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Human Emotions : SOCIAL CONNECTIONS AND PERSONAL WELL BEING

# Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Volume 2

Editors

Dr. Soumya Pandey  
Dr. Divya R. Panjwani

# **Human Emotions Social Connections and Personal Well-Being**

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**Volume II**



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# FOREWORD



## FOREWORD

Human Being is well equipped with Cognition & Emotion both. Where as all other creatures are mostly governed by Instincts & Reflexes and that makes us inventive, creative and complex as well.

Undoubtedly, cognition has its supremacy in dealing with phenomenal world yet without emotion we are just like robots. Even machine can't function smoothly without lubrication and so is the case with human being. It is emotion that makes us so special & unique in this world. In personal, familial and social life emotions play a pivotal role in our life.

The lady duo (Dr. Soumya Pandey & Dr. Divya) has given picturesque description showing the importance of emotions in our life.

It is emotion which provides us a possibility of becoming Divine and Supreme Being.

I am sure that book is going to be of much use to those who are working in the field of human dealings more explicitly to young counselors & psychologist aspiring to connect with their clients, as well as enhancing their

quality of relationship in all walks of life.

Love & Blessings to both Authors.

(Prof. Krishna Dutt)  
Former Faculty, KG Medical  
University, currently Prof & Head,  
Department of Clinical  
Psychology, Era University,  
Lucknow also Founder of  
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# PREFACE

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We humans are emotional beings. Our emotions, whether it's the happiness of sharing a laugh or the pain of rejection, shape our lives. However, our emotions are not independent entities; they are intertwined with our social connections, the complex network of relationships that connect us to others.

This book delves into the deep interplay between human emotions, social connections, and well-being. It explores how our feelings influence our interactions with others, and conversely, how these interactions impact our emotional well-being. We will discover how strong social connections can act as a shield against life's challenges, nurturing a sense of belonging and support that is vital for our overall well-being.

This exploration is not purely academic. By comprehending the intricate relationship between emotions, social connections, and well-being, we can equip ourselves with the tools to navigate life's complexities. We can learn to cultivate positive emotions, forge stronger connections with others, and ultimately, lead a life filled with greater purpose and contentment.

So, come along on this journey as we untangle the connections between emotions, social connections, and well-being. It's a journey that promises to deepen our understanding of ourselves and the world around us.

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## CHAPTER 11

# Mastering Emotional Intelligence: Tools for Personal and Professional Growth

*Nilofer<sup>1</sup>, Sana Absar<sup>2</sup>, Abdul Mazed<sup>3</sup>*

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### Abstract

This chapter provides a comprehensive exploration of Emotional Intelligence (EI), a concept vital for personal and professional success. Beginning with its historical roots in social intelligence by Edward Thorndike and its formalization by Peter Salovey and John D. Mayer, EI is defined as the ability to perceive, understand, manage, and utilize emotions effectively. The chapter discusses core components of EI, including self-awareness, self-regulation, motivation, empathy, and social skills, detailing their roles in personal development and relationship management. Strategies for enhancing EI are explored, including mindfulness practices, emotional regulation techniques, and empathy-building activities. Practical exercises such as mindfulness meditation, breathing techniques, progressive muscle relaxation, empathy mapping, role-playing, and storytelling are highlighted for their contributions to emotional awareness and interpersonal effectiveness. The chapter emphasizes the importance of integrating these practices into daily routines to foster resilience, improve decision-making, and promote harmonious interactions. Keywords: Emotional Intelligence, self-awareness, self-regulation, empathy, mindfulness, emotional regulation, interpersonal skills.

**Keywords:** Emotional Intelligence, mindfulness meditation, emotional regulation, empathy building, resilience, interpersonal skills

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In the early 20th century, Edward Thorndike, a visionary of the human psyche, penned the concept of social intelligence, likening it to a masterful dance within the realm of human interactions. His pioneering work, 'Intelligence and its Uses' (1920), set the stage for a deeper exploration of our emotional depths. Fast forward to 1990, where the brilliant minds of Peter Salovey and John D. Mayer illuminated the academic world with their ground breaking composition, 'Emotional Intelligence.' Published in *Imagination, Cognition, and Personality*, this opus defined emotional intelligence as the nuanced ability to perceive, harness, understand, and manage emotions—a subset of social intelligence that adds colour and texture to our cognitive symphony. In 1995, the maestro Daniel Goleman took the stage, orchestrating a crescendo of public awareness with his magnum opus, *Emotional Intelligence: Why It Can Matter More Than IQ*. This work resonated far and wide, highlighting the profound impact of emotional intelligence on personal and professional success.

Emotional Intelligence (EI) is the ability to recognize, understand, manage, and use emotions effectively in oneself and others. It encompasses skills such as emotional awareness, emotional regulation, empathy, and social skills, enabling individuals to navigate social complexities and make informed decisions. The concept of Emotional Intelligence has its roots in the study of social intelligence by Edward Thorndike in the 1920s. The term "Emotional Intelligence" was popularized in the 1990s by psychologists Peter Salovey and John D. Mayer, who described it as a subset of social intelligence involving the ability to monitor one's own and others' emotions, to discriminate among them, and to use this information to guide one's thinking and actions. The concept gained widespread recognition with Daniel Goleman's 1995 book, '*Emotional Intelligence*,' which highlighted the importance of EI in personal and professional success.

## **The Significance of Emotional Intelligence**

**Personal Fulfilment:** Individuals with high emotional intelligence (EI) possess a profound self-awareness that fosters personal growth and self-