

Emotional Intelligence
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Module No # 1
Lecture No # 03
Introduction to Emotional Intelligence and Related Concepts (Contd.)

Well we will be discussing about the different theories of Intelligence one approach among those is our organismic approach this was exponent by Jean Piaget it explains intelligence development a species level it emphasizes on Children's intelligence development ending at adolescence stage with formal operational thinking. So this theory a mostly emphasizes on how human thinking develops over a period of times.

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Intelligence Theories & Approach

- Organismic approach
 - exponent by Jean Piaget
 - explain intelligence development at species level
 - emphasize on children's intelligence development and ending at adolescence stage with formal operation thinking.
 - age-related abilities deficit
 - abstract reasoning

So this gives us a development growth of human cognitive abilities across different ages. So it highlights the age related abilities deficits and it also focuses on abstract reasoning. What a at what age a person is able to develop abstract and concrete abilities that that is required for solving problems in life.

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Multiple Intelligence

Multiple Intelligence approach
(Howard Gardner)

□ 7 types of intelligences

- linguistic
- musical
- logical-mathematics
- spatial
- bodily-kinesthetic
- intrapersonal
- interpersonal



But if we look into the other theory such as the multiple intelligence theory is given by Howard Gardner. Gardeners say that intelligence cannot be described in one or two abilities it is so wider it can be considered in multiple frames such as multiple theories of intelligence. So Howard Gardner gives a theory that describes about seven important abilities one is called linguistic musical, logical, mathematical, special, bodily-kinesthetic, intrapersonal and interpersonal.

When you talk about linguistics you know may be a language as been always consider as a marker of intelligence. If you are not expressive if you are not able to express your ideas either writing or verbally that is put you in a awkward situation and many times you know we are we prove ourselves because we are not able to convey our ideas intelligently so that is why intelligent our language is considered as one of the important marker of intelligence.

Many people are very poor in mathematical calculation but if you see they are very bright in magic would you call them less intelligent probably not so that is why musical intelligence is also another one dormant one could study them. Logical mathematical many times we have lot of abstract ideas but till the time you do not put them in proper frame work in systematic way it does not get any concrete cell.

So that is why logical intelligence is very much important to understand once intellectual profile special abilities how quickly once ability to understand the special formations the space relations so that is how when you understand the space relations in different objects events you will be able to project your thoughts properly.

Bodily-kinesthetic intelligence you will find illiterate persons from deep village are becoming champion in RIO Olympics. If you measure their IQ test may be very less but their bodily-kinesthetic ability is verified. So interpersonal intrapersonal it is related to your self-knowledge, Self-insides how ha it is once ability to project yourself. Inter personal your relationships with others that will help you to develop your social intelligence.

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Well this is how our Gardner's tests that application of multiple intelligence the nature smarts some people are naturally they are smart they look smart genetically intelligent some people are people smart interpersonal they can easily make friends they can collaborate with others they can get along with others. Some people are number smart if you ask how much what is the percentage of people is illiterate India.

People they can remember so fast (()) (04:38) the number figures they can easily tell you what all you given them the very mathematical problems they can calculate easily in very short time. Some people are very picture smart they can draw good pictures they can take care of

geographical space very well they can visualize some people are self-smart. They are very they are attract people by their own thoughts own ideas own talents body smart.

Some people are they are physiological the kinesthetic the bodily-kinesthetic ability is so good they excel in their own field main particularly in in sports and games. Musical smart musical intelligence and the word smart they can explain the can the word smart in so beautiful ways as if they are the best in the world.

