

SIGNIFICANCE OF EMOTIONAL LITERACY IN CLASSROOM TEACHING

Aji Narayanan K.K

Research Scholar, N.S.S Training College, Ottapalam

Abstract

Intelligence is the mechanism to solve problems. In the early years, people thought that intelligence is the ability to remember capacity. In 1983 Howard Gardner introduce a new concept in intelligence, namely the Multiple intelligence theory. It shifted all concepts in intelligence. Emotional intelligence as the capacity for recognizing our own feeling and those of others for motivating ourselves and for managing emotions well in us and in our relationships. After modernization, most of children are showing withdrawal g symptoms and other problems. It is the causes of lack of emotional literacy. In this paper author tries to explain the significance of emotional literacy in classroom teaching.

Introduction

Humans' mind generates many ideas that change the world day by day. In science, many inventions create our lifestyle and also our society. In literature, history bears witness of transformation many creative ideas. It is the result of the problem-solving process and we can call this intelligence. Intelligence is the mechanism to solve problems. It is the ability to learn experience, solve problems, think critically, and use new knowledge to adopt new experiences.

In the early years, people thought that intelligence is the ability to remember capacity. If a student had a good capacity to recall, she/he had good intelligence. According to Monarchic intelligence theory, it consists of intellectual competence, reflected in all the activities of the individual. Thorndike's viewpoint it is the combinations number of specific abilities required for the various activities. The two-factor theory was advocated by Spearman. According to him intelligence consists of two factors, such as the "g" Factor (General factor) and the "s" Factor (Specific Factor). Group factor theory by Thurstone said that intelligence is the combination of a number of factors like visual, perceptual, verbal comprehension, etc. Guilford's Structural Intelligence theory is described using the statistical technique of factor analysis. These theories are focused on intelligence as the capacity to recall and retention of knowledge.

In 1983 Howard Gardner introduce a new concept in intelligence, namely the Multiple intelligence theory. It shifted all concepts in intelligence. Multiple intelligence theory classified different types of intelligence such as visual/spatial, Verbal/linguistic, Logical/mathematical, Bodily/kinaesthetic, Musial/rhythmic, Interpersonal, Intrapersonal, and Naturalistic. The implication of the theory is that learning/teaching activities for any situation should focus on the particular intelligence that each person possesses at a higher level.

Emotional intelligence.

Aristotle said that becoming angry is the easy way, but it to be the right person, right degree, right time, the right purpose and right way is not easy. The viewpoint of Peter Salovey and John Myer reveals that Emotional intelligence is the subset of social intelligence that involves the ability to monitor one's own and other's feeling and emotions to discriminate them and to use thinking and action. It included four mental processes such as perception, assimilation, understanding, and managing.

In 1950 Abraham Maslow pointed out that people could built emotional strength and develop their ability to effectively handle and control emotions. In 1960the term emotional intelligence is firstly appeared by the research paper by Michael Beldoch and B.Leuner. the paper entitled as "Emotional intelligence and emancipation appeared in psychotherapeutic journal; Practice of child psychology and child psychiatry". In Howard Gardner's multiple intelligence theory ; interpersonal intelligence and intrapersonal intelligence is the pointer of the emotional intelligence.

Daniel Goleman's book "Emotional intelligence what it can matter more than IQ" said that people with high emotional intelligence generally have successful relationships family, friends and fellow workers. Emotional intelligence as the capacity for recognizing our own feeling and those of others for motivating ourselves and for managing emotions well in us and in our relationships. It is the first established definition of Emotional intelligence It have five components; 1. Self-awareness, 2. Self-regulations, 3. Motivations, 4. Empathy and 5. Social skills. It is based on Peter Salovey and John Myer idea of emotional intelligence.

Emotional Literacy

Danial Goleman has proved a befitting successor to Gardner as he presented a radical idea about the often neglected but very prominent area of the human mind the affective domain and the affective intelligence which is popularly called emotional intelligence. After modernization, most of children are showing withdrawal g symptoms and other problems. It is the causes of lack of emotional literacy. Cladue Steiner said that: "Emotional literacy is the ability to understand your emotions, ability to understand other empathise with their emotions, and ability to express emotions productively". It has five focus areas these are given below,

1. Knowing your feeling
2. Having sense of empathy
3. Learning to manage your emotions
4. Repairing emotional problems
5. Putting it all together; emotional interactively.

It is help to develop the healthy social communication. In classroom teaching emotional literacy is more helpful for teachers. In the classroom, students have different type of intelligence and also emotion. An emotional literate teacher can handle class through knowing students feeling, emotional problems, different levels of intelligence.

Tips for Developing Emotional Literacy

Brain Break

It is one of the main tips for creating emotional literacy. Lack of recess in the brain is the main problem emotional unbalance. Every human being need relaxation in the work time, it makes develop their productivity and also create good emotional literacy. Happiness is not the result of success; it is the pioneer of success. For this purpose, teachers and parent give sufficient recess in the learning process. Employers give freedom to subordinate in the work time.

Creating Friendship Circle

Peer group is the gate way of emotional realization. In that situation people share problems, ideas, jocks, etc. It makes mind relaxation and attain the level of emotional literacy. So, spend sufficient time for peer group activities is create good result in the emotional balance. Playground activities strengthen peer group relationship

Recharging Mind

Recharging mind is another way to create emotional capacity. Spending time for games, farming reading good books, watching good cinema, etc are the different types of hobbies. These hobbies are recharging our mind. So, teachers must know and encourage their students' hobbies. It creates good result for their emotional literacy

Free from Antagonism

It is the capacity of mind to avoid unwanted matter from the life. Some people always think about unpleasant events in their life. It not creates emotional situation. It only creates mind stress situation in life. Use healthy attitude about life, avoid think unwanted matter is the way to attain emotional literacy

Conclusion

Emotional literacy is more important for teachers. In school situations some children are not ready to attach new school situations such as classrooms, friends, teachers, subjects etc. It will make some problems in the learning process. An emotional literate teacher can handle these problems seriously and repairing their emotional problems.

References.

- John, J. (2005). Danial Goleman. Teacher Learner and Society. Vol.2 No.2 Mar Theophilus Training College. Trivandrum.
- Razia, B. (2008). A Comparative Study of Emotional Intelligence of Male and Female Teachers. Journal of community guidance and research Vol. 33 No. 2 Neelkamal Publication Ltd.
- Thimothi, D.W.(2021) Finland Model for School Learning. Kerala Shastra Sahitya Parishat. Thrissur.