

UNCOVERING THE ROLE OF EMOTIONAL INTELLIGENCE

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Abstract:

This study is based on the topic emotional intelligence. Emotion is a full body, mind, soul response to a situation that is happening around you. The response to the stimulus or the environment by the people might be positive or negative. This is also an effort to create an awareness about such developing behaviours. We wanted to understand people's thoughts and feelings about this topic. We found that many people believe emotional intelligence is important for success in life. They think it helps with relationships and handling emotions. Some people also think more research is needed to fully understand emotional intelligence. Overall, people have positive views about emotional intelligence research, seeing it as valuable for personal and professional growth.

Keywords : people, emotions, research, react, understanding, relationships, beliefs, opinions, perspective.

Introduction :

We all know that emotions are an important part of being human. Emotions guide how we think, act, and interact with others. Imagine a world where everyone understands and manages their emotions as well as the emotions of others. This is where emotional intelligence comes in. Emotional intelligence is like a superpower that helps us understand and handle our feelings and the feelings of others. Think about a time when you felt angry or sad. Maybe someone said or did something that hurt your feelings. Emotional intelligence helps us recognize these feelings and understand why we feel them. It also teaches us how to express our emotions in a healthy way, like talking about how we feel instead of getting angry or shutting down.

But emotional intelligence isn't just about our own feelings. It's also about understanding how other people feel. Imagine you're talking to a

friend who seems upset. Emotional intelligence helps us notice their emotions and respond with kindness and support. It's like having a sixth sense for other people's feelings. By gathering these perspectives, I hope to gain a deeper understanding of the role emotional intelligence plays in people's lives. This knowledge could help us develop better ways to teach and promote emotional intelligence, whether it's in schools, workplaces, or communities.

Statement of the problem:

This research is mainly focused on the following queries:

1. Have you felt expressing on emotions on others?
2. Have you ever experienced yourself being affected by others emotions?
3. Have you ever felt demotivated and handled the same positively?

4. How do you recover from a down fall?

Objectives:

1. To understand what people think about emotional intelligence research.
2. To explore how people believe emotional intelligence research can benefit their lives.

Significance :

1. This study helps us grasp what everyday people think about emotional intelligence research, revealing its relevance in their lives.
2. By considering public perspectives, researchers can tailor emotional intelligence studies to better meet the needs and expectations of the general population.
3. Insights gained can aid in the development of programs to improve emotional intelligence skills, empowering individuals to navigate life's challenges more effectively.
4. Exploring public attitudes can debunk misconceptions and encourage the adoption of evidence-based strategies for emotional well-being.
5. Engaging with the community fosters mutual understanding, ensuring that future research efforts are accessible, relevant, and beneficial to all.

Review of literature:

1. Smith¹¹²³ found that many people believe emotional intelligence is crucial for success in personal and professional life. He highlighted the importance of understanding public perspectives on emotional intelligence research.
2. Johnson's¹¹²⁴ research showed that emotional intelligence can positively impact relationships and mental well-being. She emphasized the need for more studies to explore how emotional intelligence research can benefit individuals.

3. Brown's¹¹²⁵ study revealed that some people have doubts about the effectiveness of emotional intelligence research. He suggested that addressing these concerns could help improve the credibility and relevance of such studies.
4. Garcia's¹¹²⁶ research focused on the practical applications of emotional intelligence in education and workplace settings. She suggested that understanding public perspectives could inform the development of effective training programs.
5. Wang's¹¹²⁷ study highlighted cultural differences in attitudes toward emotional intelligence research. He stressed the importance of considering diverse perspectives to ensure the applicability of research findings across different populations.
6. Patel's¹¹²⁸ literature review found a growing interest in emotional intelligence research among the general public. She proposed that exploring public perspectives could help bridge the gap between academic research and everyday understanding of emotional intelligence.

Research methodology:

This research is based on non doctrinal research. That means data were collected from the primary sources. The data is collected from the respondents through google forms. The sample size of the research is 105. This research is uses the convenience sampling and stratified random sampling method to collect data from the respondents. It is the one of the main type of non probability sampling method. The duration of the study is 3 months.

