



Emotional Intelligence: Essential for Sustainable Development In Higher Education

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Abstract:

This paper aimed at Emotional Intelligence is Essential for sustainable development in Higher Education. The main purpose of education is holistic development of student as discussed in NEP 2020. NEP 2020 is also included SEL (social and emotional learning) as a key tool in education system. So, to fulfill this purpose our future of nation our students should be emotionally intelligent. Hence the role of emotional intelligence is very important in educational field specially in higher education. Education is the fundamental pillar of human rights, democracy, peace, and sustainable development. Development of sustainable individuals and thereafter sustainable communities should be one of the major goals of Higher Education system both nationally and globally. The present paper explores how emotional intelligence play important role in higher education for sustainable development.

Keywords: *Emotional intelligence, Higher education, and Sustainable development*

1. Introduction

Over the past several years, it is believed that success in life or at work place depends upon the individual level of intelligence or Intelligence quotient (IQ) as reflected in individual academic achievement. but now research is on emotional intelligence (EI) reveal that emotional quotient (EQ) is most important determinant of professional and personal success in life.

National educational policy 2020 includes social and emotional learning (SEL) as key tool in education system to develop good human beings, capable of rational thought and action, possessing competition and empathy. social and emotional learning is the real gap in Indian education system. Seminars, conferences, workshops etc. are fine and important but it is vital that these must result into some concrete actions and deeds. Development of sustainable individuals and thereafter sustainable communities should be one of the major goals of Higher Education system nationally and globally both.

2. What is Emotional Intelligence?

Emotional intelligence is the ability to perceive, express, understand and regulate emotions.

1. Salovey and Mayer (1997) defined emotional intelligence as “the ability to perceive emotions, integrate emotions to facilitate thought, understand emotions and to regulate emotions to promote personal growth.”
2. Goleman (1998) defined Emotional intelligence as ‘the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.’
3. Reuven Bar-on (1997) described EQ as “an array of personal, emotional and social abilities and skills that influence one’s ability to succeed in coping with environmental demands and pressures”.

3. Importance of higher education in sustainable development:

Education is basic component by which growth and development of animation is assessed level of education decide the status of the country higher education is an integral part of education System India. it is not only an institutional based training today but, it is source of social and national reconstruction and regeneration. There is no doubt that Higher Education must be among the most prominent players in moving society to a more sustainable path. The academics have in the past played a pivotal role in the theoretical debates and practical experimentations concerning the best route towards Sustainable Development. Higher Education is vested by society with the mission of discerning truth, imparting knowledge, skills, and values and preparing responsible citizens and competent workers who will contribute to a sustainable world. Through their learning experiences, future graduates would embrace interdisciplinary strategies and system thinking approach to address sustainability issues.

Indian higher education system is growing very fast irrespective of various challenges but there is no reason that these challenges cannot be overcome. With the help of new-age learning tools, it is easy for country like India to overcome these problems and bring a paradigm shift in the country's higher education sector. With such a vibrant country with huge population properly educated, the possibilities are endless. If knowledge is imparted using advanced digital teaching and learning tools, and society is made aware of where we are currently lagging behind, our country can easily emerge as one of the most developed nations in the world. Indian Higher Education is at a crossroad and must change if it has to contribute more effectively in support of the public good, and in doing so, helps to alleviate many of the inequalities and inequities in the society. Re-visioning the role of Higher Education for Sustainable Development involves changing the means and processes of knowledge production and the way in which students are trained, making students more socially responsible, critical, and sensitive towards sustainability issues life-long.

4. Role of emotional intelligence in higher education for sustainable development:

There are numerous benefits of EQ to students in higher education. Some of them are listed below:

- **Managing Emotions:** Students can face the toughest circumstances with emotional intelligence by adjusting to people of different natures and temperaments. And most importantly they can control their emotions and make practical decisions.
- **Better Communication:** Emotional intelligence helps students to express their views and opinions more effectively without being dominated by their emotions.
- **Build new relations:** Students with good emotional intelligence can easily blend with new people and build strong relationships by exchanging thoughts with each other.
- **Stress reduction:** Students who can manage their emotions effectively are less prone to emotional breakdowns, stress, and anxiety.
- **Performance at work:** Emotional intelligence can help navigate the social complexities of the workplace, lead and motivate others, and excel in career. In fact, when it comes to gauging job candidates, many companies now view emotional intelligence as important as technical ability and require EQ testing before hiring.
- **Physical health:** If we are unable to manage stress levels, it can lead to serious health problems. Uncontrolled stress can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. The first step to improving emotional intelligence is to learn how to relieve stress.
- **Mental health:** Uncontrolled stress can also impact mental health, making vulnerable to anxiety and depression. If we are unable to understand and manage emotions, it will also be open to mood swings, while an inability to form strong relationships can leave feeling lonely and isolated.
- **Relationships:** By understanding emotions and how to control them, we are better able to express how we feel and understand how others are feeling. This allows communicating more effectively and forging stronger relationships, both at work and in personal life.

5. Conclusion

From the present study it has been found that Indian Higher Education is at a crossroad and must change if it must contribute more effectively in support of the public good, and in doing so, helps to alleviate many of the inequalities and inequities in the society. For that emotional intelligence plays a vital role in all this process of sustainable development. Re-visioning the role of Higher Education for Sustainable Development involves changing the means and processes of knowledge production and the way in which students are trained, making students more socially responsible, critical and sensitive towards sustainability issues life-long. Higher education is the fast growing service industry exposed to the 'liberalization, privatization and globalization' processes in recent times. In order to attract students and cater to their needs and aspirations higher education providers have been actively involved in the process of understanding students' expectations and their perceptions about quality in the system. They are expected to adopt techniques of measuring quality of the inputs and process of education just like any other business sector. Measuring quality of the services is, therefore, an important task to provide feedback on the dimensions of quality that needs to be taken care of in the future.

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