

Harmonizing Emotional Intelligence Through Meditation: An Ethical and Social Responsibility For 'Making New India'

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ABSTRACT

Our country is the fastest growing economy in the world, according to the growth ratio our purchasing power parity (PPP) is increasing. This growing economy expecting more active participation from us, this is resultant into increasing competition, expectations and different emotional problems among us. To become a part of the growth and competition we have opted the different life style, food habits, social changes, and demographic changes. According to the various behavioral studies these are the major causes of creating anxieties, stress, various health issues, effect on academic performance and unbalance emotional frustration, which is resultant into increasing suicidal cases in India. According to the record around 40,000 students' committed suicide cases in last five years.

The main challenge is how to fit ourselves according to these changes and how can we stable our emotional intelligence. This research paper will focus on the importance of emotional intelligence in our day to day life, how we can achieve balance emotional intelligence through meditation, how can we reduce stress and how it can be a helpful tool to write a success story of a New India.

Keywords: Emotional Intelligence, Meditation, stress management

I. INTRODUCTION

It is a generally accepted scientific theory that human beings are social animals and are empowered with intellectual capabilities, which is constantly influencing them to better their ways of living. This means that every person has to function within the norms set by society in general, and his immediate circle in particular. While functioning within these boundaries he/she has to fulfill his/her aspirations along with the activity of earning his/her lively hood. Therefore over long years of civilization, we have developed a very complex structure of society, which is fragmented in many ways. Depending upon the parameters of culture, profession, caste, creed, religion etc. Similarly a business executive has to meet his/her career aspirations, company commitments, family obligations and social expectations. Women have to meet the job commitments, stringent family commitments, and social bindings. As the world moves on the population grows, trying to get their share of the limited resources. This is compounded by the growing aspirations of individuals, groups, states, countries, being Influenced by technology, mass media, and so on. The direct result is an increased state of

competition, between individuals, groups, and countries at all conceivable levels, including society. The result: high pressure... but the show must go on and we continue to do our work and try to meet our obligations over prolonged durations.

II. PROBABLE CAUSES

Today's world of increased aspirations of the individual and highly competitive environment compounded with an ever increasing phenomenon of recession has pushed the individual against the wall.

He/She works against tremendous pressure without being sure of the results of his/her efforts. This leads to the situation of stress. Today stress is an irrefutable reality!! A reality from which there is no escape. So the only option is to attempt to manage it . The medical science is aware of the innumerable and often fatal diseases resulting from stress.

Our is a restless age- an age where rapid changes in technology are causing a breakdown of old values and fragmenting our personality. The result of this is tremendous psychological disturbances, stress and tension. Happiness seems to be eluding us and we are constantly seeking answers. In the name of religion people of different countries and communities are waging a war amongst themselves.

III. SOCIAL COST

If one evaluates one's current situation or the general situation in society , it is obvious that all is not well. There is a rapidly increasing situation of poor health , violence, crime, etc.

IV. STRESS AND EMOTIONAL INTELLIGENCE

Stress is anything that causes fear, anxiety , worry , apprehensions, anger and even excitement when we face difficult situations in daily life, whether mental or emotional. Continuous efforts to cope with such situations have adverse effects on human systems for want of relief from mental and emotional strains and it leads diseases.

Emotional Intelligence

According to the Oxford English Dictionary, emotional intelligence is:

The capacity to be aware of, control and express one's emotions, and to handle interpersonal relationships judiciously and empathetically; emotional intelligence is the key to both personal and professional success.

Although emotional intelligence, as a term, is claimed to have been created by Peter Salovey and John Mayer in 1990 [Perceiving Affective Content in Ambiguous Visual Stimuli: A Component of Emotional Intelligence, 1990 and Emotional Intelligence: Imagination, Cognition, and Personality, 1990], the origins can be traced back to 1964 when it was first mentioned by Michael Meaning in Three Modes of Communication, The Communication of Emotional Meaning]. Whilst emotional intelligence and understanding your own emotions better attributes to remaining calm, EI is not, in itself, calmness; it is not happiness, optimism, agreeableness or other personality traits. Emotional intelligence is the insight into and understanding of how your emotions can positively, or negatively, impact your life and capacity through your behavioural skills. EI is the process of

recognition and assessment. It's not a term that represents a state such as blissful happiness or contentment. EI is awareness.

"Emotional intelligence, as we described it, is the capacity to reason about emotions and emotional information, and of emotions to enhance thought." John D Mayer Ph.D. Beldoch [Sensitivity to Expression of Emotional meaning]

V. WHEN STRESS IS HARMFUL

By itself stress never causes a problem. It is the way one responds to stress which leads to problems. The response is generally in three stages:

Alarm - In the face of a challenge or a threat, the nervous system is highly stimulated, heart rate increases, muscles become tense, and breathing becomes fast. The body system is now ready to fight or flee.