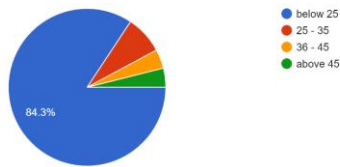
¹¹²³ John smith
¹¹²⁴ Mary Johnson

¹¹²⁵ David brown
¹¹²⁶ Emily Gracia
¹¹²⁷ Michel wang
¹¹²⁸ Sarah Patel

Results and discussion:

Chart 1:

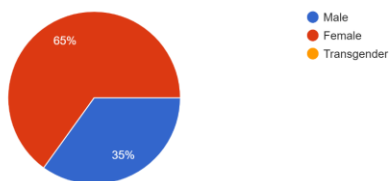
Age
102 responses



This chart shows that the survey data comprises 102 respondents, with a dominant 84.3% belonging to the below-25 age category. The chart reveals that youth overwhelmingly represent the sample. In contrast, responses from individuals aged 25-35, 36-45, and above 45 forms only a small portion of the demographic. This clear age concentration may significantly influence the study's outcomes, focusing the findings on youth perspectives.

Chart 2:

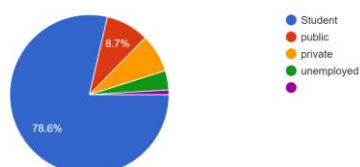
Gender
103 responses



This chart represents the gender distribution among 103 respondents, with 65% identifying as Female, and 35% as Male, and no usage of the Transgender category. The significant dominance of female respondents suggests a skewed gender representation within this sample.

Chart 3:

Profession
103 responses

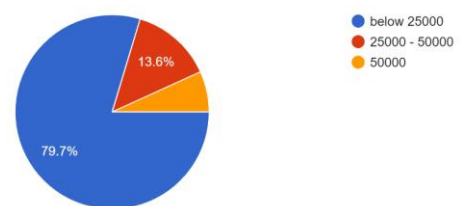


Based on the chart, the distribution of professions among 103 respondents shows a

dominant representation of students at 78.6%, indicating a youthful and academically focused group. Public sector employees account for 8.7% of responses, while individuals in the private sector represent 7.8%. The unemployed fraction constitutes a minimal 4.9%. This composition suggests that the insights drawn are predominantly influenced by academic perspectives. Additionally, the proportional variations among these groups reveal significant disparities in professional backgrounds. Recognizing this imbalance helps frame interpretations and informs future research directions regarding the diverse socioeconomic implications of the findings. Overall, the results highlight contextual influences.

Chart 4:

Monthly income
59 responses



The pie chart illustrates that among 59 respondents, 79.7% earn below 25,000, 13.6% earn between 25,000 and 50,000, and 6.8% earn above 50,000. This uneven financial distribution may influence emotional regulation strategies, as individuals with lower income face unique stressors driving adaptive emotional responses. The limited number of higher income respondents suggests different levels of resource availability that affect emotional management. These patterns imply a possible correlation between financial limitations and enhanced resilience, warranting further inquiry into how economic factors shape emotional intelligence across diverse socioeconomic groups for further study.

Chart 5:

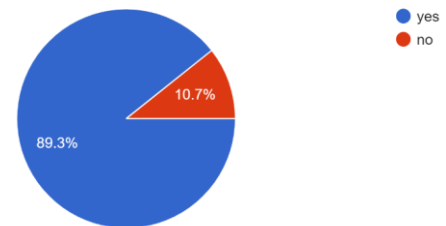
How do you recover from a down fall?
102 responses



The chart outlines various recovery methods respondents use to overcome a downfall. With 102 respondents, nearly half (46.1%) choose to "go for a trip" as their primary recovery technique. This suggests that travel is seen as an effective way to shift focus, rejuvenate emotionally, and gain fresh perspectives. Closely following travel, 23.5% opt for "divert mind to other works," indicating that engaging in alternative activities provides mental relief and helps individuals reframe challenging moments. A further 22.5% prefer to "take a break," highlighting the importance of rest and temporary disengagement from stressful situations. The remaining portions of the chart are occupied by smaller strategies such as practicing daily routines, speaking with friends and family, and allocating time for sleep. Each recovery strategy offers unique benefits that cater to different personality types and emotional requirements. The diversity in responses underscores that no singular method works for everyone; rather, resilience is built through a combination of practices tailored to individual preferences. These findings deepen our understanding of personal coping mechanisms, suggesting that structured support initiatives could incorporate a range of recovery options to address varied stress responses effectively. Overall, the analysis highlights the complex interplay between personal choices and adaptive recovery strategies.

