

PAPER

# FORMATION OF EMOTIONAL INTELLIGENCE IN PRIMARY STUDENTS – AS A CURRENT PEDAGOGICAL PROBLEM

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## Abstract

This article reflects on the importance of a separate upbringing and education so that the child can correctly understand his feelings from an early age, the ability to self-awareness and control emotions is formed in the process of communication with parents and teachers in the child, therefore, the formation of emotional intelligence in primary school students is relevant.

**Key words:** emotion, emotional intelligence, emotion management, emotional changes, self-awareness, ability to perceive emotions.

## Introduction

Emotional intelligence is the ability to understand and manage one's emotions, empathize with oneself and others, communicate effectively, and make appropriate decisions in a variety of situations. This concept was first introduced in 1990 by Peter Salovey and John Mayer, who emphasized the cognitive processes of humans related to emotions and their importance in personal and social relationships. Later, Daniel Goleman expanded on this concept and identified it as one of the key factors for success in personal and professional life.

## Literature Analysis

Sh. Qobilov in his book "Psychology and Education" defines emotional intelligence as a person's ability to identify and manage their own emotions and understand the emotions of others. In his opinion, the main components of emotional intelligence – correctly identifying emotions, managing them and being effective in social interactions – are considered to be the main elements in the field of psychology and pedagogy. According to Sh. Qobilov's definition, the development of emotional intelligence is of great importance in the social and personal life of each person. B. Aliyev in his book "Social Psychology: Theory and

Practice" tried to correctly define the components of emotional intelligence and connect them with practical problems. B. Aliyev emphasizes in his research that emotions also play a major role in the emotional development of a person. In his opinion, the development of emotional intelligence increases the ability of each person to manage emotions and be effective in social relationships.

E. Tokhtaev in his article "Emotional Intelligence: Stages of Development" considers the stages of development of emotional intelligence. In his definition, the stages of development of emotional intelligence are formed depending on the age, psycho-emotional state and social environment of the individual. According to Tokhtaev, the first stage of emotional intelligence is the identification and recognition of emotions, the second stage is their management and the formation of correct social relations.

A. Yuldoshev in his book "Development of Emotional Intelligence in Education" emphasizes the importance of regulating the development of emotional intelligence in the educational process and the methodological foundations. A. Yuldoshev emphasizes the need to implement the development of emotional intelligence in school education, especially in primary grades, by developing skills in understanding emotional changes and managing them.

These studies will help to define the definition and stages of emotional intelligence and to formulate effective approaches to linking them to practical and theoretical problems. These

discussions among Uzbek scientists will serve to improve new methods and methodologies for the development of emotional intelligence.

## Research Methodology

The study used observation, comparative analysis, diagnostic (questionnaire, interview, survey), design, modeling and generalization methods, experimental testing, mathematical and statistical analysis.

## Analysis and Results

Emotional intelligence is an important part of personal development, which ensures a person's emotional stability, helps to behave in stressful situations and improves interpersonal relationships. A person's emotional intelligence consists of four main components:

Awareness of one's own emotions is the ability of a person to correctly understand his own feelings and distinguish them. This stage includes the process of a child's awareness of his own mood and the factors affecting it. Emotional intelligence is the ability to understand, identify, and control one's own feelings. For a child, understanding their emotions is an important first step in their relationships with themselves and others. By understanding their own moods and the factors that influence them, the child learns to better manage themselves. This process lays the foundation for the child's future personal and social development.

It is important for a child to receive special education and training from an early age to understand their emotions correctly. The ability to understand themselves and manage their emotions is formed in a child in the process of communication with parents and teachers. For example, when a child finds himself in difficult situations, his mood changes, and in this case, helping him and encouraging him to understand his emotions correctly is of great importance. When a teacher or parent guides the child to understand and accept the situation correctly, the child learns to understand himself. The first step in understanding himself is for the child to be able to express his feelings. When children are able to understand their emotional states correctly and describe them clearly, their relationships with others also improve. For example, learning to express this when a child is nervous or happy has a positive effect on his communication skills. In this process, it is important to teach the child that emotions can be different and that each emotion can find its own expression. For example, the child should be able to distinguish between fear, anger or joy. Also, in the process of understanding the child's mood, it is necessary to understand the factors that affect him. For example, a child may become irritable when tired or hungry. By understanding such factors, the child will be able to feel his needs in the future and manage himself better. In addition, he will develop the skills to manage himself in difficult situations by monitoring himself. For example, a child tries to control his emotions in problematic situations or react to them appropriately. Self-awareness also affects a child's relationships with people around him. Children learn to understand their emotions and relate to others appropriately. For example, a child can feel the mood of others and communicate with them appropriately. Also, a child understands the emotions of people around him and tries to help them or improve their relationships with them. In this process, the child's sense of empathy also develops.

