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**EMOTIONAL INTELLIGENCE**

People are emotional. Everyone reacts to some events in life in a certain way. This mental process occurs continuously and linked to human activities inextricably: with school, work, creativity. Even it is impossible to imagine the a person has not any emotions. A lot of emotions a person experiences when communicating with different people. According to some psychologists, this process is an important motivating force that defines the activities of each person from the moment of his birth. In other words, emotions influence the conscious control of human behavior strongly, and they can not only relax, but also strengthen the will. Emotional Intelligence - psychological concept that appeared in 1990 .. and such scientists as P. and J. Salouveem. Mayer developed this conceptoin. Currently, there are several concepts of emotional intelligence.

Emotional intelligence – according to Salouveya Mayer is a group of mental abilities, promoti awareness and understanding of their own emotions and the others emotions.

The model contains the following hierarchically organized skills, emotional intelligence components:

- Perception and expression of emotions;

- Improving the thinking by means of emotions efficiency;

- Understanding their own and others emotions;

- Management of emotions.

"Emotional Intelligence" is a construct, consisting of such abilities:

1) the identification and expression of emotion;

2) the regulation of emotions;

3) the use of emotional information in the thinking and activity.

The ability to identify and express emotion is divided into two components, one of which is directed to your emotions – to the other - on the wrong emotions. The first component includes verbal and nonverbal subcomponents, and the second - sub-components of non-verbal perception and empathy.

The ability to regulate emotions consists of two components: the regulation of their emotions and the emotions of others regulation.

A number of scientists (for example, John. Meyer) take the position that it is impossible to raise the level of EI, as it is resistant ability. However, to increase the emotional competence be means of learning is possible. Their opponents (in particular, D. Goleman) believe that EI can be developed. As the neural pathways of the brain continues to develop until the middle of human life.

I decided to check the dependence of the training profile and emotional intelligence. For example, if I am a psychologist, my emotional intelligence can be higher of technical students.. That is, this psychic phenomenon depends on the individual features.

But is it possible to develop emotional intelligence? Yes, at this moment there are different methods of EI and this group training; individual training; children up bringing in the family; family upbringing.,and so on.

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Робота виконана під керівництвом ст. викладача кафедри Бринцевої О.О.