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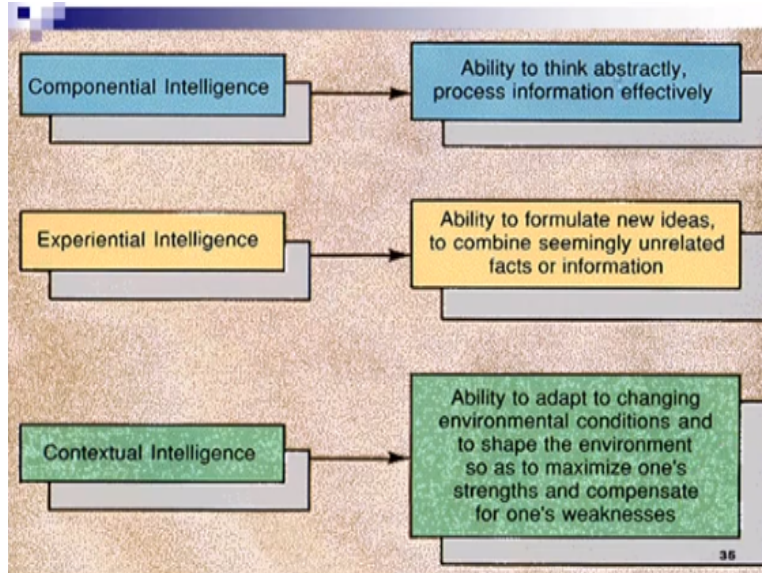
Triarchic process model

- Robert Sternberg
 - The intelligence is divided to 3 categories
 - Components
 - Contexts
 - Experience

Well there is a one more theory this is in fact one of the process theories highlighted by Robert Sternberg very famous Psychologist who talks about three important domains of human intelligence. One is called components, the components are what you call relate to the fluid theory of the fluid theories like components means our attention perception memory etc. but although these memories at fluid state.

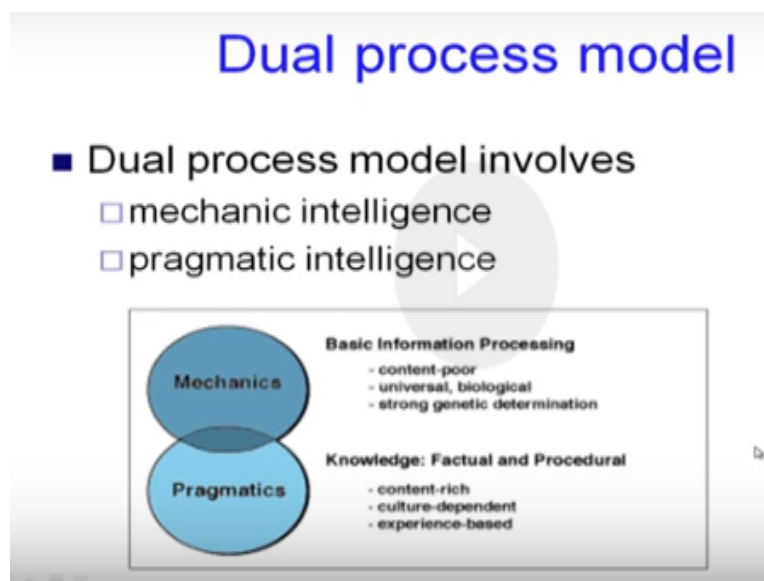
The context is very important context in the sense your environmental influence is very important to process and express your intellectual abilities and experience. Most of the abilities are gathered through our experience by meeting people different challenges in the life. So that you can solve effectively your practical problems experienced also builds of your practical intelligence.

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Well this is how this three domains represents three different types of abilities componential intelligence ability to think abstractly process information effectively then experiential intelligence the ability to formulate new ideas to combine seemingly unrelated facts or information and contextual intelligence ability to adopt to changing environmental conditions and to save the environment so as to maximize one strength and compensate for once weakness.

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A another approach is who call a dual process approach you know some intellectual abilities are very mechanical in nature like without understanding you can write the answer that is called mechanical. In our early periods of life we all are mechanical in our intelligence but the moment you grow up years to years you build up your logical understanding of your events objects etc.

So that is why the basic information processing much information is stored in your memory without understanding them. Then how to memorize them we memorize them sequentially step by step. We think that if you remember these events one after another that will be the appropriate way of doing the things correctly.

So that is why most of the information's are mechanical in nature like say content poor universal biological and strong genetic determinations. So this mechanic intellectual ability is formed on the basis of our biological determinants but the pragmatic knowledge these are factual and procedural.

When you try to explore and believe things on the basis of facts. So you say ok you are saying like this what are the facts behind this you are saying that Donald Trump is going to lose the battle of American election 2016. What are the three conditions what are the facts and figure we have any survey I say that Hilary Clinton is going to end because she has a better support then we look for the projection?

