

## THE EMOTIONAL INTELLIGENCE OF THE CHILD A CHALLENGE FOR EDUCATION

*Assoc.prof. PhD. MONICA ANGELA BARA, assoc.prof. PhD. ANCA IULIA BUGNARIU, assoc.prof. PhD. NICOLAE BOGDAN MUCEA  
"1 Decembrie 1918" University of Alba Iulia, Romania*

**ABSTRACT:** *The last years have brought with them a new perception regarding the influence that the family has on the formation of personality. Although it has always been known that family influences us, now we discover that this influence is greater than we imagined. We now understand that families are dynamic social systems that have structural laws, components and rules. The most important family rules are the ones that determine what it means to be a human being. What parents believe about life and its fulfillment will determine how they will raise their children.*

**Keywords:** *child; emotional; education; intelligence;*

### Introduction

Emotional intelligence is a critical aspect of child development that encompasses the ability to identify, comprehend, and accomplish one's own sentiment as well as the sentiment of others. It plays a significant role in children's social interactions, academic performance, and overall well-being. As educational systems increasingly recognize the importance of emotional intelligence, integrating emotional education into curricula has become essential.

Numerous studies have related emotional intelligence to academic performance, because education and its regulation play an important role in the cognitive processes involved in attention and in situations that require management and self-control [1].

Perfect education is of course visualized by balancing all abilities and potentials within the child. Researchers want educators to be able to consider taking a bigger role in instilling students' emotional intelligence. In this study, the method used is mixed methods, which means combining two forms of research that have existed before, namely quantitative and qualitative research [2]. The way they are raised contributes to the formation of children's fundamental conception of themselves. Nothing is more important. Children are the greatest human resources of any culture. The future of the world depends on the conception that children have about themselves. All their

options depend on their view of their own people. But there is also a family crisis today.

Children can be cute but also tiring. Educating children can be a pleasure, but it can also be difficult. One parent may be better than another, but all parents need advice and support.

Parents generally consider education to be difficult when the child exhibits behavior that is unacceptable to them or when the child does not listen to the parent's observation. In some cases, the parents even end up hating their child, because of his unacceptable behavior.

This research theme was born from the idea that the education of parents in terms of communication with the child is an essential element in family life and that such an intervention is particularly necessary in contemporary Romanian society. By informing and educating parents, many conflicts in family life can be prevented, which can sometimes lead to irreversible situations.

Emotional intelligence, often known as EI, refers to the capacity to recognize, control, and regulate emotions, which facilitates flexible thinking and comprehension of the significance and outcomes of emotions [3].

Emotions influence our attention, memory, learning, health, and our ability to get along with others. When emotions run high, people do and say things they normally would not. Emotional skills help us to face daily challenges better. Noticing a child's emotions early is critical [4].

## 1.The Importance of Emotional Intelligence

Research indicates that the foundation for emotional intelligence is laid during early childhood, a period characterized by rapid emotional and social development. Children with higher EI tend to perform better academically, have healthier relationships, and exhibit improved mental health outcomes. They are also more engaged in school and demonstrate better behavioral regulation

***Social Skills Development:*** Children with high emotional intelligence tend to have better communication skills and are more adept at forming and maintaining friendships. They can navigate social contexts effectively, which reduces instances of bullying and classroom disruptions.

Social skills are essential abilities that facilitate effective interaction and communication with others. They encompass both verbal and non-verbal communication, including speech, gestures, body language, and facial expressions. Developing strong social skills is crucial for building relationships, enhancing collaboration, and improving overall well-being.

Social skills development is vital from childhood through adulthood. Children learn these skills through play and social interactions, which help them navigate complex social situations as they grow. For those with developmental disorders like autism spectrum disorder (ASD), targeted interventions can significantly enhance their social capabilities [5].

In adulthood, strong social skills contribute not only to personal relationships but also to professional success by enhancing networking opportunities and workplace collaboration

Investing time and effort into developing social skills can lead to improved interpersonal relationships, greater self-confidence, and enhanced overall well-being. Whether through direct interaction or utilizing technology, individuals of all ages can cultivate these essential abilities for a more connected life.

