

Ethics_SS Class 11

2nd July, 2024 at 9:00 AM

BRIEF ABOUT THE LAST CLASS (09:00 AM)

EMOTIONAL INTELLIGENCE (09:02 AM)

EMOTIONS

- Emotions are defined as personal experience which is a complex interplay between three variables **situation; cognitive; and physiological.**

DIFFERENT TYPES OF EMOTIONS

- **Primary:**
 - Direct emotional response to a situation.
 - Ex: x" became sad because "y" said something hurtful.
- **Secondary:**
 - Emotional response to a primary emotion.
 - "x" because of sadness, experiences anger as he disapproves of the behavior of "y".
- **Positive:**
 - Some emotions make you feel good, they are pleasant.
 - Ex. Love, Joy, Happiness, etc
- **Negative:**
 - Some emotions make you feel miserable, and lowering your confidence is responsible for your downfall.
 - Ex. Hate, Jealousy, Greed, Lust, Etc
- **Myth:**
 - 1. Distractions
 - 2. Arbitary Behaviour
 - 3. Dilutes Rationality
 - 4. Obstructs Objective decision making
 - 5. Negative impacts on the efficiency of any Organisation:
 - Ex. Glass ceiling- It refers to a transparent ceiling in every organization beyond which a woman is not promoted as it is perceived, they are emotional rather than rational.
- However, Various research in behavioral science has proven beyond doubt that emotions help in
 - 1. Motivating us
 - 2. Building trust
 - 3. Constructive Feedback
 - 4. Improve Interpersonal relations
 - 5. Strengthening social capital
- which improves the efficiency of the organization.
- Hence, the challenge is not emotion which impacts rationality but the lack of ability to manage emotions.

EMOTIONAL INTELLIGENCE: (09:38 AM)

- It is defined as the ability to identify, **use, understand, and manage emotions** of self and others positively.
- Overcome challenges
- Effective communication
- Interpersonal relations
- Diffuse conflicts
- Develop social capital
- The ability to Identify: Recognising when a friend is **feeling low and offering support** without being expressively told.
- The ability to use: Use your **enthusiasm** to motivate yourself to complete the challenging task.
- Ability to understand: **Empathising with co-workers'** frustrations and understanding the reasons behind their emotions will lead to effective teamwork.
- Ability to manage: Staying calm and composed in high-pressure situations will enable you to make rational decisions instead of reacting impulsively.
- Alternative definition:
- EI is the ability to Reason with emotion and use emotions in reasoning.
- Ex. Phobia.

BUILDING BLOCKS- DANIEL GOLEMAN (09:55 PM)

- **Daniel Goleman** is the father of Emotional intelligence.
- Success of any organization 80% depends upon EQ and only 20% depends upon IQ.

5 Building Blocks of EI 5 BUILDING BLOCK OF EMOTIONAL INTELLIGENCE

1. SELF-AWARENESS

- It is defined as a score of EI.
- According to Aristotle, "Knowing yourself is the beginning of all **Wisdom**"
- Self-awareness refers to the ability of individuals to accurately perceive their
- 1. Strength, weakness;
- Ex. If I am aware of my strengths and weaknesses, it will lead to realistic goal setting which will lead to frequent goal achievement then will lead to self-motivation.
- 2. Responsible;
- Ex. It is easier to hold accountability, easy to ensure integrity and walk the talk.
- 3. Emotions;
- If aware, it is easy to manage good interpersonal relations.
- 4. Motivation.
- Ex. If I am aware of my strengths and weaknesses, it will lead to realistic goal setting which will lead to frequent goal achievement then will lead to self-motivation.
- One should be aware of their motivations as it will ensure that one does **not indulge** in corrupt practices. Also, job satisfaction, More efficiency, and productivity at the workplace.
- **Benefits:**
- It helps in self evaluation by accepting constructive feedback.
- Understanding one's own motivation helps a person to enjoy what they are doing and keeps them focused in case of setbacks.
- Individuals will refrain from unrealistic target setting and avoid inefficiency.
- Individuals with **self-awareness** can empathize with those in similar situations and will create sensitivity.
- It will also help us in dealing with external factors which are beyond our control.

