



## SOCIAL-PSYCHOLOGICAL CHARACTERISTICS OF DEVELOPING THE EMOTIONAL INTELLIGENCE OF STUDENTS

<https://doi.org/10.5281/zenodo.10701838>

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### ABSTRACT

In this article, the phenomenon of emotional intelligence in students and the psychological factors affecting its development were determined, the individual-typical characteristics of the manifestation of emotional intelligence in students were studied, and the connection with other emotional processes and gender differences were revealed. It was determined that the individual-typical characteristics of intelligence are unique according to the educational areas, recommendations for the development of individual-typical characteristics of students' emotional intelligence were developed.

### Key words

Student, individuality, emotion, phenomenon, intelligence, trait, process.

### АННОТАЦИЯ

В данной статье определены феномен эмоционального интеллекта у студентов и психологические факторы, влияющие на его развитие, изучены индивидуально-типические особенности проявления эмоционального интеллекта у студентов, а также связь с другими эмоциональными процессами и гендерными различиями. Выявлено, что индивидуально-типические характеристики интеллекта уникальны по образовательным направлениям, разработаны рекомендации по развитию индивидуально-типических особенностей эмоционального интеллекта студентов.

### Ключевые слова

Студент, индивидуальность, эмоция, феномен, интеллект, черта, процесс.

### INTRODUCTION

On the basis of modern knowledge, advanced foreign experiences, and the widespread introduction of innovative pedagogical technologies in today's research in the field of psychology in the world, issues such as human intelligence and its relationship with the social environment, types of intelligence and its possibilities



in human activity, psychological elements that ensure the level of the type of intelligence special attention is paid. In particular, the fact that researches on the problem of emotional intelligence (EQ) of 22 ethnic groups have been carried out, there are normative documents in more than 15 countries regarding IQ and EQ issues, other types of the phenomenon of emotional intelligence, such as social intelligence and general intelligence, are relevant by world experts. is being studied as a problem.

In the world, scientific research is being carried out in the directions of prevention of affective disorders by forming the features of emotional feeling, understanding of others, development of emotional intelligence by analyzing the content of social situations, increasing the psychological culture of a person based on the formation of emotional intelligence, and emotional intelligence is the leading factor of a person's decision-making. Also, through individual-typical characteristics of future pedagogues in the educational environment, their readiness for professional activity, determination of emotional intelligence characteristics of students according to the educational direction based on individual-typical characteristics and the characteristics of their educational direction research of psychological properties of application in professional training is becoming more relevant.

In recent years, in our republic, regulatory and legal frameworks for ensuring the personal and professional development of teachers have been created in the modern education system. From this point of view, "increase the level of coverage with higher education to 50% and increase the quality of education", "..implementation according to the admission parameters based on the proposals of personnel customers", "...QS and TNE of higher education institutions the tasks of developing a target program for entering the international rankings" were defined. In order to ensure the implementation of these tasks, due to the reforms related to youth education, special attention is paid to the education of highly qualified specialists, young people with high intellectual, moral and moral potential for the future of our country.

### **MAIN PART**

Emotional intelligence is the ability to understand emotions, understand other people and their personal goals, motivations and desires, and manage their emotions and other people's emotions to solve practical problems. Without managing one's emotions, a person cannot succeed in their professional activities and in their personal life, because the successful solution of common problems is related to the awareness and management of emotions. In most emotional situations, there are situations that need to be judged with common sense. Managing and controlling emotions is an important ability of a person



Emotional intelligence as a modern psychological concept is a scientific category that reflects the specific socio-cultural characteristics of society. In particular, it is based on a person's desire to succeed, personal and professional self-awareness, emotional life and emotional value of other people. There is also the content of elements such as difficulties in self-realization and longevity.

Researchers A.V. Karpov and I.M. Skityaeva tried to analyze emotional intelligence on the basis of "metacognitive" laws, describing it as a meta-process phenomenon. Because emotional intelligence should be characterized by both cognitive processes and elements of the volitional domain. Unlike other scientists, K. Izard in his integrative model explains the integral features of emotional consciousness and some aspects of emotional intelligence as a set of unique abilities. But this model does not take into account the category of regulation in the content of emotional intelligence. That is, the functions of will are not necessary for this category.

