

BOOK REVIEW

**Emotional Intelligence: Journey to Self-Positive. By Pooja V. Anand.
The Reader's Paradise (2017). ISBN 978-93-85958-62-5. PP.115. ₹495.00**

Harpreet Bhatia

Assistant Professor, Department of Psychology, Keshav Mahavidyalaya, University of Delhi

Emotions have been often looked upon as irrational and illogical. They have been understood to be interfering in the effective functioning and decision making of persons. In 1964 however, Michael Beldoch introduced the concept of 'Emotional Intelligence' and then it appeared again in a paper by B. Leuner in 1966. This term became widely known with the publication of Goleman's book Emotional Intelligence: Why it can matter more than IQ in 1995. Of late, the concept of EQ has become very popular. Emotions are now looked upon as facilitating thinking and behavior. As very aptly quoted by the author,

"The emotional intelligence field is on the steep incline of a new wave of understanding – how people can improve their EQ and make lasting gains that have a profoundly positive impact upon their lives." Bradberry and Greaves, 2009

The concept of Emotional Intelligence has become one of the most popular constructs today as people have now begun to understand its significance in all areas of functioning – be it relationships, effectiveness at work, or achieving personal and professional goals. The author has attempted to provide a comprehensive and detailed understanding of the concept of emotional intelligence in this book.

The book is divided into nine chapters, with each chapter delving dexterously into the

concepts related to EQ. Chapter 1 talks about the different emotions and the theories related to understanding this complex area. The chapter talks at length about the role of emotions in facilitating communication. Nature, universality, and the role of culture in expression of emotions have been brought out very clearly by the author.

The historical background and the emergence of the concept of EQ is discussed extensively in Chapter 2. The chapter is enhanced by the details of contribution by various theorists who have enriched the concept. The relationship between Interpersonal and Intrapersonal intelligences given by Gardner and the concepts of Personal and Social competence components of Emotional Intelligence have been discussed.

Chapter 3 goes into a detailed explanation of the various models of EQ. It also gives the many definitions of emotional intelligence brought forth by the various contributors to this field. The Ability Model proposed by Mayer and Salovey, the Mixed Model by Goleman, and the Emotional-Social Intelligence Model by Bar-On have been discussed in detail. The various measures of emotional intelligence are also given in this chapter.

A very important component, the Indian understanding and work done by Indian researchers are discussed in Chapter 4 of the book. The concept of emotional intelligence has been researched in India as well. The concept

has been found in ancient texts like the Bhagwad Gita. The concept of EQ in the Indian texts is quite different from what is understood in the West. In India, EQ is associated more with the social and cultural skills like respecting elders and fulfilling one's responsibilities.

The application of emotional intelligence in the different fields of human functioning, and the fact that emotional intelligence is a competency that can be learnt through training, is discussed extensively in Chapters 5 and 6. EQ as a construct assumes critical importance today when the world is facing severe challenges in all areas. Increasing incidence of depression, suicide, violence, broken relationships, and general unhappiness, and its relationship with emotional mismanagement has been brought out very effectively. The upside is that emotional intelligence can be learned.

Despite the information that emotional intelligence is an extremely useful concept, it is not bereft of its own share of controversies. Chapter 7 talks about the controversies and criticisms associated with this concept, the age-old one being the importance of IQ vis a vis EQ. Some critics have raised the point that the construct is not clearly defined and, therefore is difficult to understand. Another interesting controversy is whether to consider EQ as an ability or a quality. However, it has been brought out that researchers have established that EQ is a "unique construct that accounts for unique variance".

A very important chapter of the book is Chapter 8 which introduces and discusses the 3S model of emotional intelligence – a new model

developed by the author. This is a comprehensive model that describes the components of emotional intelligence. The author views EQ as a competency, as various researches have shown that emotional intelligence can be developed. The author has also ventured to give a definition which says,

“Emotional intelligence involves competencies related to understanding and managing one's own emotions, understanding others' emotions, developing and maintaining satisfying relationships with others and channeling one's emotional energy to create a positive self.”

The 3S components of the model are – self-competence, social competence, and self-positive.

The concluding chapter, Chapter 9, of this beautifully and explicitly written book brings forth very clearly the importance of integrating emotional intelligence with school and college curricula. The stresses discussed in the earlier chapters underscore the need for developing competency in Emotional Intelligence.

Although the concept of EQ has become popular and extensive research has been carried out in this area, there are very few books in the simple and understandable format followed in this book. This book discusses emotional intelligence in a comprehensive manner and makes a very important contribution to this field. The 3S model of emotional intelligence is an inclusive model developed by the author and is a result of years of research with different samples.