2. SELF-MOTIVATION (10:13 AM)

- It is defined as an energetic and persistent approach toward goal assessment.
- **Strategies for self-motivation:**
- Setting small targets.
- Tracking your progress.
- Rewarding yourself for target achievement and making achieving the targets a habit.
- Motivational talks.
- Talking to your own self.
- Listening to other **motivational stories**.
- Using mild fear appeal regarding **negative consequences** of not achieving the targets.
- Remembering your past achievements.
- Remembering your loved ones.
- One can visualize the prospect of achieving the goal.
- Creating a **guilty feeling**.
- Having a reference group and indulging in anticipatory socializing.
- Reflecting on your mistake.
- Taking a short break and perceiving a hobby can lead to rejuvenation.
- Indulging in **Yoga, Meditation, and Physical activity** to release stress.
- Embracing the positive peer pressure,
- **SWOT** analysis.

3. SELF-REGULATION (10:26 AM)

- Do not become a prisoner of your emotions.
- Self-regulation will ensure
- 1. Ability to control impulse behavior; Road Rage; Gaming disorder: consumerism; Etc
- Ex. Binge-watching
- 2. Thinking before acting
- Ex. Hate speeches, Indulging in corruption, etc.
- 3. Ability to hold judgment about others.
- Ex. Prejudice or Stereotypes.
- Self-regulated people have the following attributes.
- Discipline, wisdom, Integrity, honesty, patience, calmness, tolerance, Understanding.

4. EMPATHY

- The ability of an individual to understand the emotional profile of an individual by imaginatively placing themselves in their position.
- Attribute of person who emphasizes:
 - Kindness
 - Good listener
 - Value of patience
 - Good observations skills
 - Reverance
 - Service orientation
 - Generous
 - Down to Earth.

5. SOCIAL SKILLS

- It refers to proficiency in relationship management and network building.
- **Traits:**
 - Good communication skills
 - Tolerance
 - Patience
 - Trustworthiness
 - Openmindedness
 - Responsibility assumption
 - Approachable
 - Wisdom
 - Persuasive skills
 - Self-Confidence
 - Sense of humor
 - pleasant personality
 - Social memory
 - Courage to make a decision
 - Humble.

QUESTIONS: (10:43 AM)

- Q1. What do you mean by Emotional Intelligence? What are the building Blocks?
- Q2. " Emotional intelligence is the ability to make your emotions work for you instead of against you". Do you agree? Discuss.
- Q3. What really matters for success, Character, happiness, and lifelong achievement is your EQ and not just your IQ. Do you agree with this view?

MAYOR AND SALOVERY (11:02 AM)

BUILDING BLOCKS- 4 BRANCH MODEL

- **1. Emotional Understanding:**
- Ability to understand complex emotions, their transitions, and their impact on relations
- **2. Emotional Assimilation:**
- Ability to differentiate between the emotions and identify which emotion is dominating the thoughts
- **3. Emotional management:**
- Ability to manage emotions by attaching/detaching from them in any situation.
- **4. Emotional perception:**
- Ability to identify and express emotions accurately.
- The above model can be applied with respect to the emotional state of Arjun.
- He was able to identify his emotions and was aware that the emotion of sympathy was dominating his thought process.
- However, interaction with lord Krishna made him understand that the emotion of sympathy is weak, and by not fighting against wrong he will be committing a sin.
- Hence, Arjun detached himself from the emotion of sympathy and fought for dharma and he became "**Sthithapragnya**" (emotionally stable person).

CAN EMOTIONAL INTELLIGENCE BE LEARNED (11:16 AM)

- One school of thoughts believe genetics and early experiences play an important role in how we manage emotions.
- However, the skill of EI can be learned through the following:
- 1. Motivation:
- Learning EI skills requires commitment, conscious effort, and willingness to evaluate your emotions.
- 2. Well designed intervention:
- It helps a person to get accurate feedback about how others perceive them.
- It will help the person to pause and contemplate their own behavior and get a clear picture of what needs to be improved.
- 3. Flexible attitude
- People with better skills are more flexible in their attitude hence, early socialization is significant in developing EI.
- 4. Application:
- Make a deliberate effort to apply the teaching in real life.

TOPIC FOR NEXT CLASS: EMOTIONAL INTELLIGENCE CONTINUE