***Academic Success:*** Emotional intelligence contributes to resilience in the face of academic challenges. Students who can manage their emotions are more likely to seek help when needed and persist in difficult subjects, leading to improved academic outcomes.

Academic success is a multifaceted concept

that encompasses various dimensions of achievement within an educational context. While it is often associated with high grades and test scores, the definition extends to personal growth, skill acquisition, and the fulfillment of individual educational goals. Academic success serves as a critical foundation for future opportunities, including higher education and career prospects.

Achieving academic success is vital as it opens doors to numerous opportunities. It enhances self-esteem, fosters a sense of accomplishment, and prepares individuals for future challenges in both personal and professional realms. Moreover, academic success contributes to societal well-being by equipping individuals with critical thinking skills and knowledge necessary for informed citizenship and career readiness [6].

In summary, academic success is a comprehensive concept that goes beyond mere grades to include personal development and skill acquisition. By understanding its importance and employing effective strategies, students can navigate their educational journeys more successfully. The pursuit of academic success not only benefits individuals but also contributes positively to society by fostering knowledgeable and capable citizens.

***Coping Mechanisms:*** EI equips children with tools to cope with stress and change. By understanding their emotions, children can develop healthier coping strategies, which are crucial for their mental health. Coping mechanisms are essential strategies that individuals employ to manage stress and emotional challenges. They can be categorized into various styles and types, each serving different purposes depending on the situation and individual preferences.

Coping mechanisms help individuals deal with both positive and negative stressors, such as major life changes, trauma, or everyday pressures. They can be broadly classified into problem-focused and emotion-focused coping. Problems focused on coping involve taking direct action to address the stressor.

Strategies include problem-solving, seeking information, or taking control of the situation. Emotion-focused coping approach aims to manage the emotional distress associated with a stressor rather than addressing the problem itself. Techniques may include seeking social support, practicing relaxation techniques, or reframing negative thoughts.

Recent gender-related research has focused on how gender affects work–life balance (WLB), particularly whether men and women have similar difficulties balancing work and family demands. However, to broaden WLB research beyond its concentration on employees to a different population, this study investigates the WLB experiences of single student-working mothers.[7].

In today's dynamic higher education landscape, the well-being of students is of paramount importance. The significance of promoting students' well-being and reducing their psychological distress cannot be emphasized [8].

In summary, coping mechanisms are vital tools for managing stress and maintaining emotional health. By understanding different types of coping strategies and recognizing their effects on well-being, individuals can better navigate life's challenges.

## **2. Strategies for Developing Emotional Intelligence in Education**

Emotional intelligence is increasingly acknowledged as a critical component of educational success, influencing both academic performance and personal development. This multifaceted ability set includes self-perception, self-direction, social awareness, and relationship direction, which are essential for fostering a positive learning environment. Research indicates a strong correspondence connecting emotional intelligence and academic success. Students with higher emotional intelligence tend to be more engaged in their learning, exhibit better behavior in class, and achieve higher grades.

School-based programs that focus on social and emotional learning have shown significant improvements in students' academic outcomes. Moreover, cultivating emotional intelligence prepares students for real-world challenges by enhancing their resilience and interpersonal skills.

**The Role of Educators.** Teachers play a pivotal role in fostering emotional intelligence within the classroom. By modeling EI skills and creating supportive teacher-student relationships, educators can significantly influence their students' emotional development. Training programs for teachers that focus on understanding and managing their own emotions can enhance their ability to support students effectively

Emotional intelligence plays a critical position in educational settings, influencing not only academic success but also the complete well-being of students. The inclusion of emotional intelligence into education fosters essential skills such as empathy, self-awareness, and relationship management, which are vital for personal and professional success.

The role of education in developing emotional intelligence is paramount for fostering holistic student growth. By prioritizing emotional intelligence alongside academic learning, educators can develop students simply for academic fortune or prosperity but also for meaningful interpersonal relationships and resilience in facing life's challenges. The cultivation of emotional intelligence is essential for creating compassionate, adaptable individuals who can thrive in an increasingly complex world.[9].

Students with high emotional intelligence tend to achieve better academic outcomes. This is attributed to their ability to manage stress, maintain motivation, and set clear goals. Research indicates that self-management skills associated with EI help students utilize their study time effectively, leading to enhanced academic performance

Emotional intelligence plays a crucial role in developing social skills. Students who are emotionally intelligent exhibit greater empathy and understanding, which facilitates healthier relationships with peers and teachers.