The political survey of different agencies so on the basis of facts and figures we conclude that it is Donald trump or Hilary Clinton is going to win the elections. So the basis of facts and figures we want to develop our understanding at the concrete level at the pragmatic level. So content is very rich also dependent sometimes you know pragmatics these are cultural specific abilities otherwise then it will be mechanical.

So the facts that is available in one culture may not be same in other cultures that is why it is also experience based we are making survey on the basis of our experience asking people but you never know at the last moment like the way it happened in United States. At the last moment the whole scenario completely changed.

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Three-phase system model

- Developed by Marion Perlmutter
- A model of integrated intelligence
 - **Processing** – attention, perceptual speed, memory, reasoning (i.e. fluid/mechanical intelligence)
 - Started during childhood and stabilized until affected by health problems. Affected by age.
 - **Knowing** – memory storage of knowledge about the world (i.e. crystallized/pragmatic intelligence)
 - Relates to one's experiences throughout life, a lifetime record.
 - Allows the shaping of behavior and prediction of events.
 - **Thinking** – metacognition, higher level of information processing and mental function (~formal operation, postformal operation, postoperational/dialectic thinking)
 - Understanding that change is consistent.

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So three phases system of models shows that this is developed by Marion a model of integrated intelligence one of the Indian psychologist also tried to develop integral intelligence a very integrative approach well integrated approach of human abilities to understand intelligence in a holistic framework. So this model highlights three important domain of human intelligence.

How we process information and the knowing about knowing refers to the process of our memory knowledge about the world. How we relate to ones experience though out life and their lifetime (()) (10:41). So processing knowing acts are helps as to make use of information in our thinking processes that builds up the cognitive based or metacognition also higher level of information processing and mental functions these are helpful to build up our cognitive domain what you call our intellectual understanding

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Divergent thinking

- Expanding the possible domains of human thinking

- Exploring Novelty in thinking (Creativity)

Well taking clue from this how this cognitive domain can be diversified the information we gather through our experiences it expands the horizon towards the divergent thinking that to think difference opportunities different possibilities of life what we call sometimes we you call thinking out of box and we relate to the domain of creativity.

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CREATIVITY

- The ability to produce novel ideas that are high in quality and task appropriate (Sternberg, 2001)
- Is one of the most ambiguous and confusing terms in psychology (Ausubel, 1968). He believes the term creativity should be reserved for people who make unique and original contributions to society - exceptional creativity

So let us examine what is the concepts creativity the ability to produce novel ideas that are high in quality and task appropriate this is given by Sternberg but it is one of the most ambiguous and confusing terms in psychology because creativity is endless. Can creativity be mapped in a by a help of instrument is there any shortcut.

You just look at the paintings of M.F.Husian he just puts some dots and lines and when he joins all this it is sells in crores nobody knows what is there but everybody says oh my god what a wonderful paint. When I say nobody knows but everybody presses it that is that that is that that indicates towards the boundless zone of human abilities to appreciate others. So creativity is not ability it is a skill to appreciate the creative works right.

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- **Robert Weisberg**

- ordinary creativity-refers to creative behavior of “ordinary” adults in “ordinary” real life situations.

- **Guildford**

- **Divergent thinking** -refers to the ability to produce many different answers to a single questions
- **Convergent thinking** - is the ability to derive the one correct solution to a problem.

So therefore the believe Roberg stern believes the term creativity should be reserved for people who make unique and original contribution to society. Creative cannot be valued without absence of society or in the absence of people because it is exception but exceptional creativity only lives in societal phenomena. So what are those let us examine in details Robert Weisberg it talks about creativity these are ordinary creativity are basically refers to the creative behavior that is ordinary adults are in ordinary real life situations.

Suppose ordinary is defined in the sense that something is unusual we do not expect a child to perform certain task but if he or she does then you say the child is becoming creative. Because several examples suppose a four school of fourth standard child is solving the problems of eight standard then we say he is becoming intelligent he is becoming very what we say may be on going beyond the ordinary children’s,

But Guilford talks about two types of thinking out of this creative creativity concepts, He says that divergent thinking and convergent thinking. Divergent thinking refers to the ability to produce many different answers to single questions we want to think from different perspectives multiple options are there for a single problem.

