



THE INFLUENCE OF EMOTIONAL INTELLIGENCE ON SOCIAL INTELLIGENCE AMONG ADULTS: A COMPREHENSIVE REVIEW

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ABSTRACT

This research article aims to provide a comprehensive review of the influence of emotional intelligence on social intelligence among adults. Emotional intelligence and social intelligence are two interconnected constructs that play significant roles in individuals' interpersonal interactions and overall well-being. Through an extensive analysis of existing literature, this review synthesizes and evaluates empirical evidence to understand the relationship between emotional intelligence and social intelligence, the mechanisms underlying their association, and the implications for personal and social development. The findings suggest a strong positive correlation between emotional intelligence and social intelligence, highlighting the importance of emotional regulation, empathy, and social awareness in fostering successful social relationships. Furthermore, the review discusses the potential applications of these findings in various domains, such as education, workplace environments, and mental health interventions. Overall, this research article provides valuable insights into the significance of emotional intelligence in promoting social intelligence and offers directions for future research.

Keywords: Emotional intelligence, Social intelligence, Adults, Interpersonal relationships, Emotional regulation, Empathy, Social awareness, Well-being.

I. INTRODUCTION

Emotional intelligence and social intelligence are crucial factors in individuals' social interactions and overall well-being. Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions and the emotions of others effectively. It involves skills such as self-awareness, self-regulation, empathy, and relationship management. On the other hand, social intelligence encompasses the ability to navigate social situations successfully, including understanding social norms, expressing oneself appropriately, and building and maintaining relationships.

Understanding the relationship between emotional intelligence and social intelligence among adults is essential for several reasons. First, adults often face complex social challenges, such as



establishing and maintaining romantic relationships, navigating the workplace, and managing conflicts effectively. Emotional and social intelligence can significantly influence their success in these areas. Second, these constructs play a crucial role in mental health and well-being, as individuals with higher emotional and social intelligence tend to have better emotional regulation skills, stronger social support networks, and higher levels of life satisfaction. Finally, recognizing the importance of emotional intelligence and social intelligence can inform the development of interventions and programs aimed at enhancing these skills in adults, leading to improved interpersonal relationships, communication, and overall quality of life.

II. THEORETICAL FRAMEWORK

Models of Emotional Intelligence Several theoretical models have been proposed to conceptualize emotional intelligence. One prominent model is the ability model developed by Mayer and Salovey (1997). This model defines emotional intelligence as a set of four interrelated abilities: perceiving emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions effectively. According to this model, individuals with high emotional intelligence are adept at recognizing and understanding their own and others' emotions, using emotions to enhance cognitive processes, and effectively regulating emotions to achieve desirable outcomes.

Another influential model is the mixed model of emotional intelligence proposed by Goleman (1995). This model expands the concept of emotional intelligence beyond cognitive abilities and includes personal and social competencies. Personal competencies involve self-awareness, self-regulation, and motivation, while social competencies encompass empathy, social awareness, and relationship management. The mixed model suggests that emotional intelligence comprises both cognitive and behavioral aspects, highlighting the importance of interpersonal skills in addition to emotional self-awareness.

Models of Social Intelligence Social intelligence is also a multifaceted construct with various theoretical models proposed to explain its components. Thorndike (1920) introduced the concept of social intelligence, defining it as the ability to understand and manage human relationships. Gardner (1983) extended this idea and proposed a theory of multiple intelligences, including interpersonal intelligence as one of the dimensions. Interpersonal intelligence encompasses the ability to understand and interact effectively with others, demonstrating skills such as empathy, social awareness, and interpersonal communication.

Other models, such as those proposed by Sternberg (1985) and Goleman (2006), emphasize the importance of social cognition and adaptive behavior in social contexts. These models suggest



that social intelligence involves understanding social norms, accurately interpreting social cues, and adjusting one's behavior accordingly to fit the specific social situation.

Overlapping Components and Shared Mechanisms Emotional intelligence and social intelligence share common components and mechanisms that contribute to their interconnectedness. Both constructs involve the ability to recognize and understand emotions, both in oneself and in others. They also emphasize the importance of empathy, which enables individuals to perceive and share the emotions of others, fostering connection and effective communication. Furthermore, both emotional intelligence and social intelligence require effective regulation of emotions, allowing individuals to manage their own emotions in social interactions and respond appropriately to the emotions of others.

The overlap between emotional intelligence and social intelligence suggests that these constructs are not independent but rather mutually reinforcing. Emotional intelligence provides the foundation for social intelligence, as individuals with higher emotional intelligence are better equipped to navigate social situations successfully. Conversely, social intelligence enhances emotional intelligence by providing opportunities for emotional expression, regulation, and understanding through interpersonal interactions.

III. EMOTIONAL INTELLIGENCE AND SOCIAL INTELLIGENCE: CONCEPTUAL RELATIONSHIP

Review of Empirical Evidence Numerous studies have investigated the relationship between emotional intelligence and social intelligence among adults, providing valuable insights into their conceptual relationship. A review of the empirical evidence suggests a strong positive correlation between these constructs, indicating that individuals with higher emotional intelligence tend to exhibit higher levels of social intelligence.

Research has consistently demonstrated that emotional intelligence is associated with better social skills, including the ability to empathize, understand others' perspectives, and engage in effective communication. Individuals with higher emotional intelligence are more adept at decoding emotional cues, accurately interpreting others' emotions, and responding empathetically, which contributes to their overall social competence.

