

**Emotional Intelligence**  
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**Module No # 1**  
**Lecture No # 04**

**Introduction to Emotional Intelligence and Related Concepts (Contd.)**

Yeah welcome back we are discussing about different aspect of wisdom where we try to examine in the practical and social intelligence and insight into the deeper meanings on the underlying a given situation it also involves one awareness of the relative uncertain and reflected in post formal thinking this is a concept that often emerges after the adulthood.

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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

Where we try to experiment with our logical formal thinking is a post logical thinking we want to apply the applications of our logical thinking into the benefit of others.

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- Baltes & Straudinger (1993) describe 4 characteristics of wisdom:
  - Wisdom deals with important and/or difficult matters of life and the human condition
  - Wisdom is truly "superior" knowledge, judgment and advice
  - Wisdom is knowledge with extraordinary scope, depth and balance applicable to specific situations
  - Wisdom, when used, is well intended and combines knowledge and virtue

Baltes and Straudinger in nineteen ninety three describe the four characteristics of wisdom. Wisdom deals with important and or difficult matters of life and human condition. Sometimes you know a particular philosophical behavior emerge out of sometimes one suffering and sometimes once living styles etc.

So wisdom is truly superior knowledge this is what I was saying it is the highest level of practice of one's intelligence that is used for judgmental aspects are sometime you will give others advice over if you follow this process of your life you are going to solve your problems. So it is act as wisdom sometimes acts as a device. Wisdom sometimes is reflected in judgment like achieving fair justice.

How to do fair justice it is often reflected in the behavior of judges while they give judgments or deliver judgments to others. Wisdom sometimes is called knowledge with extra ordinary scope sometimes that is why sometimes. When some things are not in written documents but a judge goes beyond to looking at the situation of an incidence and provides the quantum of punishment and that it is reflected in his wise thoughts. So that is how wisdom is practiced in our daily activities.

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- Baltes & Staudinger developed 5 specific criteria for determining whether a person demonstrates wisdom:
  - Expertise in the practical aspects of daily living
  - Breadth of ability to define and solve problems
  - Understanding of how life problems differ across the life span
  - Understanding that the right thing to do depends on the values, goals and priorities one has
  - Recognition of the complexity, difficulty and uncertainty in problems one faces in life

Then we say wisdom when use or well if intended and combines reflected in our virtues. So that is why many times things are not recorded or documented but when looking at the practical situation we apply our own wisdoms for the benefit of society or others or the welfare of others. So wisdom can be also exercised in wise thoughts what you call in welfare (()) (03:17).

It is expertise in the practical aspect of daily living so when you gather more and more experience in our daily dealings then we get to know what is right and what is wrong sometimes it is also reflected in our ethical behavioral practices the breadth of ability to define and solve problems understanding of how life problems differ across lifespan. So that is why we often see that the those who are wise people's this sometimes undermine their own living styles and go for the welfare of the others.

So that is in the recent past i saw a documented fill in where a professor from IIT Delhi you know I forgot his name he is a professor and he quit the job and I went to the deep jungle of Chhattisgarh and he is serving the community. So this is can be also called so he believes in his wisdom serving others. So that is how a particular philosophy emerges out of our thought processes. Understanding that the right thing to do depends on the value goals and priorities yes exactly.

When we prioritize what is going to happen in our life? Or what for I am here? What I should do it for others? That emerges at as philosophical ideas. So when you believe in your wisdom that service to man king is service to god then you easily forget your own plan what do you in worldly desirable life needs keeping it side you go for serving others.

Then recognition of the complexity difficulty and uncertainty in problems that one faces. Once you decide this I want to serve the mankind irrespective of the hurdles then you give up everything all perceivable things you do not want what we say big bungalow, Mercedes Car, etc. or hifi living styles. Once you decide yes I want to serve people though (( )) (05:42) people living all this elite style of living

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- Baltes (1993) identifies 3 factors that help one become wise:
  - General personal conditions – eg. Mental ability, cognitive style.
  - Specific expertise conditions – eg. Training and mentoring.
  - Facilitative life contexts – eg. Education, leadership experiences, social collaboration.

Another three important that has been highlighted by belts I called general personal conditions this is what I just discussed about you forget all about your own personal happy things are world pleasurable things for examples like him many times you becomes mentally so strong in order to express yourself for the welfare of others the your mental ability or cognitive style is very important.

