



ISSN NO. 2320-5407

Journal Homepage: - [www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/15569  
DOI URL: <http://dx.doi.org/10.21474/IJAR01/15569>



### RESEARCH ARTICLE

#### EMOTIONAL INTELLIGENCE: WHY EQ MATTERS MORE THAN IQ FOR NURSES

**Dr. V. Jesinda Vedanayagi<sup>1</sup> and Dr. R. Jothilakshmi<sup>2</sup>**

1. HOD & Professor, Department of Mental Health Nursing, Sacred Heart Nursing College, Madurai, Tamilnadu, India.
2. Professor, Department of Child Health Nursing, Sacred Heart Nursing College, Madurai, Tamilnadu, India.

#### Manuscript Info

##### Manuscript History

Received: 28 August 2022

Final Accepted: 30 September 2022

Published: October 2022

#### Abstract

*Copy Right, IJAR, 2022,. All rights reserved.*

#### Introduction:-

The term emotional intelligence was coined in 1990 by Peter Salovey and John D. Mayer and popularized by Daniel Goleman in 1996 in his book "Leadership: The power of EI". Emotional intelligence influence how we deal with behaviour, steer social complexities, and make individual determinations that accomplish constructive results. High levels of emotional intelligence improve working relationships, helps to develop problem solving skills, increase efficiency and effectiveness and catalyse the development of new strategies. Rather than IQ, EQ influences how we deal with our personal emotions and deal with relationship.

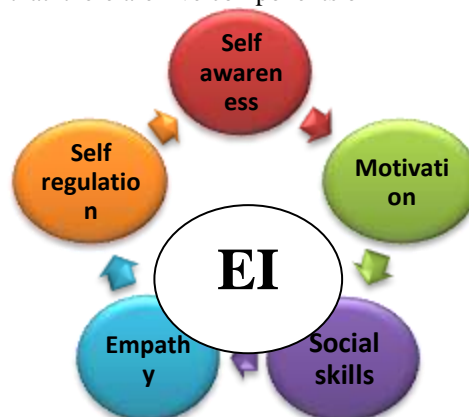
#### Definition:

Emotional intelligence is the capability to identify and manage your own emotions and the emotions of others.

- Psychology today

#### Components Of EI:

Daniel Goleman has suggested that there are five components of EI



**Corresponding Author:- Dr. V. Jesinda Vedanayagi**

Address:- HOD & Professor, Department of Mental Health Nursing, Sacred Heart Nursing College, Madurai, Tamilnadu, India.

**1. Self awareness**

It is the capacity to recognize and understand our own emotions and their effects. A key part of EI is a level of understanding and self-awareness of an individual's own emotions.

An individual with high EI is not only aware of what emotions they are feeling but can lay words to their feelings. They can also recognize the outcome of their emotions and how they may change and shift over time.

**2. Self regulation**

It is the capability to control one's impulses, the ability to think before speak/act and ability to express appropriately.

**3. Motivation**

Motivation is the process that stimulates and directs someone in the direction of achieving their goals. Motivation allows an individual to stay true to their goals and persist, even during difficult times.

An individual with little motivation may be discouraged simply by any difficulty and give up. A person with high enthusiasm realizes that the reward of their personal goals is value the time and effort spent getting there, even when they face obstacles.

**4. Empathy**

Empathy refers to how tuned to the emotions of others a person is. Someone with high EI can precisely identify which emotions another person is feeling and can tell the differentiation between real and false emotions.

**5. Social skills**

It is the capacity to maintain relationships and finding common ground with others. EI can help a person construct relationships, communicate with others, and sustain friendships.

**Why Emotional Intelligence Is Important?**

It's a scientific truth that emotions precede thought. When emotions run high, they modify the way our brain functions such as diminishing cognitive abilities, decision making power and even interpersonal skills. Understanding and managing our emotions and the emotion of others helps us to be more successful in both our personal and professional lives.

