

Q. Emotional intelligence is the ability to make your emotions work for you instead of against you. Do you agree with this view? Discuss

Emotional intelligence refers to understanding own emotions and other's emotions and guide them in socially acceptable way.

→ e.g. girl protesters giving flowers to security personnel to convey their peaceful intent.

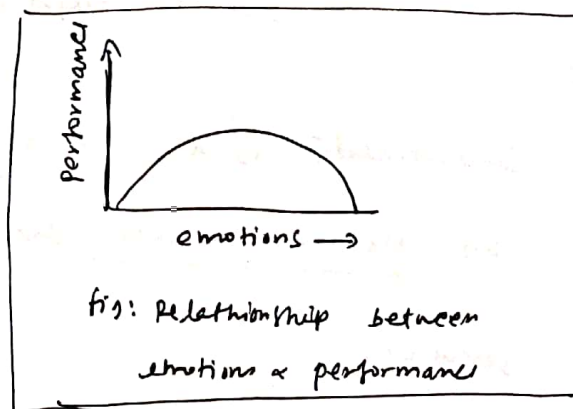
EI is making emotions work for one in the following way:

① Rise in performance

e.g. boxer before entering in the ring is pumped up by the coach

↓

in contrast Simone Biles could not perform in olympics due to anxiety (overly emotional)



② Being empathy

↳ better understanding allows contextual response

e.g. Compassionate Kozhikode programme distributes the extra food of restaurants

③ Reduce corruption in public services

↳ by higher understanding of long term negative emotion due to succumbing

④ Peace of mind

↳ balanced emotions { happy personal life
satisfactory professional life.

Yet EI alone is not enough for the following reasons :

- ① It prevents uniformity in decision making → Arbitrariness
- ② difficult to understand other's emotion
- ③ Possibility of manipulation
- ④ other traits such as courage, integrity and ethics are also equally important.

therefore, even though there are some limitations but nonetheless having emotions work for oneself yields a highly satisfactory life.