It should be very expressive so there are two cognitive styles like you know full dependent and full independent. So this styles needs to be very expressive for the expression of wisdom specific

expertise conditions for life you know training and mentoring inner expressive particular a kind of welfare activities particular training is important how to help peoples.

Another thing is you know facilitative context for example in the sector of education leadership experiences and social collaborations why some people living their own comforts becomes you know social agents for the welfare of others social workers people working for NGO's etc. Yes now how we can integrate emotion intellect and creativity and wisdom. So let us have a look about the small video clips (Video starts: 07:30)

Post presentation of the small video clip and now exactly we can integrate the whole domain of our discussions in morning to till now a lot of emotions are there sometimes you know everything why the title is my daddy lie my daddy is a liar. Usually we say that you know when somebody say a lie we misinterpret we undermine a person's contributions ability and personality.

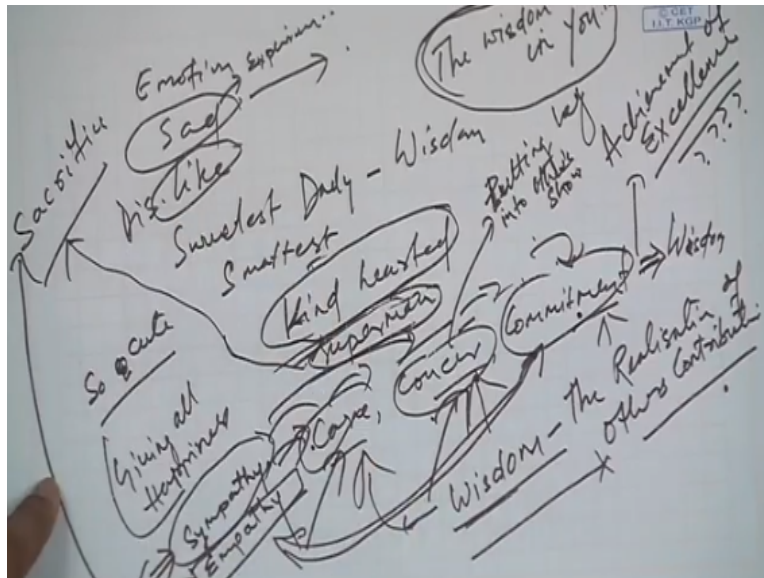
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## Integrating Emotion, Intellect, Creativity and Wisdom

- Feeling, ideas, thinking, reasoning, exploration, innovation, creativity, discoveries, inventions
- virtues and values

But you see looking at this video clips I can say that it is nothing but a child says that this is the wisdom of the child in the wisdom within you.

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What is the wisdom within you? Wisdom is expressed not only by helping others it is expressed in terms of care, concern and commitment and these three care concern and commitment involves emotions sentiments expressions and commitments comes with the expressions care and commitment with knowledge and wisdom.

That is where all this concept emotion intellect and commitment they all are integrated to the domain what we call wisdom. Wisdom is nothing but an achievement of excellence achievement of excellence. So what that excellence that is a big question mark. Excellence in your own domain even I would say sacrifice is also a domain of excellence. No ordinary man sacrifice man is selfish by nature how do we sacrifice for others.

Some people they experiences sad some people they dislike sad. I do not want to be a sad person but some people express care our expression of care and concern comes out of experience of sadness is not it when you feel it but the real concern comes out of it when you put your leg putting leg into others shoe. Yes exactly you know this is what I call there are two important concepts that is emerging out of this wisdom concepts empathy a sympathy.

You know both are equally important for achievement of human excellence and both are equally important for the concept for sacrifice. You are feeling sympathy towards others that is the beginning of the feeling to sacrifice to help others this is the beginning of the sense that you care

for others then when you take it further yeah the person in trouble I am real feeling very sorry this is called sympathy.