**Importance of emotional intelligence at personal level:**

1. Helps to have conversations without hurt
2. Helps to manage our emotions when stressed or feeling overwhelmed
3. Improve relationship with people

**Importance of emotional intelligence at work:**

1. Resolve conflicts
2. Motivate others
3. Create a culture of collaboration
4. Build psychological safety within teams

**EI In Nursing Practice:**

Emotional intelligence may be a nurse's most valuable asset. Nurses have a variety of roles, and their daily activities may vary widely, but the nurse's primary goal is to provide high-quality care. Empathy is a main ingredient.

In nursing, empathy plays an important role in establishing patient trust. A major benefit of this trust is that patients may be more likely to adhere to their care plan. Without emotional intelligence, you can't have empathy. Notably, emotional intelligence may also impact patient safety.

1. Emotional intelligence enables nurse to make better decisions
2. Helps them to manage their patients more effectively
3. It helps in improving relationships
4. EI positively impacts the quality of care received by patients and families
5. Nurse can find great success because self knowledge leads to healthy career and life style choices
6. Self awareness helps to understand how stress leads to burnout and move in a positive direction

7. Helps nurse to see others point of view
8. Nurses with high EQ build healthy and respectful relationships with patients and colleagues
9. Nurses with a high EQ can be a great leader

### **How Can Nurses Boost Their Emotional Intelligence?**

Developing emotional intelligence is similar to learning a clinical skill. Just as Registered nurse can improve clinical skills such as IV insertion, they can boost their emotional intelligence with practice.

1. Perform a simple self-assessment.
2. Take time for self-reflection following a challenging situation
3. Try simple mindfulness techniques. Just a few slow breaths can reduce stress.
4. Learn and practice assertive communication.

### **Improving Eq Could Make You A Better Nurse:**

Nurses need to have high EI, as this is essential in patient care

### **Key to positive patient experiences**

Research has shown that, EI is interlinked with positive patient experiences. Nurturing the EI helps the nurse to have a more positive attitude, better relationships and increase adaptability. In the modern world, high EI is vital to satisfy the demands of a patient-centric care in nursing.

### **Prevents the nurse from burnout**

Studies have found that a greater level of emotional intelligence coincides with reduced stress and burnout. With a higher level of EI, nurses can cope with the stress emotionally and improve their social skills, leading to long-term benefits in their occupational health.

### **Maintaining empathy but avoiding emotional attachment**

Having considerable skills and a good grasp of EI allows the nurse to have a strong hold over his/her emotional attachments. It gives the nurse the ability to sort out their own emotions, helping to prevent them from becoming emotionally attached to their patients.

### **Allows for effective leaderships**

In today's world, EI is considered a key characteristic to forge successful and effective leadership. Nurses who have high levels of EI tend to exhibit characteristics such as supervisory abilities and self-awareness.

### **Conclusion:-**

Intelligent quotient measures the arithmetical and rational powers of an individual. However, EQ measures the emotional quotient of an individual. It measures the ability of an individual to use his cognitive and emotional intelligence to get accomplishment in life. Emotional Intelligence has made a significant contribution to effective leadership, and contributes decisively to their good-functioning and successful operation. Emotional intelligence not only allows for better patient care, but also for better self-care.

### **Aknowledgement:-**

I wish to express my thanks to the lord almighty and the people who helped me to carry out this work effectively.

### **Conflict Of Interest:**

I declare that I have no conflict of interest

### **Reference:-**

1. Goleman, D. (1995). Emotional intelligence: Why it can matter more than IQ. New York: Bantam Books.
2. Sherry.(2016). Eq is more important than IQ. International Journal of Engineering, Management, Humanities and Social Sciences Paradigms (IJEMHS) (Volume 24, Issue 01)
3. Joyce Routson. (2010). Emotional intelligence: an essential skill for nurses. Healthcareers.
4. Kim Maryniak. (2018). Emotional intelligence and nursing

5. Codier,E.,& Codier,D.(2017). Could emotional intelligence make patients safer? American journal of nursing, 117(7), 58-62.
6. [www.ihhp.com](http://www.ihhp.com)
7. [www.simplilearn.com](http://www.simplilearn.com)
8. [www.medely.com](http://www.medely.com)
9. [www.mylocum.com](http://www.mylocum.com).