Moreover, emotional intelligence plays a crucial role in the development of social awareness and relationship management skills. It enables individuals to regulate their own emotions during social interactions, facilitating smoother communication and conflict resolution. Additionally, emotional intelligence fosters a deeper understanding of social dynamics, allowing individuals to navigate social situations successfully and form meaningful connections with others.



Correlation between Emotional Intelligence and Social Intelligence Multiple studies have reported significant positive correlations between emotional intelligence and social intelligence measures. For instance, individuals with higher emotional intelligence scores tend to exhibit greater interpersonal sensitivity, social expressiveness, and the ability to build and maintain relationships. Conversely, lower levels of emotional intelligence are associated with difficulties in social interactions, such as impaired perspective-taking, social isolation, and ineffective communication.

Furthermore, research has shown that emotional intelligence predicts social competence beyond the influence of cognitive abilities. This suggests that emotional intelligence contributes unique variance to individuals' social intelligence, highlighting its distinct role in shaping social functioning.

Mechanisms Underlying the Relationship Several mechanisms contribute to the relationship between emotional intelligence and social intelligence. One key mechanism is emotional regulation. Emotional intelligence enables individuals to effectively manage and regulate their own emotions, which has direct implications for interpersonal interactions. By recognizing and appropriately expressing emotions, individuals with higher emotional intelligence can establish rapport, demonstrate empathy, and foster positive social connections.

Empathy also serves as a crucial mechanism linking emotional intelligence and social intelligence. Emotional intelligence enhances individuals' capacity to understand and share the emotions of others, promoting empathic responses and facilitating effective social interactions. The ability to empathize enables individuals to engage in perspective-taking, accurately interpret others' emotional states, and respond with sensitivity and understanding.

Additionally, emotional intelligence contributes to the development of social awareness, including the understanding of social norms, nonverbal cues, and contextual factors that influence social interactions. This heightened social awareness allows individuals to adapt their behavior, communicate effectively, and navigate social situations successfully, leading to enhanced social intelligence.

The interplay between emotional intelligence and social intelligence suggests a reciprocal relationship, where emotional intelligence influences social intelligence and vice versa. By cultivating emotional intelligence, individuals can strengthen their social intelligence, leading to improved interpersonal relationships, effective communication, and overall social competence.

In the following sections, we will delve into the implications of emotional intelligence and social intelligence for interpersonal relationships among adults, as well as explore the potential



applications of these constructs in various domains, such as education, workplaces, and mental health interventions.

IV. EMOTIONAL INTELLIGENCE AND SOCIAL INTELLIGENCE: IMPLICATIONS FOR INTERPERSONAL RELATIONSHIPS

Emotional Regulation and Social Competence Emotional intelligence plays a vital role in the development of social competence and the quality of interpersonal relationships among adults. Effective emotional regulation, a key component of emotional intelligence, enables individuals to manage their own emotions during social interactions. By being aware of and regulating their emotions, individuals can express themselves appropriately, control impulsive reactions, and make informed decisions, all of which contribute to more positive and satisfying social interactions. Moreover, individuals with higher emotional intelligence are better equipped to handle conflict constructively, resolve disagreements, and maintain harmonious relationships.

Empathy and Perspective-Taking Empathy, a critical aspect of emotional intelligence, is closely linked to individuals' ability to understand and connect with others. Empathetic individuals can accurately perceive and share the emotions of others, allowing them to respond with care and support. By demonstrating empathy, individuals can establish stronger bonds, foster trust, and cultivate more satisfying relationships. Furthermore, emotional intelligence facilitates perspective-taking, enabling individuals to understand others' viewpoints, anticipate their needs, and adjust their behavior accordingly. This ability to see situations from multiple perspectives promotes effective communication and conflict resolution, enhancing the quality of interpersonal relationships.

Social Awareness and Relationship Management Emotional intelligence contributes to social awareness, which involves recognizing and understanding social norms, dynamics, and cues. By being attuned to social contexts, individuals can navigate social situations with greater ease and adapt their behavior accordingly. This awareness allows for more effective communication, respect for boundaries, and the ability to respond appropriately to the needs and emotions of others. Moreover, emotional intelligence facilitates relationship management, enabling individuals to build and maintain healthy relationships. Individuals with higher emotional intelligence are skilled at fostering open communication, resolving conflicts, and creating a supportive and positive social environment.

Overall, emotional intelligence and social intelligence have significant implications for the quality of interpersonal relationships among adults. By developing and enhancing these skills, individuals can establish more satisfying relationships, effectively manage conflicts, and foster supportive social networks.



In the subsequent sections, we will explore the potential applications of emotional intelligence and social intelligence in various domains, such as education, workplace environments, and mental health interventions. These applications highlight the practical significance of these constructs and their potential to positively impact individuals' lives and well-being.

V. CONCLUSION

This comprehensive review examined the influence of emotional intelligence on social intelligence among adults. The analysis of empirical evidence revealed a strong positive correlation between these constructs, indicating that individuals with higher emotional intelligence tend to exhibit greater social intelligence. The conceptual relationship between emotional intelligence and social intelligence was explored, highlighting the shared components and mechanisms that contribute to their interplay.

Emotional intelligence and social intelligence have important implications for interpersonal relationships among adults. Effective emotional regulation, empathy, and social awareness foster social competence, enabling individuals to navigate social interactions successfully and establish meaningful connections.

By understanding and managing their own emotions, individuals with higher emotional intelligence can engage in more constructive communication, handle conflicts, and maintain harmonious relationships. The ability to empathize and take others' perspectives enhances understanding, trust, and connection with others.

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