



INCULCATING EMOTIONAL INTELLIGENCE IN MODERN CLASSROOM & ROLE OF A TEACHER – A DISCUSSION

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Abstract

“Teaching is a lifelong process, as is learning”. Both these processes occur not only from the educational institutes, textbooks, websites or classrooms but also from parents, teachers, community, colleagues and not the least but from our own experiences. A major role in the learning process is sported by the classroom, where a student spends most of his learning time; which begins from the school, then college and then onwards learning at various specialized institutes for advanced learning. With the technological advancements introduced and imbibed into the education sector, classrooms have changed their dimensions and appearance in multiple ways. We have witnessed the shift from traditional ‘Gurukul system’ to the ‘Bench-Table-Chair-Blackboard’ system and moving further to the latest ‘Digital Classrooms’. Apart from the impact on other facets of teaching learning this makeshift of the classroom has a prominent impact on one of the important parameters of student life i.e. Emotional Intelligence. This paper attempts to examine and discuss the role of emotional intelligence in modern classroom and the role of the teacher in inculcating them among students.

Keywords: Emotional Intelligence, Students, Teacher, Modern Classroom, Inculcating.

Introduction:

Role of a teacher is like a proverbial “Ladder” – it is used by everyone to rise up in life, yet the ladder stays in the place. Like the game of snakes and ladders, the ladder can take a person to the world of unlimited fortunes or to the world of snakes and misfortunes. Therefore, in the context of instruction, a teacher’s role would be to promote learning, to help students to develop themselves and become confident by providing them a conducive, positive and interactive environment in the classroom for their academic development. The teacher has

the complete charge of the class and is responsible for the overall development of the student. Moreover, though with the development of technology the appearance, structure and dimensions of classrooms have changed, but the role of teacher remains the same.

If we consider a traditional classroom the teacher moderates and regulates the flow of information and knowledge to the maximum possible extent. Moreover, due to the fact that the teachers themselves being the knowledge bank and the classroom being the only platform where this knowledge would be shared traditional

classrooms have served uncountable generations of students and has given rise to many gems and geniuses throughout the world. But, with the boom of revolutions in information and technology during the last two or three decades, we see a viable alternative; ie. Classrooms have become more modern having the Internet and Projector; and so also the teachers teaching using the computer assistance to teach, by giving presentation which provide an enhanced learning. About 20 years ago, it would have been difficult to even imagine about high quality, digitally enhanced online lectures, presentations and mode of instruction. Though seeming highly beneficial outwardly, this technologically enhanced teaching-learning process has its own drawbacks. The discussion through this paper aims to review the impact of technological advancements seen in the modern classroom with special focus on the important parameter of student life ie. emotional intelligence. The paper will also throw light on the role of teacher in inculcating emotional intelligence among students.

We begin the discussion with a couple of examples/situations.

Example 1:- Suraj was a highly intelligent and hardworking student. His father held a highly respectable post in the administrative office of Central Governance. Suraj was very proud of his father, who was renowned for his honesty, integrity and administrative skills. On every major function in Suraj's school and college, he was invited for his lectures and valuable guidance and due to this Suraj used to boast a lot about him. As he was brilliant in studies, he had many friends and some rivals too. Anurag was one among those rivals, who was jealous of Suraj and constantly searched for an opportunity to hurt him with his sarcastic taunts and comments.

When Suraj was in his final year of graduation, there was a sudden twist in his

life which had a severe and deadly impact on his life. His father was arrested on fake charges of corruption and was sent to jail. This news spread like forest fire and severely affected Suraj mentally. Suraj was too embarrassed to go to the college and even decided not to appear for exams too. But upon his mother's request he went to the exam. Anurag had also come to write the exam. He accused Suraj very badly and asked if his father had gone to jail to deliver lecture about honesty and integrity? Unable to bear the comments, Suraj rushed out of college crying loudly and next day he committed suicide at his home.

Example 2:- Rita had always been a topper in her school right from the 1st standard and maintained the top rank always. Due to her studious and hardworking nature everyone from her school believed that she would also top the boards. She studied hard, gave her best and appeared for the board exams as she had all the offline and online academic resources at her disposal. The paer was not according to the expectations and luck was also not in her favour. Though she had done her best in the exam, another classmate of her's ie. Arushi topped boards. Rita was shocked, was in a terrible state of mind, unable to overcome the situation, broken from within and also had thoughts of ending up her life.

Discussion:

Every experience, decision, resolution, judgement and choice leaves a deep imprint on the conscious and sub-conscious mind thereby making a human being emotionally strong or weak. Let us understand in detail. To begin with the term "Emotional Intelligence" was popularised by the journalist Daniel Goleman, who gave intensive thoughts on the term in his book "Emotional Intelligence: Why It can Matter More than Intelligent Quotient". According to Goleman Emotional Intelligence is the capacity for recognising our own feelings and those of others, for

motivating ourselves, and for managing emotions well in ourselves and in our relationships”.(1)

Let us analyse this definition from our 2nd example quoted earlier. Rita was an intelligent girl, having good learning capacities. She enhanced herself in academics with the help of all possible offline and online resources. But she lacked emotional intelligence due to which she could not cope up with an unexpected situation of her life. The question which arises here is would the situation of Rita and many other students like her been different if the classroom teaching – learning would have been exclusively traditional? Then would the students be more intelligent emotionally?

