how to change the circumstances in a productive way to help yourself and also not cause them harm. Then after practicing these exercises; you should feel good about yourself.

**CONCLUSION:** Emotional Intelligence is an ability to recognize and use emotions in positive and constructive ways. As equally important as IQ, EQ is a self-perceived ability to identify, assess, and manage the emotions of one's self, of others, and of groups. Emotional Intelligence can be a significant factor in helping us to become more effective leaders and managers in today's stressful working environment.

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