



## Are you emotionally intelligent?

Why do some people perform better than others? Why are some people happier than others? Why do some people have fewer emotional and personal problems than others? When examining the development of people, we should perhaps be examining attributes other than their outstanding academic abilities.

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For many years, psychologists have debated the value of IQ and aptitude tests, and they have different opinions on whether the results of these tests can predict success at school and later in life. It is generally agreed that any discussion on career counselling and life design would be incomplete without reference to emotional intelligence.

Emotional intelligence (EI) refers to the emotional, personal, social and survival dimensions of intelligence: those aspects of intelligence that are essential for functioning adequately on a daily basis. As a less cognitive aspect of intelligence, it concerns the manner in which people understand themselves and those around them, as well as their ability to form relationships with others and adapt to their immediate surroundings. To a large extent, it refers to a combination of common sense and the ability to adapt. It plays a significant role in success in life.

People with better emotional intelligence skills outperform those who do not have these skills in virtually every facet of life. Researchers agree that emotional intelligence can be acquired and developed, and can contribute significantly to a person's ultimate achievement and joy in life.

Specialists who study human performance in an effort to find ways of improving the way people adapt to daily life have found that a lot can be learnt by examining the development of empathic, concerned, compassionate, committed people who can use their talents for their own self-fulfilment and for the benefit of the broader society (in other words, emotionally intelligent people), and not just people with outstanding academic qualifications.