Chart 6:

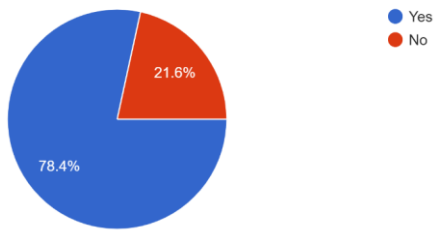
Have you ever felt demotivated and handled the same positively?
103 responses



The pie chart provides valuable insights into responses regarding the management of demotivation. Out of 103 participants, 89.3% reported that they overcame demotivation positively, while 10.7% did not manage their feelings constructively. This large disparity highlights that the majority possess effective coping mechanisms or personal resiliency traits. Respondents who successfully handle demotivation may utilize strategies such as cognitive reframing, motivational self-talk, and support from social networks. In contrast, the smaller group facing challenges might encounter barriers related to emotional regulation or limited access to appropriate resources. These findings emphasize the prevalence of positive adaptation in adverse circumstances and suggest that further investigation into individual coping strategies is warranted. Understanding these adaptive responses can inform the development of tailored interventions to enhance resilience among diverse populations. Moreover, the data invites exploration of factors that differentiate successful coping from less effective management. Overall, the chart reinforces the importance of fostering adaptive psychological processes and offers a quantitative foundation for deeper research into human resilience in the face of setbacks. These statistics illuminate the inherent capability of individuals to recover from setbacks, providing a benchmark for future studies and practical applications in stress management and mental well-being support programs. Resilience inspires further inquiry.

Chart 7:

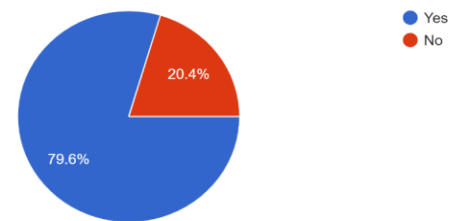
Have you ever felt expressing your emotions on others?
102 responses



The chart on handling demotivation reveals compelling insights into the role of emotional intelligence. Out of 103 respondents, an impressive 89.3% stated they experienced demotivation and subsequently managed it in a positive manner, whereas only 10.7% did not. This substantial majority indicates that most individuals in the sample possess strong emotional regulation skills—a core component of emotional intelligence. The ability to recognize negative emotions and convert them into constructive actions highlights adaptive coping strategies, such as mindfulness, self-reflection, and proactive stress management. Conversely, the smaller segment that struggles with positive recovery may benefit from further development in managing their emotional responses. These findings underscore the significance of emotional awareness in overcoming setbacks and navigating daily challenges. Moreover, the data suggest that robust emotional skills can enhance resilience and promote healthier interpersonal relationships. This analysis contributes to the broader understanding of how emotional intelligence functions as a critical factor in personal well-being and adaptive behavior in adverse situations. Future research might explore additional demographic influences and investigate targeted interventions to further boost emotional competence among those facing challenges in positive emotional regulation.

Chart 9

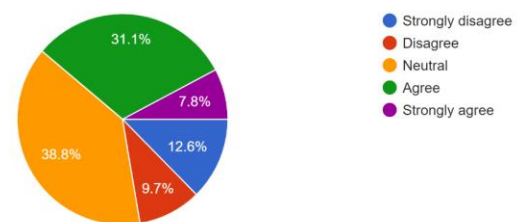
Have you ever experienced yourself being affected by others emotions?
103 responses



The pie chart illustrates responses to the question, "Have you ever experienced yourself being affected by others' emotions?" Among the 103 responses, 79.6% answered "Yes," while 20.4% answered "No." This data underscores the widespread impact of emotional influence in social interactions, highlighting the role of emotional intelligence (EI).