These skills are essential not just in school but also in future professional and personal interactions. Teachers have the main responsibility for successful implementation of inclusion policy in educational field. Many studies have reported that teacher effectiveness is the foundational pillar for the success of inclusive practice [10].

**Integrating Emotional Intelligence into the Curriculum.** Social and Emotional Learning (SEL): Incorporating SEL programs into the curriculum can significantly enhance students' emotional intelligence. These programs focus on self-knowledge, self-regulation, social awareness, relationship ability, and reliable decision-making. By embedding these concepts in various subjects, educators can create a more emotionally aware student body. Social and Emotional Learning is an educational framework designed to cultivate

essential social and emotional skills in students. It encompasses a range of competencies that help individuals guide their emotions, build well relationships, and make reliable decisions. SEL is increasingly recognized as a critical component of education, aiming to prepare students not only academically but also socially and emotionally for their future roles in society.

Social and Emotional Learning is an essential aspect of modern education that not only enhances academic success but also prepares students for life beyond school. By focusing on emotional intelligence and interpersonal skills, SEL equips young people with the tools necessary for personal growth, responsible citizenship, and successful careers. As educational institutions continue to recognize its importance, the integration of SEL into curricula will likely expand, fostering healthier school environments and communities overall [11].

Literature and Case Studies: Utilizing literature that explores emotional themes or case studies that require emotional analysis can help students recognize and manage their emotions.

A case study is characterized as a detailed investigation of a specific instance or phenomenon, which could involve individuals, organizations, events, or issues. The primary aim is to gather comprehensive information that helps elucidate broader themes or principles. According to Yin [12], case studies seek to explore contemporary phenomena within their real-life contexts, especially when the limitation between the phenomenon and its context are not clearly defined.

Case studies have gained popularity due to their ability to provide rich, contextual insights that are often overlooked in broader quantitative studies. They facilitate a deeper understanding of organizational behaviors, cultural dynamics, and social interactions within specific settings. As noted by Chaffee and Tierney [13], intimate engagement with the subject matter is crucial for uncovering the complexities of organizational culture. In summary, case studies serve as powerful tools for researchers aiming to explore intricate phenomena in detail, offering valuable contributions to both theory and practice across various disciplines.

Developing emotional intelligence in educational settings is essential for fostering well-rounded individuals equipped to handle personal and professional challenges. By

integrating EI into the curriculum, creating supportive environments, engaging parents, and utilizing innovative teaching methods, educators can significantly enhance their students' emotional competencies. These strategies not only contribute to improved academic performance but also promote healthier social interactions and mental well-being among students [14].

**Creating a Supportive Learning Environment.** Establish an inclusive environment where students feel safe expressing their thoughts and emotions. Encourage open communication and active listening to foster a sense of belonging. A supportive environment is one of the key factors that contribute to an effective learning process [15].

Creating a positive classroom atmosphere is essential for enhancing student learning and well-being. A supportive environment fosters emotional connections, encourages collaboration, and motivates students to engage actively in their education. Here are key strategies to cultivate such an atmosphere. Setting clear behavioral expectations from the outset helps students understand what is required of them. This structure creates a sense of safety and order, allowing students to focus on learning rather than on managing behavior issues. Building a classroom community where students feel included is vital. Activities that encourage teamwork, such as group projects or peer discussions, help students develop relationships and a sense of belonging. This collaborative spirit can enhance learning outcomes and student satisfaction

Recognizing and rewarding positive behavior is crucial in maintaining motivation. Teachers should provide praise for effort and achievements, no matter how small, to build intrinsic motivation among students. Aiming for a ratio of four positive interactions for every negative one can significantly improve classroom dynamics

The physical setup of the classroom plays a crucial function in establishing a positive atmosphere. A well-organized space with vibrant decorations that convey positive messages can enhance students' comfort and motivation to learn. By implementing these strategies, educators can create a nurturing classroom environment that not only supports academic success but also promotes emotional health and social development among students.

