

**DEVELOPING EMOTIONAL INTELLIGENCE: EMOTIONALLY AWARE
TEACHING METHODS**

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This article analyzes the pedagogical foundations of the formation of emotional intelligence in students, in particular, the role of emotionally conscious teaching methods. The author substantiates the importance of teacher strategies in the development of emotional stability, self-awareness, understanding of others, and social skills. The article is enriched with methodological approaches and practical recommendations.

Keywords: emotional intelligence, emotional awareness, emotional literacy, conscious teaching, socio-emotional learning, reflection.

In the 21st century, the education system considers not only the transfer of knowledge, but also the formation of the student as a person, the development of emotional and social abilities as an important task. In particular, emotional intelligence is the ability to understand and manage one's own emotions, to empathize with the emotions of others, and to act successfully in a social environment. Emotionally conscious teaching methods play an important role in the development of this type of intelligence.

The ability to understand and express emotions is also considered an extremely important factor in the full realization of human potential. In modern society, the problem of correctly understanding, adequately treating, and positively expressing emotions is becoming a central research area in various fields, in particular, psychology, pedagogy, and management. The phenomenon of emotional intelligence — that is, the ability of a person to understand and manage his own emotions and to empathize with the emotions of others — is being recognized as an integral part of the modern human personality.

By studying this concept in depth, it becomes possible to analyze the specific aspects of emotional development at different ages, to assess the forms of expression in professional activities, and its role in achieving success in personal life. Research shows that as a result of suppressing, denying, or prohibiting emotions from childhood, a person is unable to consciously process his emotional experiences. This condition is considered one of the factors leading to various mental disorders, psychosomatic diseases, deviant behavior and even crimes.

Thus, the development of emotional intelligence is not only a guarantee of psychological health, but also a guarantee of stability, social harmony and successful activity in society.

Emotional intelligence (EI) is understood as a person's ability to identify, understand, manage, correctly direct and express his own emotions, as well as to empathize with the feelings of others and establish healthy social relationships with them. This type of intelligence helps a person make life decisions, resolve social conflicts, maintain balance in work teams and achieve success in interpersonal relationships.

People with developed emotional intelligence:

- know how to behave in negative situations,
- make rational decisions in difficult situations,
- are patient and listen when negotiating with others,
- take an effective and leading position in teamwork.
- Also, such individuals approach various problems innovatively and balancedly, and strive to achieve their goals in life with determination.

Thus, emotional intelligence is one of the main tools in the social and psychological development of the human personality, and its development is also an important factor for the development of society. In this regard, the responsibility of teachers, psychologists and leading specialists is high. By forming a culture of correct understanding and management of emotions, it is possible to raise a healthy, stable and socially responsible person.

By developing these qualities in an educational environment, it is possible to achieve personal growth of students, a positive atmosphere in the classroom, reduce stress and effective communication.

Emotionally aware teaching methods include:

1. Reflective writing and journaling. Students are encouraged to write down their feelings on a daily basis. This method helps them learn to be self-aware and express their emotions.
2. Role-playing and empathy exercises. By playing different roles in the lessons, students learn to feel the feelings of others more deeply.
3. Circle time. An atmosphere of openness and trust is created by giving each student the opportunity to speak and express their feelings in class discussions.
4. Breathing exercises and meditative techniques. Short meditations and conscious breathing exercises are useful for managing emotional stress, maintaining alertness, and creating a state of peace.
5. Creating positive feedback. It is important for the teacher to pay attention to the student's emotions, support them, and express positive thoughts. This, in turn, develops the student's confidence and self-esteem.

An emotionally intelligent teacher is not only a teacher of knowledge, but also:

- a kind mentor,

- a sincere interlocutor,
- a role model of emotional stability.

He feels the mental state of each student, understands it, and chooses teaching methods accordingly.

It is also worth noting that emotional intelligence (EI) plays an important role in all aspects of human life - from personal relationships to work. This ability is not only a key factor in self-awareness, but also in establishing successful and stable communication with those around him. Below we will explain how emotional intelligence manifests itself in important areas.

1. Developing leadership potential. Leaders with high emotional intelligence have the ability to effectively manage their teams. Such leaders:

- understand the emotional state of each employee,
- resolve conflict situations gently,
- establish strong social connections,
- inspire others by creating a motivational environment.

They are not just commanding, but also managing, reliable and sincere leaders, taking into account the psychological needs of their teammates. Emotional stability encourages a leader to think logically even in stressful situations.

2. Success in personal life and stable relationships. Emotional intelligence is one of the important foundations in interpersonal relationships. Understanding one's own emotions and approaching others with empathy:

- allows you to build a healthy and happy family,
- to form positive relationships,
- to effectively resolve misunderstandings.

Emotionally mature individuals often value relationships based on mutual respect, free from conflict, and invite others to do the same.

3. Manage stress and negative emotions. Emotional intelligence is not just about feeling, but also about managing emotional reactions. A person's ability to control their own state and withstand external pressures:

- reduces stress,
- helps overcome anxiety and fear,
- ensures rational behavior in negative situations.

For example, when faced with stress at work, pressure at school, or difficulties in life, people with high EI try to analyze the problem and find a positive solution without losing their composure.

4. Motivation and personal success. Internal motivation and discipline are important components of emotional intelligence. People who can control themselves and direct their emotions towards a goal:

- are persistent and resilient,
- do not stop striving for their dreams,
- perceive any difficulties as an opportunity for personal growth.

Such people are the managers of their own lives, constantly work on themselves, and consistently move towards their goals.

Emotional intelligence serves as a factor of stability, success, and inner satisfaction in all aspects of human life — in work, family relationships, personal growth, and relationships with society. Its development is a strategic tool that ensures not only mental health, but also social well-being.

As we mentioned above, emotional intelligence plays an important role in ensuring the success of people in their professional and personal lives. Understanding and managing their emotions, establishing empathy with others, and developing social skills allow people to achieve greater success not only in relation to themselves, but also in relation to those around them. Therefore, developing emotional intelligence is important in the life of every person.¹

In conclusion, the development of emotional intelligence in modern education is one of the urgent issues. Emotionally conscious teaching methods help students achieve personal and social maturity. This approach not only increases the effectiveness of the educational process, but also forms the foundations of a healthy and vibrant society.

References

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