

MODELS OF EMOTIONAL INTELLIGENCE

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There are several important models of emotional intelligence that help us understand how it works in simple and different ways.

1. Ability Model (Mayer and Salovey Model)

The first one is called the Ability Model, created by Mayer and Salovey. This model explains emotional intelligence as a set of mental abilities. According to this idea, emotional intelligence is about how well a person can recognize emotions in themselves and others, understand what causes these emotions, use emotions to think better and solve problems, and manage emotions in a helpful way. It focuses on emotional skills, like identifying feelings clearly and using them to make smart choices in life.

2. Mixed Model (Daniel Goleman's Model)

Another popular model is the Mixed Model, developed by Daniel Goleman. His model became very famous because it shows how emotions affect success in life, not just school or work. It includes things like self-awareness, which means knowing your own emotions; self-regulation, or controlling how you react to your feelings; motivation, which is about being driven to achieve goals; empathy, or understanding how other people feel; and social skills, which help you communicate and interact well with others. This model is useful because it applies to everyday life and shows how emotions are connected to being successful and happy.

3. Bar-On Model (Emotional-Social Intelligence Model)

The Bar-On Model, also called the Emotional-Social Intelligence Model, focuses on how well people handle daily challenges and relationships. It explains emotional intelligence through areas like intrapersonal skills, which means understanding and expressing your own emotions, and interpersonal skills, which

means understanding and connecting with other people's emotions. It also talks about stress management, or staying calm under pressure, adaptability, which is about adjusting to changes and solving problems in different situations, and general mood, which is about feeling positive about yourself and life. This model emphasizes emotional well-being and the ability to deal with real-life problems.

4. Trait Model (Petrides Model)

The last major model is the Trait Model, developed by Petrides. This model looks at emotional intelligence as part of your personality. It says that emotional intelligence includes personal traits, like how well you understand your emotions, how confident you are in social situations, and how well you handle stress. Instead of focusing only on skills you can learn, it sees emotional intelligence as something that is part of who you are.

In simple terms, all these models help explain emotional intelligence from different angles. Some focus on skills we can practice, like recognizing emotions and controlling our reactions. Others focus on personal traits or how we manage everyday problems. Together, they show that understanding our emotions and knowing how to manage them is important for doing well in life, having good relationships, and staying happy.