But convergent thinking on the other side is the ability to derive the one correct solution to a problem. So that means there is only one correct answer to a particular problem. But when we talk about divergent thinking, we say is the ability to produce multiple choices or multiple answer to a single questions.

Suppose when i ask what do you think about the president of India this is questions it as an answer related to conversion think it has an answer to think about divergent thinking but when I say what do you think about president of India. You have lot of many answers but when I ask how old is president of India.

So you have one correct answers right so therefore this is how if ask how you will go to a hostel you have multiple you could have multiple answers some will say will go by bus some will say I walk down different people there are multiple answer to this but if somebody ask where is your hostel you have to particular it is in say for somebody is from MP or RLB will say it is in front of RLB is in front of what is that shop?

Heritage or Syria or there is another transport companies also situated yes somebody nearby suppose she is from Nevedita Hall she will say it is in front of tika simple answers right. So when you have only correct one correct answer it is relates to your convergent thinking. But when you have multiple answers you can think of multiple perspectives.

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WISDOM

- Wise persons have a good intellect and superior reasoning ability
- Wisdom is virtue, or pattern of behavior that society values highly.
- Wisdom is a good: personally desirable condition

Right there is a one more concept that relates to once wisdom. Wisdom is such a word that has direct relationship emotionally human intellect. How we are going to see it? Wisdom has been considered in varieties of ways wise persons have a good intellect and superior reasoning abilities.

Wisdom is something it relates to naturally of knowledge highest level of experiences. When you try to see the highest level of goodness in yourself that is what we think in terms of wisdom. Something most values attributes of human life is called wisdom or wise ability sometimes I used to tell it the wisest ability is called wisdom. It is very broad and very difficult to explain in or put into a single word framework.

Some people call it is the highest form of reasoning but we have seen that wise people are more of abstract more dominated by abstract thinking then concrete. So that is why some people say that wisdom is just like virtue it is pattern of behavior that society value highly. So wisdom is more much of related to one's value related abilities and skills. So what is that virtues that one mostly care for can emotion be related to one's virtues and values.

How? How one can attend highest level of values with full satisfaction see now a days we know say for example like spirituality. What is the evolution of spirituality? Why spirituality is

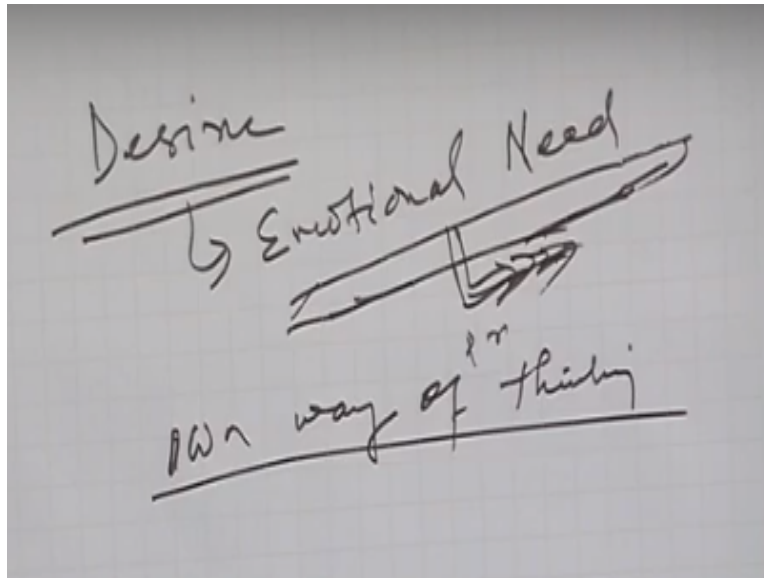
required? In spirituality is a virtue or value? How? Why people practice spirituality? Spirituality can be considered as a virtue, spirituality is also can be practiced as a value.