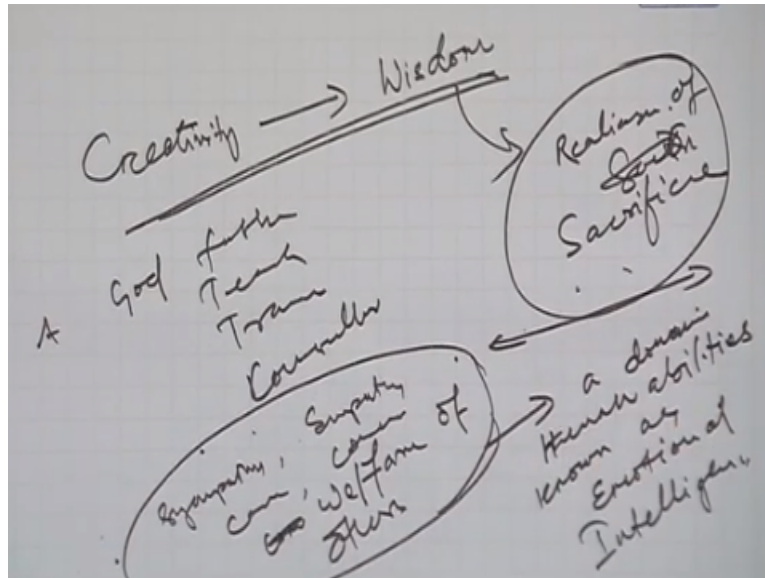
But say for example Z at the student you are going to the class on the way you accident two rickshaw but at the same time you look at the watch oh my god I am getting late for class oh god I think you should not have happened. So you move towards your class you felt is that is where you express your sympathy and concern but you did not care.

So there but there are another person who was following you for your class he also felt the same situation but he stopped their he said oh my god these two person are badly injured my moral responsibilities at least to ensure faster he call ambulance and send the patient to the hospital and NGO that they get faster and at the same he also reached the class he does not want to miss the class it showed his commitment towards class it shows is commitment towards the person it reflects his care it reflects its concern.

And that is what we call empathy putting your targeting your own comfort own expectations you are sacrificing some part of life are others. So in a nutshell from this small video all clear that how human sacrifice involves with our leading towards the development of superior knowledge or the highest level of knowledge what we call wisdom. As a person you realize about others sadness as a person you realize about others discomfort but at the same time you are becoming kind hearted.

You hide your own sadness your own fear own sorrow you are looking for others comfort others welfare. So you become a super man is nothing but the expression of your wisdom of sacrifice for the benefit of others and this is how the connection that goes between emotion, intellect and wisdom and creative.

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I would say rather creativity one can practice creativity to reach the stage of wisdom. To realize the highest level of sacrifice you have to explore the mechanism the ways and means and that is how the father the dark deer exactly he does not want his child to suffer. He wanted to do everything in his life he expressed his emotion he tried to hide his own sadness and always express the positive emotions and I can say nobody can emotionally intelligent that this dad for any kid in any situation.

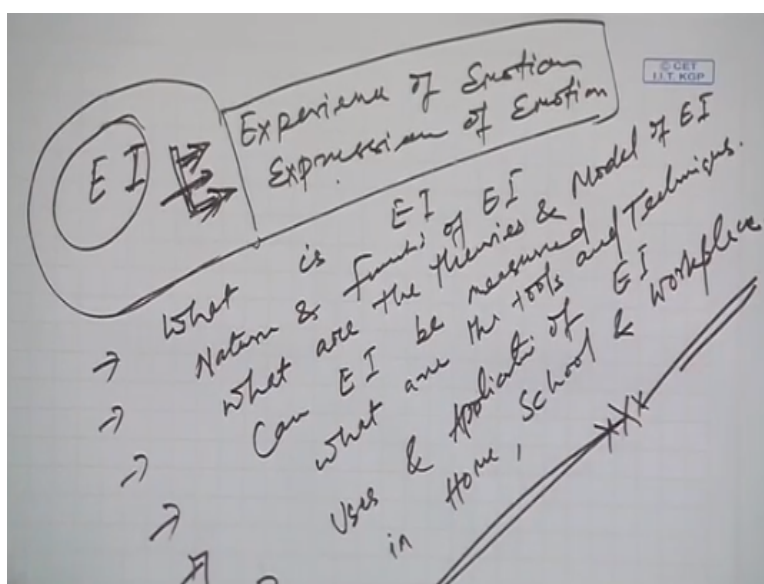
That is why the realization of sacrifice sorry sacrifice is the highest level of wisdom for a person unless until you realize it. So that involves one feeling that involves one idea. He does anything that is possible to benefit the child thinking you try to think in multiple prospective and available logic and reasons and explore all the means and ways even in novel words in a creative ways to discover many means to reach at a particular ways.

