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EMOTIONAL INTELLIGENCE IN EDUCATION: UNDERSTANDING AND MANAGING EMOTIONS

***Abstract:** Emotional Intelligence (EI) in education has emerged as a critical factor in teaching and learning processes. It involves understanding, using, and managing emotions effectively to relieve stress, communicate efficiently, empathize with others, and overcome challenges. The integration of EI in educational settings fosters a supportive learning environment, enhances student-teacher relationships, and improves academic performance.*

***Keywords** Emotional Intelligence, Education, Student Development, Teacher Training, Empathy, Communication, Learning Environment, Academic Performance, Special Education, Higher Education.*

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ЭМОЦИОНАЛЬНЫЙ ИНТЕЛЛЕКТ В ОБРАЗОВАНИИ: ПОНИМАНИЕ ЭМОЦИЙ И УПРАВЛЕНИЕ ИМИ

***Аннотация:** Эмоциональный интеллект (ЭИ) в образовании стал важнейшим фактором в процессах преподавания и обучения. Он включает в себя понимание, использование эмоций и эффективное управление ими для снятия стресса, эффективного общения, сопереживания другим и преодоления трудностей. Интеграция EI в образовательные учреждения способствует созданию благоприятной учебной среды, укрепляет*

отношения между учащимися и преподавателями и повышает успеваемость.

***Ключевые слова:** Эмоциональный интеллект, Образование, Развитие учащихся, Подготовка учителей, Эмпатия, Коммуникация, Учебная среда, Академическая успеваемость, Специальное образование, Высшее образование.*

Emotional Intelligence, originally conceptualized by Salovey and Mayer, has gained prominence in educational discourse. It is defined as the ability to perceive, evaluate, and manage emotions in oneself and others. In educational settings, EI is crucial for students' social and emotional development, influencing their academic success and overall well-being. Educators with high EI can create a more positive learning environment, leading to better student engagement and achievement.

Theoretical Framework of Emotional Intelligence: Emotional Intelligence, as a psychological construct, includes abilities such as emotional awareness, emotional regulation, and empathetic understanding. These abilities play a pivotal role in the cognitive and social development of learners. In the educational context, EI is linked to improved problem-solving skills, enhanced memory, and greater academic achievement.

Impact of EI on Students: Students with high EI tend to have better peer relationships, cope more effectively with stress, and exhibit lower levels of anxiety and depression. The development of EI in students can lead to improved classroom behavior, higher motivation, and increased resilience. Furthermore, EI is a key determinant in the prevention of bullying and the promotion of inclusive education.

EI and Educators: For educators, EI is instrumental in managing classroom dynamics and understanding students' emotional needs. Teachers with high EI can better recognize signs of emotional distress in students and provide the necessary

support. Additionally, EI helps educators to communicate more effectively, both with students and parents, enhancing the overall educational experience.

Curriculum and Training Programs: Integrating EI into curricula involves teaching students about emotions, how to manage them, and how to recognize them in others. Teacher training programs increasingly focus on developing EI skills, emphasizing the importance of empathy, effective communication, and emotional regulation in educational settings.

Challenges and Solutions: Implementing EI education faces several challenges, including curriculum constraints, lack of teacher training, and varying levels of acceptance among educators. Overcoming these challenges requires a systemic approach, including policy changes, professional development, and research-based strategies.

Emotional Intelligence is a vital component of education, significantly affecting students' academic and personal development. It empowers students to manage their emotions, fosters empathy, and enhances communication skills, contributing to a positive and inclusive learning environment. Educators play a crucial role in modeling and teaching EI, and their emotional competencies directly impact the effectiveness of their teaching. The integration of EI into curricula and teacher training is essential, though it poses certain challenges that require a collaborative and systemic approach. The benefits of EI in education are far-reaching, extending beyond the classroom into higher education and professional realms.

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