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EMOTIONAL INTELLIGENCE AS A KEY TO THE DEVELOPMENT OF A SUCCESSFUL PERSONALITY

In modern conditions is becoming increasingly urgent issue of the development of the emotional intelligence. Research shows that people's success depends not only on a high Intellect level (IQ), but also on the emotional intellect (EQ). After all, if people can understand their emotional experiences, control their emotional states; it is much easier for them to make difficult decisions, solve life problems, conflicts and communicate with other people.

For effective communication is not enough just to master the language, perceive the value of words, the correct use of words, because a significant part of the information such as gestures, emotions, attitudes, emotions are behind the respect of words. Skills that enable you to notice and control your emotions and on the basis of this knowledge and skills, regulate mutual relations scientists call the emotionality intellect.

Emotional intelligence is the ability of a person to understand his or her own and other people's emotions, correctly assess them and manifest them. J. Meyerand, P. Seloway were the first to describe this concept, and they named the main components of the emotion intelligence: appraisal, expression, control of emotions, awareness in the field of emotions, influence of emotions on decision making.

The first dimension is the evaluation and expression of emotions. It is extremely important to correctly differentiate between the emotions of others and understand their true meaning. For example, if a people laugh in response to your words, they are not necessarily fooled; they can be a polite smile. Also, it is equally important to express emotions in a way that was not at odds with the initial intention, because this is one of the main manifestations of emotional intelligence.

Another focus is our ability to control our own emotions and those of others. In more detail, it is people's ability to capture emotions in situations where their expression would be incomprehensible or the force of the emotion is too high. This also includes the ability of people to cheer up another, to support them, to help them with draw their anger. Researchers assert that the higher the emotional intellect, the greater the ability of people to take emotions at the required moment.

The next dimension is awareness in the emotional sphere. The ability to correctly name emotions, identify them, and determine their origin and cause.

The last point is the influence of emotions on our behavior, including decision-making. The most important function of emotions is to provide information about a person's attitude towards the situation. Good processing of this information enables us to adequately assess the situation and make the right decisions. For example, in a situation where a person sees a cup falling from the table, the emotion centers are the first to send impulses from the brain to the muscles and encourage them to catch it. The situation is similar with responses to the emotions of others: if someone close to us is crying, we try to comfort and embrace them.

It should be noted that a century ago 'emotion' and 'intellect' were seen as opposites, and it was impossible to make rational, 'right' decisions under the influence of emotion. However, it is the emotion centers that allow you to make quick decisions, which is especially important in extreme situations. The neocortex is responsible for taking so-called "intellectual" decisions, and if we look at the structure of the brain and the path of transmission of the nerve impulse from the subunit through the receptive organs to the brain, the time of this passage will be longer, and therefore, it is necessary more time to take a decision. So, the emotional intelligence helps to make quick decisions, and the rational intelligence helps to make more thoughtful, considered decisions. This is evidence that intellect and emotion should not be opposed, and that it does not interfere with thinking, but on the contrary, helps.

Research shows that the level of self-esteem and satisfaction with whole, work intensity depends on the emotional intellect. Looking at examples of successful people and leaders of large companies, we can see that all of them demonstrate a high level of EQ. Additionally, people with higher levels of emotionality are less inclined to use alcohol and drugs. A similar situation occurs with anxiety, discomfort, stress and emotional tension, all of which are critical in the current climate of global pandemics. An equally important criterion for EQ is the level of empathy. People with a high level of emotional intelligence have a good understanding of the feelings of others and take effective control of their emotional sphere, as a result, better communicate with the environment, find compromises in conflict situations more easily, and achieve their goals more quickly and effectively.

So, a high emotional intelligence is an important as set in any area of human life. That is why it is important to develop emotional intelligence in order to become a successful person in the modern world.

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SIMPLE LIFESTYLE TECHNOLOGIES TO INCREASE THE LEVEL OF HAPPINESS IN ADOLESCENTS

Relevance of the problem of happiness is related to the results of the international global survey Gallup International, according to which Ukraine in 2020 was in the TOP of unhappy countries. The happiness index in Ukraine has fallen sharply comparing to last year: in 2019 - 33%, in 2020 - 14%. However, this index is higher than in 2018 (then it was 8%).

The topic of happiness has been studied by such foreign and domestic scientists as E. Durkheim, DA Leontiev, M. Argyle, AA Kronik, LZ Levit, IA Dzhidaryan, M. Chernysh, K. Riff, S Lubomirsky, M. Seligman, K. Peterson.

Happiness as a matter of research was most deeply studied by Sonia Lubomirski. At the very beginning of the research, the topic was unpopular. Sonya Lubomyrsky's