In fact yes this give rise to development of virtues values fatherhood becoming a good father required the highest level of wisdom that is called sacrifice and there cannot be any other virtues and values for a father to sacrifice everything for the development and growth of his own kid and that way what exactly happens here. So this is how we take the lesson that we have different abilities but in order to express and utilize them in a right in right situations required right kind of abilities.



So had (()) (20:14) father he would not have considered to do different activities to satisfy the needs and demands of the kid. So in order to become a good father, a good teacher, a good trainer, a good counselor you need to master certain attributes that reflects sympathy, empathy, care, concern, welfare of others this is nothing but we are leading towards developing a domain of human abilities known as emotional intelligence. So why we are calling it as a domain emotional intelligence we are making the use of available emotions what we are experiencing and expressing in the right context.

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So therefore the emotional or what we call EI is depend on two things one is the experience of emotion and the expression of emotion this are two important abilities that constitute the concept of emotional intelligence experiencing the right kind of emotion in the right time by the right person.

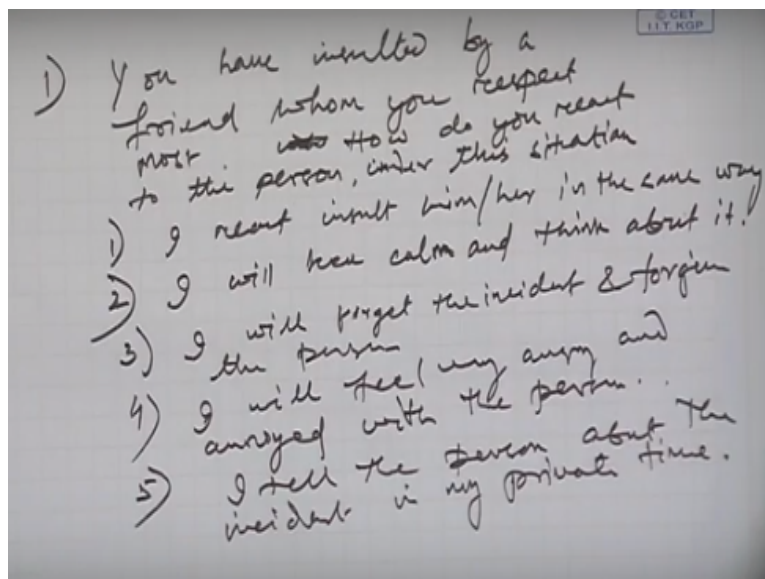
And you know even Einstein also once upon a time said that expressing the right kind of emotion in the right time to the right person in the right situation is the toughest job in the world. So you can build an (()) (23:02) but you cannot express right emotion in right context to the right person in this world it is very difficult and in fact emotional problem are the greatest and toughest job in the world to solve.

So that is why these two domains are very important to be discussed in the context of emotional intelligence and while doing emotional intelligence we will get to know what is it? What is EI? Where we will try to explore the different concept such as like you know EQ values and virtues. So in the same way we will also try to explore what is the nature and function of EI. What are the theories and models of EI and can EI is measured.

So what are the tools and techniques if EI can be measured then can it be applied. What is the use? So uses and application of EI in home, school and work place so this this are nutshell that we are going to discuss within the framework of emotional intelligence in the next couple of classes and in fact that will give us a clear picture of the whole gamut of emotional intelligence its concept and its applications.

So if there are any questions that could be addressed and there are also lot of exercises that are available this activity can also to be carried out while conducting exercise. How do accurately you identify different faces and that depicts different kind of emotions in our daily lives. So that is what we often create even situational judgment test are also available.

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Where we ask questions about like say for examples you have been say for examples you have been insulted by a friend whom you respect most. How do you react? To the person under this

situation a you will do as a person? A person whom you respect has insulted in front of others, there is one possibility.

Say for example I will insult him or her in same way what will be the another way choices another possible reactions I will keep calm and think about it I will forgot the incident and forgive there could be N number of choices or yes I will be angry I will feel angry I will feel very angry on the person I will feel very angry and annoyed with person like wise there may be N Number of choices.

There may be also possible solutions like I will tell the person about the incidence in some other time in my prime I will tell the person about the incidence in my private time. So these are different prospective about different situations how we emotionally react and take control of the situation. This reflects that our emotional control in our life events that are happening to day to day life. We will explore more about this that what kind of abilities required to be emotionally stable to emotionally mature and to be emotionally intelligent thank you