### **3. The Role of Parents in Emotional Intelligence Development**

Parents play a crucial role in nurturing their children's emotional intelligence through what is known as "emotion coaching." This involves recognizing children's emotions as valid, providing guidance on how to express those emotions appropriately, and helping them develop problem-solving skills related to their feelings. Research indicates that children who receive emotion coaching from their parents tend to be healthier and perform better academically.

Emotional intelligence (EI) is increasingly recognized as a crucial component of children's development, influencing their social, emotional, and academic success. The role of parents in nurturing EI is multifaceted, encompassing emotional modeling, support, and the establishment of a conducive family environment.

Parents significantly impact their children's emotional intelligence through their involvement in various aspects of life. Research indicates that parental engagement in children's education, behavior management, and emotional support fosters the development of key emotional skills such as empathy, self-regulation, and effective communication.[16], [17]. For instance, parents who actively engage with their children and model emotional awareness help them learn to manage their own emotions and understand those of others.

This modeling is essential as children often emulate their parents' emotional responses and coping strategies [18].

Adolescence is a critical stage and a turning point in the development of individuals; therefore, it is necessary to pay attention to good family functioning for adolescents and to analyze how it influences their psychological well-being and emotional skills so that they can achieve optimal integral development [19].

In summary, parents play a pivotal role in the development of emotional intelligence in children through active involvement, emotional modeling, and creating supportive family dynamics.

By fostering their own emotional intelligence, parents can enhance their parenting effectiveness, ultimately leading to better emotional outcomes for their children. This holistic approach not only benefits individual families but also contributes positively to society by nurturing emotionally intelligent future generations.

### **4. Challenges in Promoting Emotional Intelligence**

Despite its importance, many children face challenges in developing emotional intelligence. Factors such as learning differences can complicate their ability to recognize social cues or manage emotions effectively. For instance, children with learning disabilities may struggle more with EI due to difficulties in processing social interactions. Furthermore, negative self-talk stemming from emotional struggles can hinder their progress, making it essential for educators to cultivate an environment that promotes positive self-expression and problem-solving skills.

Developing emotional intelligence (EI) presents several challenges that can hinder personal and professional growth. Understanding these challenges is essential for individuals and organizations aiming to enhance their EI capabilities.

**Understanding Emotions.** One of the foundational elements of EI is self-awareness, which involves recognizing and understanding one's own emotions. Many individuals struggle to be honest about their feelings, particularly when faced with difficult emotions, making this a significant barrier to development. About 25 years ago emotional intelligence (EI) was first introduced to the scientific community [20].

Understanding emotions is a complex yet essential aspect of human experience, influencing our behavior, relationships, and overall well-being. Emotions serve as vital signals that inform us about our internal states and external environments, guiding our responses to various situations.

Emotions can be defined as modes of operation molded by natural selection to affect behavior in response to menace and opportunities. They arise from specific activations in various parts of the brain, particularly the amygdala and the orbitofrontal cortex, which are crucial for processing emotional information and regulating responses<sup>14</sup>. Emotions encompass both physiological responses and subjective experiences, making them multifaceted phenomena that can vary significantly from person to person [21].

Emotions play a critical role in decision-making and personal growth. They provide insights into our desires, fears, and needs,

helping us navigate life's challenges. For example, feeling fear might prompt us to avoid danger, while feelings of joy can encourage us to pursue rewarding experiences [21].

Moreover, recognizing that all emotions have value—whether positive or negative—can lead to healthier coping mechanisms. Accepting emotions without judgment allows for better emotional processing and resilience.

In summary, understanding emotions involves recognizing their complexity, developing emotional awareness, and appreciating their significance in our lives. By enhancing our emotional intelligence through practice and reflection, we can improve our relationships and overall quality of life.

**Feedback reception.** Being open to feedback about one's emotional responses can be difficult. Negative feedback may be perceived as a personal attack rather than constructive criticism, which can stall progress. Feedback reception is a critical skill in both personal and professional contexts, involving the ability to effectively receive, process, and act upon feedback provided by others. This process is essential for growth and improvement, yet it often poses challenges due to emotional and psychological barriers.

Receiving feedback is vital for personal development and professional growth. It provides insights into performance, highlights areas for improvement, and fosters a culture of continuous learning. Embracing feedback with an open mind allows individuals to view it as a valuable tool rather than criticism, promoting resilience and adaptability in various situations.

