



Competence of Academic Administrators Virudhunagar District in Identifying Emotions: A Delineation

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Abstract – Emotional Intelligence is the ability to acquire and apply knowledge from one's emotions and the emotions of others in order to be more successful and lead a more fulfilling life. The ability to accurately recognize emotions is the most basic Emotional Intelligence skill. This basic aspect of Emotional Intelligence involves recognizing and correctly identifying emotion in people and the world around them. Identifying emotions is important because the better the emotional read one has on a situation, the more appropriately one can respond. The main objective of the study is to know the ability of awareness of Academic Administrators in identifying emotions. In order to find the relationship between the Experience and aware of their own emotions, a one way ANOVA test was employed. In order to find the relationship between the Age and Understanding Others' Emotions of the respondents, a Chi-square test was employed. In order to find the relationship between the Age of the respondents and the opinion about the importance of identifying emotions, a One way ANOVA test was employed.

Keywords: Emotional Intelligence, Identifying Emotions, Emotional Cue

1. INTRODUCTION

Emotional Intelligence is the ability to acquire and apply knowledge from one's emotions and the emotions of others in order to be more successful and lead a more fulfilling life.[1] It is the capacity for recognizing one's own feelings and those of others, for motivating ourselves, and for managing emotions well in us and in our relationships. It can also be defined as a set of abilities that help us respond to the world around us appropriately.[2]

Emotional intelligence is the intelligent use of emotions. Most people have trouble in managing situations that are emotionally charged, especially when the emotions aroused are anger and anxiety.[3] When this difficulty is accompanied by, or causes poor communications skills, then people really do get into trouble. Those individuals who are able to handle their emotions, not just the expression or regulation of them, but who are also able to generate the kinds of emotions that are

productive and efficient, are indeed emotionally intelligent.

It is not possible to leave one's emotions at home. Hence people carry emotions with them and a smart manager needs to tackle the emotions of the employees intelligently. People vary enormously in the skill which they use to manage their own emotions and the emotions of others - and that can make the difference between a good manager and a bad one.[4] Most of the professionals, managers and executives are fairly smart people but there can be huge difference in how well they handle people. That is, the manager may be a genius in technical, product or service knowledge-but get fail marks in terms of the skills in handling people.

Emotional Intelligence helps in the empowerment of individuals to be at their best as it enables them to understand their own and others' emotions too. Everyone experiences and relates to feelings and emotions. Even the world around us communicates and sends emotional messages. Emotions contain valuable information about relationships and about the world around us. This ability to perceive emotions starts with being aware of these emotional clues, and they mean.

Emotional Intelligence is one of the contemporaneous approaches that are helping individuals to increase their ability to be aware of their emotions. This approach also helps them to balance their emotional and rational mind. Emotions are just concepts which are energized by feelings. The concept introduces the factor of mind and so each emotion has its own cluster of ideas associated with it. Once a person learns to identify his full range of major emotional responses, then he can use them to