

EMOTIONAL INTELLIGENCE: TOOLS FOR CRAFTING MEANING IN LIFE

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Abstract

The article focuses on theoretical research into the connection between emotional intelligence and meaning in life. The author describes the main definitions of the terms emotions, emotional intelligence and meaning in life. The research aims at finding the components of emotional intelligence and meaning in life that are interconnected and influence each other. In conclusion, the author claims that managing our own emotions and emotions of others can influence such dimensions of meaning in life as comprehension and significance.

Key words: emotions, emotional intelligence, meaning in life, comprehension, significance, purpose.

The present research looks into the significance of emotional intelligence for development of meaning in life. The study involves analysis of the concepts of emotions, emotional intelligence, and meaning in life; the potential of the emotional intelligence for building meaning in life. Therefore, we begin by considering the following issues:

- Definition of Emotion;
- Definition of Emotional Intelligence (EI);
- Definition of Meaning in Life;
- EI may assist Meaning in 3 Dimensions;
- EI as a tool to build meaning in life.

The meaning in life consists of three distinct dimensions. Emotional intelligence provides tools constructing meaning in life and development of greater meaning in each of the three dimensions.

To define emotion Salovey & Mayers' (1990) definition is used:

- emotions are organized responses that cross physiological, cognitive, motivational and experiential systems.
- emotions typically arise from internal or external events that have valance meaning for an individual.

I view emotions as a coordinated set of physiological responses, which we then perceive psychologically and indicate it to us that something of relevant has occurred. The emotions are internal to ourselves and external to the world around us. In other words, emotions mark moments, when something important happens around us, and hope to serve to orient our attention to those specific events.

Emotional intelligence is defined by Salovey & Mayer (1990) as a subset of social intelligence. In other words, emotional intelligence is critical to our ability to work with other people, and develop strong and mutual beneficial relationships.

Emotional intelligence itself consists of three abilities:

1. To monitor one's and others' feelings and emotions;
2. To discriminate among different feelings and emotions;
3. To use this emotional information to guide one's thinking and actions.

If we shift this moment entirely to discuss meaning in life, you will see that meaning in life also consist of three dimensions. In general meaning in life is a psychological judgment, that people make regarding they own lives. This judgment may consist of three separate and related ideas, which we may have about our life:

1. *Comprehension*. How people understand they own selves, other people and the world around them, as well as the interface, interactions and connections between oneself and one's world;

2. *Purpose*, when people respond to purpose, they are oriented on highly valued overarching goals in their lives, that they seek to pursue over the long grades of time;
3. *Significance*, in which one judges his / her life to have inherent value or worth, or that he / she is perceiving that one's life matters in some way or make a substantial difference.

If we compare both emotional intelligence and meaning in life, we will see that there are three distinct dimensions in each of them, which may relate to each other. My argument is that where emotional intelligence provides people's tools for living? Meaning in life is a desirable outcome, that is the thing we seek to experience in our lives, as a way of knowing that we have better life. In contrast, emotional intelligence has tools, that we seek to use in a value circumstances, which then ideally replete to happiness, wellbeing, meaning in life. If we consider, that emotional intelligence consists of monitoring one's and others' emotions, discriminating among different emotions, and finally, using emotions to guide thought and action, we may begin to see, that the way in which we use our emotional intelligence has impact on understanding how we feel the world, how we pursue overarching goals, what is a value to us, how we provide that interpolation in our lives matter or have value.

The first thing to look for this relationships would be examining how we are able to monitor one's and others' reactions and emotions. If we understand ourselves better, we understand other people better and understand the way we fit in the world better. Ability to discriminate among different emotions also help us understand: how we fit in the world, help us understand ourselves and help us understand the different types of emotions other people experience as well. Finally, we will be able to use emotions to guide thought and action, with highly relevant to both understanding of the type of purpose we may wish to pursue, as well as understanding our motivation to pursue that purpose and how to maintain motivation in order to make progress towards that purpose in life. All of this may add up eventually to feeling that one's life matters and this is worthwhile.

In my understanding of emotions, if a person is experiencing anger their life will get hard to act in a triplication of the situation they are in. This life will be deeply harder than if they were experiencing emotions like love or joy. As we try to understand our own emotional lives and emotional lives of other people better, we can establish stronger, more flexible and more rewarding relationships with other people, would give the sense that matter to them. This is the process of finding significance in life and I believe that emotional intelligence provides tools for constructing all three dimensions of meaning in life.

To summarize, I believed that emotional intelligence may be used as a tool to build meaning in life:

- Emotional intelligence has a tool that can help us to build the better understanding of ourselves and the world around us. We can then use that understanding to find beneficial ways to fit in the world and to try to establish it in our lives.
- Emotional intelligence may be used in understanding how we fit and what is worth it in the world to pursue important purposes, that give us a sense that our lives matter.
- Emotional intelligence may be used as emotionally formed understanding of who we are, what the world is like and how we may move in the world.
- The ability to sustain affords towards an important purpose, we may build it to make a positively impact of other people, to believe and to know that our lives do matter.

References

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