Creating a feedback-friendly culture in an organization is essential for fostering open communication, consecutive improvement, and employee engagement. Here's a comprehensive guide on how to build such a culture. A feedback culture is an organizational condition where feedback is not only accepted but actively supported and incorporated into daily operations. This culture transcends the traditional top-down feedback model, promoting a two-way dialogue between all levels of staff, which enhances transparency and trust.

Building a feedback-friendly culture requires commitment from all levels of an organization but can lead to significant benefits, including improved employee morale, enhanced performance, and stronger relationships among

team members. By implementing these strategies, organizations can create an environment where feedback is valued as a vital tool for growth and success.

Knowing about the relevance of feelings in the processes of reason does not suggest that reason is less important than feelings, that it should take a backseat to them or that it should be less cultivated. On the contrary, taking stock of the pervasive role of feelings may give us a chance of enhancing their positive effects and reducing their potential harm [22].

In conclusion, mastering the art of feedback reception is essential for personal growth and organizational success. By adopting effective strategies and fostering an environment conducive to open communication, individuals and teams can enhance their capacity for continuous improvement.

## Conclusion

Emotional intelligence is not only vital for personal development but also serves as a foundational skill that influences children's future success across various domains. By prioritizing emotional education in schools and at home, we equip children with the necessary tools to navigate life's complexities effectively. This holistic approach not only enhances individual well-being but also fosters a more empathetic and resilient society.

The challenge of integrating emotional intelligence into educational curricula is significant but necessary. By prioritizing EI alongside traditional academic subjects, educators can prepare children not only for academic success but also for healthier interpersonal relationships and emotional well-being throughout their lives. Emphasizing the development of emotional intelligence will ultimately create more resilient individuals capable of navigating the complexities of modern life.

Emotional intelligence is a vital skill that enhances both academic performance and personal growth in students. By implementing targeted strategies to develop EI within educational settings, educators can create a nurturing environment that supports the holistic development of learners.

As schools increasingly recognize the importance of emotional intelligence, they can prepare students not only for academic success

but also for meaningful lives beyond the classroom.

Promoting emotional intelligence in education is not merely an add-on; it is essential for fostering well-rounded individuals capable of navigating the complexities of life.

By integrating EI into educational practices, teachers can equip students with the tools they need to thrive academically and socially. As the educational landscape evolves, prioritizing emotional intelligence will be crucial in preparing

children for future challenges.

Overcoming these challenges requires a multifaceted approach involving cultural shifts within organizations, personal commitment to self-improvement, effective communication strategies, and structured training programs. By addressing these barriers, both individuals and organizations can enhance their emotional intelligence, leading to improved relationships, better decision-making, and enhanced overall well-being.