Spirituality is practiced to control human anger, human stress, human depression it brings satisfaction to human life and the satisfaction concept also related to emotions. It is the highest stage of achievement of human ability so it is related to human intellect you are trying you are moving towards a stage of excellence that is what we call (()) (20:22) you have achieved as stage of excellence say for any theory any expert coming up with the theory is very well known or you can say once philosophy

Baba Ramdev's philosophy there is you know there are many Hindu philosophy and methodologies. If you look into Buddhist philosophy is different from Hindu philosophies, it is different from Jain philosophies. So a philosopher who is giving his opinion about particular way of living is becoming a virtue and the way they are being reflected is showing the sense of one's wisdom in those philosophical thoughts right.

So wisdom is necessarily good it cannot be bad at all because it is always for the benefit of others and it depends on personally desirable conditions. You know what is the Buddhist say, Buddhist philosophy about human life. How will be happy? When you will be happy? How you can attend moksha? Salvation we talk about salvation. What are the means and ways to achieve salvation in human life?

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Desire so now the concept of desire is coming why the concept of desire this is nothing but human emotion, emotional need this is nothing human needs which is completely emotional in nature and how this desire could be managed. I could be managed by achievement of good deeds by eradication of bad deeds also that is what these are the two ways to achieve moksha's.

So your satisfaction of desire in one's life fully leads towards achievement of moksha say for example. You know there is another philosopher who has established his own philosophy and is known as it is very widely well known internationally and his headquarters is located in Pune, India. He also practiced his own living OSHO yes now Osho philosophy is famous all around he also talks about desires like Buddhist.

But Gautam Buddha the approach towards satisfaction of desires is through control of desire but Osho philosophy is through satisfaction of desire. This is how but these are two ways but goal is one the methods of achieving these goals are for the betterment of whole societies. Although different people have different opinions in different times but they have given their thoughts and ideas for the benefit society.

Not only the benefits of their own and all these philosophies have their own logics and reasons. So that is why any wise thoughts wisdom is nothing but a process of expressing wise thoughts that all for the benefits for mankind and yes now why it is called personally desirable condition.

Some people say I want to make you happy by experiencing my own pain a thing of beauties joy forever.

You now like some people say I can tolerate I can digest all odd things to make you happy. I will show you a small video clips that I was expecting with that have got maximum review on YouTube that is related to Child and Doctor Relationship. You will find all intelligence, all emotions, all emotions are involved in those sins. Will explain why it is called wisdom is called personally desirable because each individual has their own way looking at things.

One way of thinking Gautam Buddha says more you control your inner desires better you will be person but we have also seen in human life most of the depression, psychosis, neurosis, symptoms develops more you control your thoughts and feelings. So even if it is also being highlighted in Freud's theories need and desires are very important determinants of human personalities then the role of Gem Mora has also highlighted the role of environmental influence.

Where he highlights the needs and desires the expression and satisfaction of human needs and desires will say in a particular way of particular personal characteristics. So that is why personally desirable conditions are essential to facilitates wise thought what we call to become a wise person or to express one's wisdom the highest level of one's knowledge.

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- Psychologist perspective: involving three cognitive processes
 - Practical & social intelligent
 - Insight into the deeper meanings underlying a given situations
 - Awareness of the relative, uncertain, reflected in post-formal thinking

Well there are various prospective sociological psychological and philosophical but psychologists prospective regarding involving three cognitive processes related to the concept of wisdom is called practical and social intelligence. Where do you see practical and social intelligence in wisdom? A wise thoughts always facilitates you have learning something good you advise others when you are under difficult conditions of like this you should practice this like.

Say for example when you are like say Baba Ramdev says when you are under tremendous stress you does yoga. So he is the father of yoga so he has expressed all his wisdom or wise thoughts through the practice of yoga. So when you see the practical and social utility of a particular philosophy that is where you practice a particular kind of wisdom it is it can be also wisdom can also be as a social intelligence.

When you express your social intelligence for the benefit of mankind it becomes a wise thought or a concept what you call wisdom. Wisdom is nothing but insight into the deeper meanings underlying a given situations. So what is that insight into deeper meanings when I am propagating the philosophy of yoga I am exploring what the concept is what are the mechanism involved? How it will benefit to others?

When you come back after this short break we will examine the details but exactly the psychological prospective of wisdom and we will examine the inter relationship between emotion intellect and wisdom. Thank you