

THEORETICAL AND EMPIRICAL INSIGHTS INTO EMOTIONAL INTELLIGENCE IN MODERN PSYCHOLOGICAL RESEARCH

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Abstract: This article provides a comprehensive theoretical and empirical analysis of emotional intelligence within modern psychological research. The study examines key conceptual approaches, including the ability model, mixed models, and trait-based perspectives. Particular attention is given to the structural components of emotional intelligence such as emotional awareness, regulation, empathy, and social competence. The findings demonstrate that emotional intelligence plays a crucial role in personality development, social adaptation, educational effectiveness, and professional performance. The paper also emphasizes that emotional intelligence is not a fixed trait but a dynamic and developable capacity that can be enhanced through psychological and pedagogical interventions.

Keywords: emotional intelligence, emotion regulation, empathy, personality development, social adaptation, psychological stability

Annotatsiya: Mazkur maqolada zamonaviy psixologik tadqiqotlarda emotsional intellekt muammosining nazariy va empirik jihatlari tahlil qilinadi. Unda emotsional intellektning asosiy konseptual yondashuvlari, xususan qobiliyat modeli, aralash modellar hamda shaxsga xos xususiyatlarga asoslangan yondashuvlar ko'rib chiqiladi. Emotsional anglash, emotsiyalarni boshqarish, empatiya va ijtimoiy kompetensiyalarning shaxs rivojlanishi, ijtimoiy moslashuv, ta'lim samaradorligi hamda kasbiy faoliyatdagi o'rni ilmiy asosda yoritiladi. Tadqiqot natijalari emotsional intellektni rivojlantirish insonning psixologik barqarorligi va samarali faoliyatini ta'minlovchi muhim omil ekanligini ko'rsatadi.

Kalit so'zlar: emotsional intellekt, emotsiyalarni boshqarish, empatiya, shaxs rivojlanishi, ijtimoiy moslashuv

Аннотация: В статье представлен теоретический и эмпирический анализ эмоционального интеллекта в современной психологической науке. Рассматриваются основные концептуальные подходы: модель способностей, смешанные модели и личностные подходы. Особое внимание уделяется структуре эмоционального интеллекта, включая эмоциональное осознание, регуляцию эмоций, эмпатию и социальную компетентность. Результаты показывают, что эмоциональный интеллект играет ключевую роль в развитии личности, социальной адаптации и профессиональной деятельности.

Подчеркивается, что эмоциональный интеллект является развиваемой способностью.

Ключевые слова: эмоциональный интеллект, регуляция эмоций, эмпатия, развитие личности

INTRODUCTION

In contemporary psychological science, the understanding of human effectiveness has significantly expanded beyond traditional cognitive frameworks. Modern social conditions, characterized by rapid change and increased interpersonal complexity, require individuals to possess not only intellectual abilities but also emotional competence. Within this context, emotional intelligence has emerged as a central construct in psychological research.

Emotional intelligence is commonly defined as the ability to perceive, understand, regulate, and effectively use emotions in oneself and others¹. This definition reflects a shift from purely cognitive models of intelligence toward a more integrative approach that includes emotional and social dimensions.

Research indicates that cognitive intelligence alone cannot fully explain success in personal and professional life. Emotional regulation, empathy, and adaptive communication play a decisive role in achieving psychological well-being and effective social interaction².

MATERIALS AND METHODS

The present study is based on theoretical analysis and comparative review of classical and contemporary psychological literature on emotional intelligence. The methodological framework includes the ability model, mixed models, and trait-based approaches, allowing for a comprehensive examination of the construct.

The analysis involves systematization of scientific sources, synthesis of theoretical perspectives, and identification of key functional components of emotional intelligence in personality development and social behavior.

RESULTS

The findings indicate that emotional intelligence is a complex and multidimensional construct. Its core components include emotional awareness, understanding of emotional processes, regulation of emotional responses, empathy, and social interaction skills³.

Individuals with a high level of emotional intelligence demonstrate greater psychological resilience and adaptability. They are more capable of managing stress,

¹ Mayer, J. D., & Salovey, P. Emotional development and emotional intelligence. New York: Basic Books, 1997.

² Goleman, D. Emotional intelligence. New York: Bantam Books, 1995.

³ Bar-On, R. The Bar-On model of emotional-social intelligence. Psicothema, 2006.

controlling impulsive reactions, and maintaining constructive interpersonal relationships⁴.

In educational settings, emotional intelligence is associated with improved academic performance, motivation, and self-regulation. Students who possess higher emotional competence tend to exhibit better learning outcomes and greater independence in cognitive activity⁵.

Moreover, emotional intelligence significantly influences professional effectiveness. It contributes to leadership development, teamwork, communication skills, and conflict resolution in various occupational contexts⁶.

DISCUSSION

Theoretical analysis reveals that emotional intelligence is interpreted differently across psychological paradigms. The ability model conceptualizes it as a cognitive capacity related to emotional information processing, whereas mixed and trait-based models incorporate broader personality characteristics such as motivation, adaptability, and social competence⁷.

A key challenge in the study of emotional intelligence is its measurement. Since the construct integrates cognitive, emotional, and social dimensions, its assessment requires the use of diverse methodological approaches, including performance-based tests and self-report instruments⁸.

Another important aspect is the influence of cultural context. Emotional expression and regulation vary across societies, which necessitates considering cultural and social factors in research. Emotional intelligence should therefore be studied within specific socio-cultural environments⁹.

CONCLUSION

Emotional intelligence is a fundamental component of personality development and psychological functioning. It plays a significant role in social adaptation, communication, and professional success¹⁰.

Importantly, emotional intelligence is not a static trait but a dynamic and developable capacity. It can be enhanced through targeted psychological and educational interventions.

Future research should focus on the interaction between emotional intelligence and cultural, social, and individual factors to provide a deeper understanding of this phenomenon.

⁴ Rogers, C. R. On becoming a person. Boston: Houghton Mifflin, 1961.

⁵ Ilyin, E. P. Emotions and feelings. Saint Petersburg: Piter, 2001.

⁶ Rubinstein, S. L. Fundamentals of general psychology. Moscow: Pedagogika, 2002.

⁷ Petrides, K. V., & Furnham, A. Trait emotional intelligence. *European Journal of Personality*, 2001.

⁸ Zeidner, M., Matthews, G., Roberts, R. Emotional intelligence and health. 2012.

⁹ Leontiev, A. N. Activity, consciousness, personality. Moscow, 2004.

¹⁰ Davletshin, M. G. Umumiy psixologiya. Toshkent: O'qituvchi, 2006.

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