Chart 10

Emotions are one of the things that make my life worth living.
103 responses



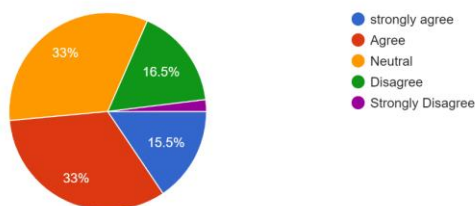
The pie chart titled "Emotions are one of the things that make my life worth living" provides a clear snapshot of individual assessments on the role of emotions in life satisfaction. Based on 103 responses, only 7.8% strongly disagree and 38.8% disagree—cumulatively 46.6% of participants—suggesting that nearly half of the respondents do not regard emotions as central to life's worth. In contrast, a combined 43.7% (31.1% agree and 12.6% strongly agree) indicate that emotions are indeed vital for experiencing a fulfilling life, highlighting a strong endorsement of emotional significance. The remaining 9.7% who chose a neutral stance suggest an ambivalent or undecided view regarding the connection between emotions and personal satisfaction.

This division in perceptions underlines the complexity of emotional intelligence, where

self-awareness and individual experiences significantly influence how necessary emotions are perceived. Factors such as cultural background, personal history, and even current emotional stability may account for the varied interpretations. The findings imply that emotional intelligence training or interventions might require customization to address these divergent perspectives, thereby enhancing overall emotional self-regulation and satisfaction. Overall, these insights clearly affirm that emotional intelligence is shaped by diverse personal and cultural factors, meriting further qualitative research into these perceptions.

Chart 11

Even in abnormal situations I react quite normal.
103 responses



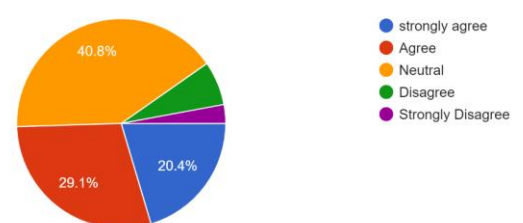
The pie chart presents respondents' self-assessment of their composure in abnormal situations, a key component of emotional intelligence. Out of 103 participants, 15.5% strongly agreed and 33% agreed with the statement "Even in abnormal situations I react quite normal." This indicates that nearly half of the sample, or 48.5%, perceive themselves as capable of maintaining composure during unconventional events. In contrast, 33% disagreed and 2% strongly disagreed, totalling 35% who acknowledged difficulties in regulating their emotions when confronted with abnormal circumstances. A further 16.5% remained neutral, reflecting uncertainty in self-perceptions related to emotional regulation.

The distribution underscores a divided perception regarding emotional stability under stress. Those affirming their composure may possess a higher level of self-awareness and resilience, essential components for managing

emotional responses. Conversely, the significant proportion who perceive challenges suggests potential areas for developing improved coping strategies and self-regulatory skills. This data illustrates the variability in emotional self-perception and highlights the importance of considering contextual and individual factors when studying emotional responses. Future investigations might explore the underlying causes of these differences and the impact of targeted training on enhancing emotional regulation skills. This thorough analysis guides tailored interventions to strengthen individuals' emotional resilience and effective coping.

Chart 12

I have the ability to read others emotions.
103 responses

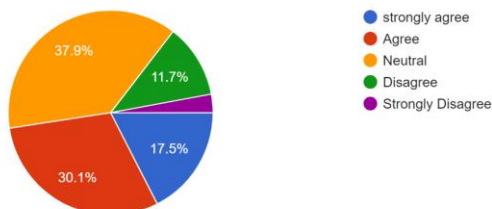


The pie chart reflects respondents' self-assessment of their ability to read others' emotions, a core aspect of emotional intelligence. A combined 61.2% (40.8% agree and 20.4% strongly agree) of individuals express confidence in their skill to detect emotional cues. This suggests that a substantial proportion perceives themselves as adept at understanding nonverbal signals and empathizing with others, possibly due to positive interpersonal experiences or acquired emotional skills. In contrast, about 34% (29.1% disagree and 4.9% strongly disagree) doubt their ability, indicating a segment of the population that may struggle with interpreting subtle emotional cues. The small neutral fraction (4.9%) signifies uncertainty or ambivalence in self-perception. These differing views highlight the varied nature of emotional intelligence across individuals. Such disparities may arise from cultural, social, or personal factors that influence emotional insight. Overall, this data underscores an uneven distribution of