In example one the situation would have been different if both of them had possessed high emotional intelligence. Emotional intelligence is the ability to understand, make good judgments and quick decisions of out of sound emotions as a source of information, connection, and influence. Anurag’s envious feeling towards Suraj is a result of a low emotional intelligence. Suraj should have felt or shown compassion to Anurag considering the situation about his father’s legal mishaps. But on the other hand Suraj has allowed the extreme degree of the situation to take over which eventually lead for him take his own life. Things would have been different if he was able to keep himself in a level-headed and practical state. He would have had better judgment of the situation if he allowed time to pass, and witnessing how the situation would unfold. It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over head — it is the unique intersection of both. This intersection due to the observation skills of the teacher would happen more precisely and more positively in a traditional classroom which provides an apt opportunity to the teacher to analyze and

understand the students when compared to a modern classroom.

Basically emotional intelligence is a skill which, once acquired, allows you to increase your productivity. It also enables to inculcate better social skills which can percolate the positive outcomes into personal, academic and professional lives. It becomes a gateway to the avenues of opportunities and excellence. But, then, how was it incorporated in Traditional

Classrooms and how can this be incorporated in the Modern or Digital classrooms? Let’s analyse.

I. By teaching students to understand vast variety of emotions.

Paul Ekman, renowned psychologist quotes, “There are six major emotions in every human being and they are Happiness, Surprise, Sadness, Anger, Disgust and Fear; and he further suggests students to watch the Disney’s movie, ‘Inside Out’ which is an excellent resource to understand all these emotions”.(2) But apart from these there are other emotions such as annoyance, enthusiasm, nervousness, frustration, boredom, and impatience. Student’s need to understand these various emotions and learn how to read them in others and when situations arise how to cope up with them too. When they see their teachers and parents handle difficult situations, they learn how others cope and handle their emotions. They also learn from one another and watch their peers’ reactions in the classroom as well as on the playground. Their antennae are always working, whether it’s conscious or unconscious observation. This is observed to a larger extent in a traditional classroom where emotional interaction with the students is very well seen and expressed. Further in any expected or unexpected situation teachers would always be extremely supportive in finding a solution to the problem and help in overcoming any difficult problem too.

II. Work on the strategies to control student's emotions.

Quotes Daniel Goleman, "The Basic premise that children must learn about emotions is that all feelings are OK to have, however, only some reactions are OK". In a modern classroom with less human interaction, this seems little difficult though. Students should be taught to have a proper control over their emotions. A brain-storming session conducted by the teacher on different ways the students would react in different situations and then allowing them to do the role play; can positively provide an opportunity to practice their responses.

III. Let the students feel frustration.

There are many reasons for frustration among students. Moreover the post-pandemic situation has probably added more troubles to the entire student fraternity. A question which comes up in this scenario is were the students more frustrated in the traditional classroom or are they more frustrated in the modern/digital classroom? Be it any classroom, throwing light on a major aspect of student frustration there can be many reasons. For ex: unable to solve a simple maths problem or pressurised to submit a given assignment or getting less grades in exam or too much of stress leading to getting lost feeling or having no social life and many other.

Considering the post pandemic situation of frustration, though the students are free to attend classes from any place they wish to, at any time they wish to, and also attend the classes parallelly while doing many other academic chores; still there are certain major drawbacks. Limiting our discussion only to the criteria of how frustration impacts emotional intelligence an apt opinion can be put forth. Frustration can have its maximum negative impact on anyone until one knows that there is no solution to a problem. But if in a classroom, a situation can be created

where one knows that there lies a solution but is inaccessible; then human minds basic instinct would be to try to find a solution without any support. Contextually discussing Rita's case if all the offline and online answer-key sources were restricted from access atleast for a short time, then instead of becoming frustrated Rita would have been more balanced emotionally and strong enough to balance her intelligence during a difficult exam, wisely.

In such a case rather than becoming frustrated and nervous, she would have by all means tried to solve the questions in the exam and be the topper. This strategy would definitely help the students to overcome frustration.

Conclusion:

Emotions are incredibly important. They are just not important in the ways that we understand. Emotions serve a purpose. They are the human minds way of telling something good or bad happening in one's life. They provide the feedback mechanisms designed by your own self to let you understand whether things are going well or not. Students and teachers should equally understand and inculcate them in a traditional or modern classroom. Further, be it a traditional classroom and/or a modern classroom, students and teachers should understand that if the emotions are balanced and dealt with, in an intelligent manner; which means nothing but inculcating emotional intelligence among students it would be easy to achieve the goals of life in the best possible affirmative manner.

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