## References

1. Quílez-Robres, A., Usán, P., Lozano-Blasco, R., & Salavera, C. (2023). *Emotional intelligence and academic performance: A systematic review and meta-analysis*. *Thinking Skills and Creativity*, 49, 101355.
2. Parinussa, J. D., Taryana, T., Ningtyas, A. A., Rachman, R. S., & Tannady, H. (2023). *Developing student emotional intelligence by involving the active role of teacher*. *Journal on Education*, 5(3), 8528-8533.
3. Nazari, K., & Emami, M. (2012). Emotional intelligence: Understanding, applying, and measuring. *Journal of Applied Sciences Research*, 8(3), 1594-1607.
4. Matthew N. O. Sadiku, Olaniyi D. Olaleye, Sarhan M. Musa, *Emotional Intelligence Assessment*, Published in International Journal of Trend in Research and Development (IJTRD), ISSN: 2394-9333, Volume-7 | Issue-2 , April 2020, URL: <http://www.ijtrd.com/papers/IJTRD22005.pdf>
5. Soto-Icaza, P., Aboitiz, F., & Billeke, P. (2015). *Development of social skills in children: neural and behavioral evidence for the elaboration of cognitive models*. *Frontiers in neuroscience*, 9, 333. <https://doi.org/10.3389/fnins.2015.00333>
6. York, T. T., Gibson, C. & Rankin, S., (2015) “*Defining and Measuring Academic Success*”, *Practical Assessment, Research, and Evaluation* 20(1): 5. doi: <https://doi.org/10.7275/hz5x-tx03>.
7. Mordi, T., Adisa, T. A., Adekoya, O. D., Sani, K. F., Mordi, C., & Akhtar, M. N. (2023). *A comparative study of the work–life balance experiences and coping mechanisms of Nigerian and British single student-working mothers*. *Career Development International*, 28(2), 217-233.
8. Lukacs, A. (2021). *Mental well-being of university students in social isolation*. *European Journal of Health Psychology*, 28(1), 22–29. <https://doi.org/10.1027/2512-8442/A000065>
9. Parker, J. D., Saklofske, D. H., Wood, L. M., & Collin, T. (2009). *The role of emotional intelligence in education*. *Assessing emotional intelligence: Theory, research, and applications*, 239-255.
10. Pradeep kumar Baral, 2024, *Emotional Intelligence as a Predictor to Enhance Teacher Effectiveness in Inclusive Education*, *International Journal of Latest Research in Humanities and Social Science (IJLRHSS)*, Volume 07 - Issue 01, 2024, [www.ijlrhss.com](http://www.ijlrhss.com) || PP. 188-195
11. Schonert-Reichl, K. A. (2017). *Social and Emotional Learning and Teachers*. *The Future of Children*, 27(1), 137–155. <http://www.jstor.org/stable/44219025>.
12. Yin, R., K. (1981). *The Case Study Crisis: Some Answers*. *Administrative Science Quarterly*, 26(1), 58-65.
13. Chaffee, E.E & Tierney, W. G. (1988) *Collegiate Culture and Leadership Strategies*. New York: Macmillan Publishing Company.
14. (Nguyen Thi Ngoc Linh. (2024). *Strategies for developing emotional intelligence in Generation Z students in higher education in Ho Chi Minh City*. *Educational Administration: Theory and Practice*, 30(5), 2517–2522. <https://doi.org/10.53555/kuvey.v30i5.3313>).

15. Venugopal-Wairagade, G. (2016, March). *Creating a supportive learning environment for better student engagement*. In 2016 International Conference on Learning and Teaching in Computing and Engineering (LaTICE) (pp. 71-75). IEEE.
16. R. NishaD. Alice Sophia, *Parents role in nurturing emotional intelligence in children life – An approach towards development of emotional quotient*, January 2017 International Journal of Economic Research 14(11):151-158.
17. Rufa, V. (2023). *The Role of the Family in the Development of Emotional Intelligence in Adolescents*. New Trends in Psychology, 5(1), 16-22.
18. Șițoiu, A., & Pâni oară, G. (2023). *The emotional intelligence of today's parents - influences on parenting style and parental competence*. Frontiers in public health, 11, 1120994. <https://doi.org/10.3389/fpubh.2023.1120994>.
19. Molina Moreno, P., Fernández Gea, S., Molero Jurado, M. d. M., Pérez-Fuentes, M. d. C., & Gázquez Linares, J. J. (2024). *The Role of Family Functionality and Its Relationship with Psychological Well-Being and Emotional Intelligence in High School Students*. Education Sciences, 14(6), 566. <https://doi.org/10.3390/educsci14060566>
20. Fiori, M., Vesely-Maillefer, A.K. (2018). *Emotional Intelligence as an Ability: Theory, Challenges, and New Directions*. In: Keefer, K., Parker, J., Saklofske, D. (eds) Emotional Intelligence in Education. The Springer Series on Human Exceptionality. Springer, Cham. [https://doi.org/10.1007/978-3-319-90633-1\\_2](https://doi.org/10.1007/978-3-319-90633-1_2).
21. Šimić, G., Tkalčić, M., Vukić, V., Mulc, D., Španić, E., Šagud, M., Olucha-Bordonau, F. E., Vukšić, M., & R Hof, P. (2021). *Understanding Emotions: Origins and Roles of the Amygdala*. Biomolecules, 11(6), 823. <https://doi.org/10.3390/biom11060823>
22. Molloy, E., Borrell-Carrio, F., & Epstein, R. (2012). *The impact of emotions in feedback*. In Feedback in higher and professional education (pp. 50-71). Routledge.