

THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE IN CHILDREN AND THE ROLE OF PARENTS IN IT

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Abstract: This article discusses the development of emotional intelligence in the formation of a child's personality in child psychology - his self-awareness, establishing healthy relationships with others, and the role of parents in this development. Emotional intelligence is a key factor in a child's personal maturity, self-awareness, and success in communicating with others. In addition, the article discusses the main tasks of parents in the development of a child's emotional intelligence, the mistakes they make.

Keywords: emotional intelligence, emotions, self-awareness, parents, social relationships, play, social adaptation, empathy.

INTRODUCTION

In modern psychology, in addition to the intellectual potential of children, their emotional intelligence (EI) is also of particular importance. Emotional intelligence is a person's ability to understand and manage their own emotions and understand the emotions of others. This concept was first introduced into scientific circulation in the 1990s by Peter Salovey and John Mayer, and later widely popularized by Daniel Goleman. Emotional intelligence is the key not only to mental health, but also to professional success. Studies conducted by Goleman have shown that 85-90% of senior professionals have high emotional intelligence.

The development of emotional intelligence in the formation of a child's personality determines his ability to understand himself, establish healthy relationships with others, and behave correctly in stressful situations. Studies show that people with high emotional intelligence effectively manage stress, understand their own and others' emotions, and achieve harmonious relationships. Emotional intelligence is formed from childhood, and the family, school, social environment, culture, and the media also have an impact on this process.

Scientific foundations and components of emotional intelligence

Emotional intelligence is the ability to consciously understand a person's emotional processes, manage them, and on this basis effectively perceive himself and others. Salovey and Mayer divided emotional intelligence into four main abilities:

- Understanding one's own emotions;
- Encouraging thinking through emotions;
- Understanding and analyzing emotional knowledge;
- Managing emotions and using them effectively;
- Daniel Goleman emphasized that it consists of 5 components:
 - Self-awareness - recognizing and analyzing one's own emotions;
 - Self-regulation - controlling emotions, remaining calm in negative situations;
 - Intrinsic motivation - internal drive, striving for self-development;
 - Empathy - feeling and understanding the emotions of others, being able to perceive them;
 - Social skills - communication, cooperation, peaceful resolution of conflicts, leadership skills, effective teamwork,

- These components are the main psychological indicators that determine the child's personal and social maturity.
- A child's emotional intelligence is formed gradually depending on age:
- At the age of 0-3, the child mainly repeats the emotional expressions of his parents.
- At the age of 3-6, the child learns to express and name his feelings. For example, in the form of "I am happy", "I am afraid".
- At the age of 7-10, he learns to perceive the feelings of others and manage his own.
- During adolescence, empathy, self-analysis and social responsibility develop.

The success of this process largely depends on the family environment in which the child grows up and the emotional approach of the parents. Parents are the first "emotional coach" for the child. Their words, tone, facial expressions and attitude directly affect the child's psyche. The child learns the emotional reaction model by observing how the parents respond to problems. Talking in a calm, non-judgmental tone gives the child a sense of security. Instead of criticizing when making mistakes, it is necessary to build trust through teaching. Creating a loving, stable and emotionally balanced environment by parents lays the foundation for the child's emotional stability.

Experimental research and results

An experiment was conducted on the formation of emotional intelligence and emotional cognition skills. In this study, 60 preschool and primary school children were selected for the study. 30 were divided into a control group and 30 into an experimental group. An 8-week educational program was implemented in the experimental group, which used interactive exercises, psychological training, and game-methodical methods. The traditional educational process continued in the control group of 30. The results of the study showed that emotional cognition skills, including self-awareness and understanding of the emotions of others, significantly improved in the experimental group. This shows that the methodological methods and approaches used in the formation of emotional cognition skills in children are effective and practically useful.

Methods for developing emotional intelligence

I. Role-playing and storytelling - Empathy is developed through questions such as "If you were in your friend's shoes, what would you do?"

II. Emotion card - teaches recognition of emotions through a game of identifying facial expressions.

III. Daily conversations - by asking the child questions every day, such as "What made you happy today?", the child learns to analyze his feelings.

In addition, some educational mistakes slow down the development of a child's emotional intelligence. By denying a child's feelings, denying their emotional state, and preventing them from expressing their feelings, the child learns to hide and keep them inside, and as an adult becomes prone to stress, aggression, or emotional indifference. Thus, the foundations of emotional intelligence are formed during childhood. Parents, educators, school, and the social environment play an important role in this process. A child with well-developed emotional intelligence has healthy relationships with others, expresses his emotions correctly, is more disciplined than his peers, is more successful, and has the ability to understand the feelings of others.

Conclusion

Emotional intelligence is a key factor in a child's personal development, self-awareness, and success in communicating with others. The task of parents is to teach the child to recognize, understand, and express their emotions correctly, and to support them with love every day.

Educational programs and upbringing methods aimed at studying emotional intelligence allow them to fully realize their personal potential. A child with developed emotional intelligence will grow up to be a healthy, empathetic, responsible, and successful person in the future. After all, a society with developed emotional intelligence is a society based on empathy, with a stable, strong, and healthy social environment.

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