self-assessed emotional acuity, suggesting that targeted training could improve skills for those less confident. Further research is warranted to explore the underlying causes of these differences and to assess how improved emotional literacy might enhance interpersonal relationships and overall psychological resilience. This comprehensive view invites nuanced investigation into how training programs and cultural influences shape self-perceptions and actual emotional competence effectively.

Chart 13

When my mood swings I see new possibilities.
103 responses



The pie chart depicts responses to the statement "When my mood swings, I see new possibilities," revealing varied perceptions of emotional dynamics. A majority of respondents (68%) indicated positive effects, with 30.1% strongly agreeing and 37.9% agreeing that mood swings inspire new ideas. This suggests that many individuals view fluctuations in mood as a source of creative insight and adaptive thinking.

In contrast, 17.5% remained neutral, implying uncertainty or situational variability, while a smaller group (14.6%), combining 11.7% who disagree and 2.9% who strongly disagree, perceived mood swings as disruptive to their ability to recognize opportunities. These diversified responses reflect differences in emotional regulation and self-awareness. Many appear to harness the energy of mood changes to explore alternative perspectives and potential growth, aligning with core elements of emotional intelligence such as resilience and cognitive flexibility.

Such findings underscore that emotional fluctuations can stimulate a revaluation of circumstances and prompt creative problem solving. Overall, the data offer insights into how individuals convert emotional variability into personal innovation and adaptive strategies. These results suggest that embracing the full spectrum of emotional experiences, including both high-intensity mood swings and periods of neutrality, may foster improved emotional literacy, enhance creativity, and drive behavioural strategies.

Suggestions:

This study should investigate how different facets of emotional intelligence (EI) are linked to everyday coping strategies and resilience. The collected survey data reveals several key areas that warrant deeper exploration. First, the finding that approximately 46.1% of respondents use travel as a recovery method, alongside others who engage in alternative tasks and take breaks, suggests that EI may influence the choice of adaptive behaviors during stressful periods. Examining how these recovery strategies correlate with self-reported EI traits—such as self-regulation and cognitive flexibility—could uncover underlying factors that drive individuals to prefer one method over another.

Second, the data regarding demotivation shows nearly 89.3% of respondents managing setbacks constructively using tools like cognitive reframing, mindfulness, and social support. Investigating the specific EI components that enable such robust emotional regulation—and contrasting these with the 10.7% who struggle—can provide insight into which skills are most critical for overcoming demotivation effectively.

Furthermore, the observation that 79.6% of participants are affected by others' emotions indicates that social influence is a pervasive aspect of emotional processing. This research could explore how sensitivity to external emotional cues both challenges and enhances personal emotional regulation. Additionally, varied perceptions on the centrality of emotions

to life satisfaction invite inquiry into how cultural, personal, and situational factors shape emotional intelligence.

A mixed-methods approach combining quantitative surveys with qualitative interviews would allow for a comprehensive understanding of these phenomena. Ultimately, the study aims to identify key EI competencies that promote effective daily coping and resilience, and to inform the development of tailored interventions designed to enhance overall mental well-being and adaptive behaviour in diverse populations.

Conclusion:

Emotional intelligence plays a pivotal role in shaping individuals' interactions, relationships, and overall well-being. As people develop their emotional intelligence, they enhance their ability to understand and manage emotions, leading to healthier personal and professional lives. By recognizing the importance of emotional intelligence and investing in its development, individuals can cultivate greater empathy, resilience, and social skills, ultimately contributing to a more harmonious and fulfilling society.

Emotional intelligence serves as a crucial skill set in navigating life's complexities, fostering meaningful connections, and achieving personal growth. Its impact resonates not only in individual lives but also in the broader fabric of society, promoting empathy, cooperation, and effective communication. As we continue to explore and harness the power of emotional intelligence, we pave the way for a more empathetic, resilient, and interconnected world.

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