

عنوان مقاله:

Gender: An Emotional Intelligence Perspective

محل انتشار:

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خلاصه مقاله:

Dear Editor: The rising importance of emotional intelligence gives a clear idea of the significant differences between men and women, since men and women are emotionally intelligent in different ways. Understanding and appreciating such differences leads to the improvement of the existing relationships and to the establishment of new relationships in a satisfying manner. One of the principal reasons for the above-mentioned differences is attributed to the different kinds of brain functions of men compared with woman. As emotional intelligence is acquisitive and of social origin, parents and children, thus, expose their emotions in an expressive way to one another, either consciously or unconsciously in their interactions. Another explanation of this difference would be a distinction in educational level of boys compared with the education received by girls. A suitable education ensures a high level of emotional intelligence, which contributes to the success in all life areas. Emotional intelligence is described as the capability to recognize one's own emotions and to perceive those of others, applying this knowledge to direct one's decision making and action in a skillful and intelligent manner. The four cornerstones of emotional intelligence are the concepts of self-awareness, self-management, social awareness, and social skills. The model by Dulewicz and Higgs (1999) has seven components (self-awareness, emotional resilience, motivation, interpersonal sensitivity, influence, intuitiveness, and conscientiousness and integrity). In contrast to cognitive intelligence, which stays relatively stable throughout an individual's lifetime, emotional intelligence can be improved as a result of learning and engaging in new skills (Posten, 2009). Both biological and social explanations have received support from a diverse range of empirical studies on emotion which show greater emotional abilities in women. Some studies have reported gender differences fundamentally in experiential aspects of emotional intelligence, such as perception and emotional facilitation. Other set of studies have found gender differences in strategic aspects of emotional intelligence, such as understanding and emotional managing. Studies of perception, cognition, memory and neural functions have found apparent gender differences. These differences may be attributed to various genetic, hormonal, and environmental factors and do not reflect any overall superior advantage to either sex. Dr. John Grey explained that men and women ... communicate, think, feel, react, answer, love a

کلمات کلیدی:

Emotional intelligence

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