



STUDY OF EMOTIONAL INTELLIGENCE IN MODERN PSYCHOLOGICAL RESEARCH

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Article history:	Abstract:
Received: 28 th June 2023 Accepted: 30 th July 2023 Published: 30 ^h August 2023	This article is written about the study of emotional intelligence in modern psychological research. It should be said that the issue of emotional intelligence in psychology is a controversial topic.
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According to many scientists, emotional intelligence is the key to success in professional activities, communication skills and effective work. Human emotional intelligence is also related to emotional leadership. A well-developed person knows how to transfer his feelings to other people. This will cause an atmosphere of trust and cooperation in the team. Therefore, although the study of the problem of emotional intelligence is becoming more and more popular in science, the phenomenological aspect of this psychological aspect remains unclear in research. Bipok, the problem of substantiating emotional intelligence is attracting the attention of many young psychologists. Therefore, studying the essence of the psychological research related to it, analyzing its uniqueness, the most advanced approach and the conceptual framework are becoming more and more important issues.

There are many approaches to explaining the concept of emotional intelligence in the field of Hopij research. Such an approach is clearly supported by the teaching of the model of emotional intelligence and emotional intelligence developed by J.Mayep, P.Solovey, D.Goulman, P.Ban-On, P.Pobeps, J.Matthews, M.Seidnep, N.Zallap. for example According to this model, emotional intelligence is defined as the ability to recognize one's own emotions and the emotions of other people.

There is a specific scientific school in the field of emotional intelligence research in social psychology, and it is also possible to develop a new conceptual approach to the research of emotional intelligence. E.A. According to Opel, among the researchers DVLyusin, Ye.A.Sepgienko, ACPetpovskaya, MAManoylova, GVVusupova, IAEgopov, OVBelokon, TAPankova, Ye.V.Epokhina, DVNenashev, ISStepanova, Ye.A. Khlevnaya, LDKamyshnikova and AKKpavsovalap. has conducted advanced research on the subject is a scientist. A lot of attention has been paid to the phenomenological, ontogenetic, structural,

and functional aspects of the problem of emotional intelligence. Below , we will analyze the researcher's opinion about the study of emotional intelligence in psychological research. According to MA Alfepova, there is the following group of abilities that underpins the inventive structure of emotional intelligence:

- the ability to express one's feelings;
- the ability to rationally manage one's emotions;
- the ability to assess the emotional state of others and self-motivation, etc. The downside of this approach is that the author confuses emotional intelligence with general intelligence. That is, the author paid a lot of attention to cognitive activity.

In her research, GG Gopskova supports the idea proposed by P. Solovey. He defines emotional intelligence as the ability to understand emotional reactions and to analyze them in an intellectual way .

As a rule, the most important part of emotional intelligence in a person is the understanding of his emotions by the subject. The final product of emotional intelligence is the ability to reflect and interpret emotions based on differential evaluation of events with personal meaning. In this way, emotional intelligence provides a wide variety of ways to connect with a person's goals. Bip, in other words, provides a direct connection between the inner world and reality[17].

E.P., one of the leading scholars of psychology. According to Ilin, the emotional idpok in its content causes a complex intellectual opepasialap, which eventually ends with the function of emotional intelligence. T. Piboga, using psychological, physiological and pathological differences in the analysis of the emotional response, suggests the existence of an affective type of the patient. That is, affective speech is a psychological response to our emotional sphere[16].

Researcher TI Solodkova P. Solovey and Dj. Analyzing the "emotional intelligence model" made by



Meyeplap, he proposed the optimal set of abilities for human emotional intelligence:

- the ability to identify, evaluate and express emotions;
- the ability to get emotional and arouse feelings in order to increase the effectiveness of thinking;
- the ability to understand emotions, emotional cognition;
- to train the emotions in a conscious way, to control the emotions;
- the ability to exceed the level of emotional and intellectual development.

According to the content of this classification, our emotional state is carried out as a function of emotional memory. That is, the physiological peintegpasia (restoration) characteristic of emotional memory is a great help to restore our emotional experience related to the past. Some studies argue that linking emotional intelligence with a person's level of intelligence is unrealistic. In science, emotional intelligence is not related to such factors as education and status, but is a unique psychological factor that forms it[18]. According to Alfred Adlep, when recruiting a person to a job or educational institution, the test result is not only self-awareness and self-knowledge, but also the inventive part of inner intelligence. In fact, special education for emotional intelligence is not an easy task. In this song, again beep bop Dj. It is appropriate to pay attention to the content of the model of emotional intelligence developed by Meyep, P. Soloveylap. The inventive part of the model is summarized as follows:

- knowledge about emotions;
- managing emotions;
- ability to self-motivate and overcome social interactions, etc. After much research, D. Goulman developed a more complete model explaining his emotional intelligence. According to this model, a higher level of emotional intelligence is characterized by the following set of abilities:

1. Self-awareness;
2. The ability to self-apply;
3. Ability to motivate oneself;
4. Ability to empathize;
5. Ability to possess social skills.

Mazkup's model is different from other models, in which D. Goulman tried to give a lot of attention to personality and social qualities inherent in a person. According to my research, emotional intelligence is defined as the ability to understand and manage the emotions of other people. In this way, internal and personal intelligence is emphasized. Although the two creative parts of the conversational group are explained separately by knowledge and skills, they are inextricably linked. An interesting point is made by DV

Lucin, who writes that it is wrong to define emotional intelligence only in terms of cognitive abilities, because this ability is also close to understanding emotions and managing emotions[19]. Based on the above hypothesis, emotional intelligence is considered a secondary psychological trait that depends on cognitive abilities and personality traits.

In our opinion, emotional intelligence has a typical character, and before understanding it, it is important to first determine the nature of individual psychological characteristics. For example, N. Hall classifies the following content aspect of emotional intelligence in his research.

1. Emotional awareness;
2. Understanding emotion;
3. Self-motivation;
4. Strong empathy;
5. Being able to recognize a stranger's human feelings.

Much of the content of Mazkup's model is that emotional awareness is responsible not only for our own feelings, but also for our understanding of the feelings of others.

AV Kappov tries to analyze emotional intelligence on the basis of "metacognitive" principles and describes it as a meta-universal phenomenon. Because emotional intelligence should be characterized by elements of cognitive and behavioral domains. For example, in his model, K. Izapd says that the integral feature of emotional consciousness and the negative aspect of emotional intelligence are the sum of the corresponding abilities. However, this model does not take into account the categorization of emotional intelligence. That is, the ipod function is not suitable for this category. In the context of my research, it is also possible to increase the case of emotional intelligence being explained in terms of social - psychological background.

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