Resistance - If the cause producing the stress continues the body chemistry adjust to that situation (i.e. steady flow of adrenal and other glands secretion and in order to keep the body at a more easily maintained level of arousal during the time needed to fight or get away.

Exhaustion - If the challenge continues for a long time, the resources for arousal and resistance are used. They are involuntary physical responses to stress for which built-in mechanisms exists in the human body. Even imagining or thinking about an upcoming situation may trigger these.

So long as the problem is solved and we are able to rest, even the acute effects of stress are not dangerous to a healthy person. Due to repeated occurrences of emergencies, the person has to pass through the stages of alarm and resistance time and again in the accumulated pressures causing exhaustion, diseases or emotional problems, leading to fall in performance levels, productivity and strained relations within the family and at workplace. Some times, however, a person may even get withdrawn into a depression. These are chronic effects of stress, which are the signals that life style or work habits should be adjusted before worst problems emerge. Hence the importance of effective stress management.

VI. METHODS

A systematic review of peer-reviewed publications was carried out to summarise the information on the impact of emotional intelligence and the academic performance of the students. Google Scholar were searched with an intention to ensure that, most literature in the field could be identified, while keeping focus on literatures of greatest pertinence to the research objective

Objectives of the study:

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1. To study the impact of emotional intelligence.
2. To study the effects of mediation on emotional intelligence.

Hypothesis:

Meditation reduce stress and balanced emotional intelligence

VII. IMPACT OF EMOTIONAL INTELLIGENCE

Emotional intelligence effects on the different areas of our life. it is indicated by various studies take place on emotional intelligence that it effects on academic performance of students', workplace of the institute , al. (2004) perceived organizational performance outcomes as management rating of employees' performance, employees' innovation, and employment relations.

A. Impact of emotional intelligence on academic performance of students:

Students are viewed as leaders of tomorrow and are expected to perform various roles with competence and efficacy. It is essential to develop the level of emotional intelligence right from the schooling as they have to get along with other people and to get things done through and with people. They should develop a right attitude towards working with people and be equipped with emotional intelligence to handle the intricacy of life. Our 15th and current Prime Minister of India Narendra Damodardas Modi is having a positive approach towards developing more Dr. Aruna entrepreneurs under various schemes like Make in India, which demands more level of emotional intelligence among the students who are the backbone of the future Indian economy. There is an impact of emotional intelligence on the academic achievements of the students in general and college students in particular. It is proved by the various studies that there is a positive relationship between emotional intelligence and academic achievement among students.

Kolachina (2014) in his studies examines the relationship between emotional intelligence and academic achievement of expatriate students. The findings of the study reveal positive relationship between emotional intelligence and academic achievement among expatriate students. The research reveals that the level of emotional intelligence of the students has an influence with high and low academic achievement motivation among the students. ArockiaMaraichelvi, Sangeetha Rajan (2013) in their study shows that Emotional Intelligence (EI) has been considered as a successful predictor of academic success/performance/achievement. Researchers have claimed that EI predicts success at schools, and colleges/ universities.

B. Impact of Emotional Intelligence on Employees' Performance:

Huselid (1995) found that human resource practices influence various aspects of organizational performance, including turnover, productivity, and corporate financial performance. Delaney and Huselid (1996) and Lai and Cheng (2005) considered perceived market performance and productivity performance as an important index of organizational performance. Furthermore, Guest et .

C. Impact of Emotional Intelligence on stress management:

Emotional intelligence is emerging as valuable competence for work and life performance. EQ helps improve performance by mitigating the negative effect of stress. (Lorenzo fariselli, Joshua freedman 2008). The intertwined relationship between occupational stress and emotion has also been proposed to play a role in stress-out comes relationship. Utilizing EI was related to the experience of occupational stress and to outcomes of occupational stress such that employees who reported using EI were less likely to report feelings of stress. (Lisa Gardner, 2005).

VIII. MEDITATION IS AN EFFECTIVE TOOL FOR STRESS MANAGEMENT AND IMPROVING EMOTIONAL INTELLIGENCE



A number of ways have been evolved over the years to tackle stress. Meditation is the best relaxation technique. In Sahaja yoga, the regular practice of meditation, after the self-realization, can bring necessary additional change as the person is evolved leading to a balanced outlook toward events and situations a person has to face in daily life.

In fact, as Shree Mataji Nirmala Devi says, "We are waging war with ourselves, with our very being, how can we get peace? We make everything false in the name of truth, how can we discover light?"