In addition, T.I. Semenova said that emotional intelligence includes awareness of one's feelings, self-esteem, defense mechanism, self-confidence, responsibility, tolerance, self-control, activity, flexibility, interest, sincerity, and success motives are also included. Later, the author mentions a number of other qualities - courtesy, altruism, sympathy, the ability to take into account other people's interests and self-development, respect for people, the ability to properly evaluate interpersonal relationships, the ability to predict, the ability to work in a team, the tendency to cooperate, conformism. adds up. In this analysis, the socio-psychological aspects of emotional intelligence are more focused. The article analyzes the scientific concepts of the development of emotional intelligence in students, methodological issues of emotional intelligence, individual-typical features of the manifestation of emotional intelligence in students, the individual-psychological structure of emotional intelligence and the psychological uniqueness of the emotional sphere in students. Also, the methodological aspects of the analysis of the scientific-theoretical views of foreign psychologists on the issue of emotional intelligence are explained on the basis of analytical materials. In addition, the relations that develop emotional intelligence in students are scientifically and practically based, and the role of psychological factors affecting emotional intelligence during the student period is highlighted. The psychological specificity of the development of emotional intelligence in students, individual-typical features of emotional intelligence, the development of emotional intelligence in students, the relationship between emotional intelligence and the intellectual qualities of a person, the relationship between emotional intelligence and formal-dynamic features of individuality are highlighted.



It is known that emotional intelligence is a highly developed ability of a person to understand his own emotions and the emotions of other people, and to manage them, and its research is likely to lead to a number of new approaches to the problem of emotional intelligence in psychology. According to the psychological content, emotional intelligence is an easy understanding of other people's feelings or the justification of emotions based on intellectual processes. All the components of emotional consciousness in a person are inextricably linked, and their interdependence contributes to effective interpersonal relations. Emotional intelligence is one of the fastest growing areas of research in modern psychology. This phenomenon has been analyzed by many researchers. Emotional intelligence is the ability to understand emotions, understand other people and their personal goals, motivations, and desires, and manage their emotions and other people's emotions to solve practical problems. Without managing one's emotions, one cannot succeed in one's professional activities and in one's personal life, because successful solving of common problems is related to the awareness of one's emotions.

### CONCLUSION

The following general conclusions were reached on the topic "Social psychological characteristics of the development of students' emotional intelligence".

1. Forms of development of emotional intelligence in higher education students are distinguished by qualities that combine individual, psychological and typical features of emotional relationships in psychology, as well as general intellectual abilities, social intelligence, emotional intelligence and opportunities to be formed depending on the process of educational activities.

2. Levels of individual-psychological characteristics associated with the development of emotional intelligence in students, qualities that provide emotional experiences of others: understanding the thoughts of the communication participant, understanding non-verbal behavior, social intelligence, emotional intelligence, understanding one's own feelings, understanding the feelings of others and the formation of characteristics such as emotional intelligence is a key factor.

3. Psychological stability of the level of emotional intelligence indicators of higher educational institutions students, high general intellectual abilities, formation of individual-psychological characteristics, growth of emotional-emotional qualities, formation and development of factors necessary for educational activities in the training of pedagogues, increasing the possibilities of emotional intelligence serves as a unique basis.



4. Various psychological factors that develop emotional intelligence are identified in higher education students, students correctly perceive most of the questions of the questionnaire in the type of educational activity, general intellectual qualities are at an average level, social intelligence is stable, emotional intelligence it is distinguished by being above average, having strong emotional states and forming interpersonal relationships.

5. The development of emotional intelligence and individual-typical characteristics and the formation of general intellectual qualities in the educational activities of students in a constructive ratio, in which the positive factors such as general and social intelligence, general intelligence, social intelligence, understanding of verbal and non-verbal behavior, emotional intelligence serves the formation.

6. In the development of students' emotional intelligence, understanding of verbal and non-verbal behavior, social intelligence, emotional intelligence, empathy, feeling the experiences of other people, understanding other people's feelings, understanding their own feelings, interpersonal emotional intelligence, feeling factors such as their control and general emotional intelligence have a positive effect.

7. Individual-typical characteristics of students' emotional intelligence: understanding the thoughts of the communication participant, understanding non-verbal behavior, social intelligence, understanding the emotions of others, understanding one's own emotions, managing expression, interpersonal emotional intelligence, feeling This can be explained by the fact that the scales of managing and understanding emotions have a higher weight in the factor analysis.

8. When assessing the levels and qualities of emotional intelligence, it was found that the inter-correlation between the questionnaires produced moderate correlations with psychological characteristics such as general intelligence, social intelligence, emotional intelligence and diagnosis of emotional characteristics.

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