



Emotional Intelligence and Success in Tasking Situations

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DESCRIPTION

The case of Mr. James while in captivity is a major revelation of the power of emotional intelligence in meandering over difficult situations. The captive demonstrated skills in intrapersonal, interpersonal competence, stress management, adaptability and optimism. He had the ability to persevere, perceive and regulate emotions in managing feelings of uncertainty and anxiety. With the competences of self-awareness and social awareness, emotional intelligence enhances the integration of the emotional centres of the brain and cognitive centres, for emotionally intelligent individuals to achieve about 75% success in tasking situations. This case provides vivid illustration that the ability to manage or control emotions in the self, others and groups helps people in solving difficult problems. The predicament of Mr. James was just about the kind of situations people face daily both at work and in other undesirable situations. This is a typical lesson on the importance of stress tolerance, anxiety and anger control and accurate relationship management even in the face of extreme danger or adversity. Thus, the science of emotional advocates measures which individuals can adopt in attempts to be successful in a variety of situations including the beauty of improving mental health or over-coming psychiatric problems that could arise from personal worries, fears and depression. The success of Mr. James from a situation of extreme danger defines the understanding that emotional intelligence as a dispositional variable for promoting psychosocial, mental and physical well-being needed for effective performance, either while in danger, work or at play. Accurately managing emotions forms the basis of the connection between emotions, emotional intelligence and emotional health. The

matter of emotional intelligence and emotional health cannot be overstated because they must function almost simultaneously, otherwise people may suddenly, through fear and anxiety, fall into extreme depression or face serious mental health and psychiatric challenges. Mental health is crucial for people to be able to accept sympathy from others and also have the capacity to show empathy when the need arises. The absence of such status often suggests a situation of anxiety or mental disorders that in most cases crystallizes into unexpected psychiatric issues. Emotional intelligence greatly promotes psychological well-being and emotional health. It involves attending to and fine-tuning of thoughts, feelings and behaviors. Emotional health leads to positive changes and personal growth, a healthy sense of self-confidence, a peaceful sense of healing and recovery from mental illness or psychiatric challenges as well as a sense of hope. Without the intervention of emotional intelligence, mental health can lead to depression, anxiety and psychiatric issues. Depression is defined as an increase in negative emotions and a decrease in positive ones. When people no longer have the desire to pursue positive feelings, then they may be struggling with depression which may lapse into psychiatric problems. Low levels of emotional intelligence often give rise to anxiety and leads people to react with destructive or inappropriate behaviors. Destructive or inappropriate behaviors are often mistaken for psychiatric challenges because of the resultant restlessness and negative impacts on the self, others and groups. As the result of the increasing mental health or psychiatric problems, as well as the importance of psychological health for people in society, it has become increasingly necessary to understand the multidimensional roles of emotional intelligence as an influential variable towards personality stability. Success

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in any tasking situations requires both strong emotional intelligence and emotional health that will lead to improved physical health. Physical health transcends the notion of mere freedom from illness to involve actively feeling well and living well. This status of health provides the opportunity for stress tolerance which is the ability to withstand and deal with adverse events and stressful situations without being overwhelmed by actively and positively coping with stress. Stress management is imperative because stress is often associated with high rates of mental health among adults. This is also frequently elevated to high rates of anxiety and depression. While noting that many factors contribute to the high rates of psychopathology, research evidence indicates that psychosocial stress is associated with mental health and psychiatric problems. Thus, without sufficient dose of emotional intelligence individuals may very likely suffer from anxiety disorders. Anxiety disorders are a group of mental disorders or mental health problems associated with anger and fear. These become mental disorders when they interfere or disrupt the social, emotional and psychological well-being of people. This is a serious health challenge because they can disable or incapacitate an individual's mental functioning either momentarily or permanently and may in some extreme cases metamorphose into unexpected psychiatric case. There are many types of anxiety disorders, including phobia, that are dangerous in tasking situations. For example, phobias are extreme or heightened fears of a specific object or situation. Agoraphobia occurs when a person has extreme fear of a tasking or dangerous situation because he or she feels that escape or safety from

the situation is impossible. It is a generalized fear of possible or resultant attack that may emerge in a dangerous situation. Emotional intelligence as originally conceived, globally accepted and brought to its academic zenith, is a revolutionary science of success that describes the ability, capacity and self-perceived ability to identify, access and manages the emotions of the self, or others and of groups. It embraces coping and resilient strategies, like emotion focused coping. In emotion-focused coping, people try to manage their emotions in the face of stressful or tasking situations, seeking to change the way they feel about or perceive a problematic situation. Emotion-coping approach includes non-verbal reception and expression of emotions. For example, facial expressions such as happiness, sadness, anger and fear are universally recognizable as ways of solving human problems. The capacity to accurately perceive emotions in the face or voice of others contributes, in a great measure, in solving difficult problems. Emotional intelligence has direct relationship with mental health and emotional health because they relate to a state of well-being, the brain and the mind, as well as thoughts, feelings and behaviors in a certain situation.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.