Self-realization is the only way you can get the lightin.

Sahaja Yoga is a simple technique of self-realization, wherein the dormant energy, which is inborn within you, is awakened and connected with the all-pervading cosmic energy.

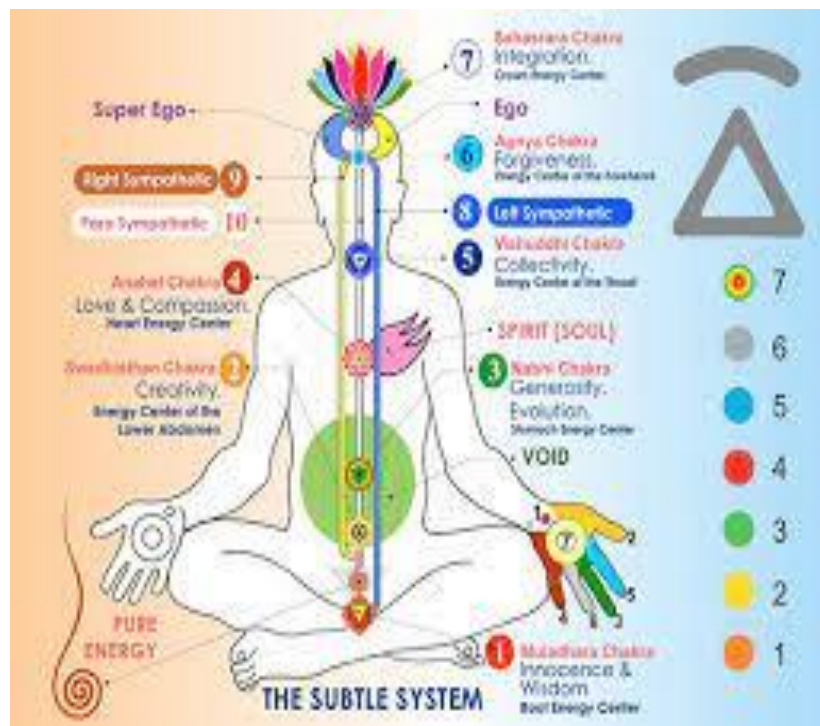
Sahaja Yoga is the gift of Shree Mataji Nirmala Devi to humanity. Self-Realization is the final aim of human existence. It is an empirically verifiable scientific method that explains how the very desire for becoming united with the Absolute is built within us as Kundalini.

In the human nervous system there are different subtle centers, called chakras and they control the physical, vital, mental and spiritual well being of an individual.

its innate ability to heal, renew, balance and recycle.

The chakras represent the different stages of evolution and within each chakra resides the particular qualities of the Absolute. The understanding of the delicate functioning of these chakras and the connection of the individual with his own Spirit is the aim of all Yoga.

Recent research conducted on varied groups of individual Sahaja Yoga meditators has revealed that the practice of Sahaja Yoga is accompanied by decrease in tension, anxiety, depression, neuroticism and hypertension. With meditation there is an experience of inner peace and harmony and one moves in the direction of greater self-control, self-awareness, actualizing one potential and thus moving towards happiness.



IX. CONCLUSION

Sahaja yoga meditation brings about equilibrium between the sympathetic and Para-sympathetic nervous system response in the process knocking down the sympathetic dominance usually seen in stressful situations, and thereby helps prevent stress disorders.

The technique is simple- it is a way of activating a mechanism- the Kundalini- which is the divine energy that lies dormant at the base of the spine. This mechanism is the moving force of our enlightenment and is a living force, which seeks self-organization, self-regeneration and ascent. Through self-organization it sustains and protects the human system. Self-regeneration is And, ascent is its ability to transcend the mind and body and to attain collective consciousness.

Until recently the process was not available to ordinary human beings. But Shree Mataji Nirmala Devi has perfected a way to lead mankind into its next step of evolution. By Her extraordinary spiritual powers She has made this possible for each one of us. Sahaja yoga technique is spontaneous and effortless which can be practiced by anybody irrespective of their background, religious beliefs or way of life.

One who practices Sahaja Yoga meditation, finds himself move into a different dimension which enables him to harness the unused sectors of the brain. Once this happens, a new supply of energy is available to us. The actual experiences of people moving into this level of functioning are a feeling of total inner silence, complete health and well-being. There is thoughtless awareness and the person feels a cool breeze of vibrations on the head and on the palms of the hands.

This is important to balance our emotional intelligence to resolve our stress . if we are believing on making new India, it is our ethical and social responsibility to move ourselves towards good mental and physical health. Our betterment of life and developing new India Meditation is the intelligent solution.

X. REFERENCES

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