A child's ability to understand his emotions is also important in his educational process. For example, when a child has difficulties in studying, if he understands himself and learns to manage his emotions, he will be able to overcome difficulties. Self-awareness also increases a child's self-confidence, as he is able to control

himself and make the right decisions in difficult situations. Understanding his own emotions is an important factor in a child's personal development. This ability helps a child not only in education, but also in overcoming difficulties in life. A child's understanding of his own mood and the factors that affect it has a positive effect on his overall development.

Managing one's emotions is the ability to control one's feelings and direct them into the right channel. At this stage, children learn how to express their feelings, manage anger, and cope with stress. Managing one's emotions is a skill that plays an important role in a person's personal development and social interaction. Each person should be able to correctly understand and control their emotions, which, in turn, is considered one of the main factors in leading a successful life. It is necessary to pay special attention to the development of this ability in children, because the ability to manage emotions in young children affects their future mental stability and communication culture. Children face various difficulties in the process of learning how to express their feelings. Anger management is a particularly important task for them. If young children are unable to control their anger, problems may arise in their relationships in society. Therefore, it is very important to teach children how to react to stressful situations and how to overcome them.

Emotions act as a bridge between children's internal feelings and their relationship to external influences. When a child expresses his feelings correctly, his social development improves. For example, the skill of controlling anger allows a child not only to suppress his emotions, but also to see the other side of the coin and react correctly in any situation. The support of children from teachers and parents is of great importance in this. Various pedagogical approaches are used to teach children to manage their emotions. In particular, interactive methods and role-playing games are effective tools. Through games in different situations, children learn to express their emotions correctly and how to control their relationships with others. For example, they learn how to suppress anger, how to calmly solve problems in stressful situations. These methods have a great impact on children's personal development. At the same time, teaching children how to cope with stress is also important for their mental development. Stress can negatively affect children's mental and emotional state. They can become stressed when they face failures in various activities or when they get into conflicts with their peers. Therefore, teaching children how to react in such situations ensures their mental stability.

Teaching children to control their emotions also helps improve relationships in society. Such children become confident, emotionally stable individuals even in adulthood. By managing their emotions, they form a culture of communication and build relationships based on mutual understanding in society. Teaching children to control their emotions helps improve every aspect of their lives. This skill has a positive impact not only on children's education, but also on their future personal and social development. Continuous support from parents and teachers is an important factor in helping children learn to effectively manage their emotions.

Understanding the emotions of others (empathy) is the ability to understand the feelings of others and show empathy towards them. This ability helps children improve social relationships. Empathy is the ability to understand the feelings of others and respond to them, which plays an important role in the formation of social relationships in children. This ability helps children not only improve their relationships with classmates, but also to establish effective communication with those around them in their daily lives. Empathy provides children with the basis for understanding the situation of others, striving to help them, and also making the right decisions in various social situations. Empathy has a positive effect on children's emotional development, because this ability helps them determine how they behave towards others and how

they express their feelings. For example, a child, realizing whether a classmate is sad or happy, tries to understand his feelings and help him. This not only increases empathy and mutual respect in society, but also teaches children to be sensitive to emotions in relationships.

The importance of empathy in social relationships. One of the main benefits of empathy is the ability to improve social relationships. Understanding the feelings of others helps children communicate with them without problems and without giving in to passions. In this process, children also consider the needs of others, which encourages them to help with empathy. For example, if a child sees that another is in difficulty, he will try to help him, which will lead to good results in relationships. Empathy also increases children's interest in teamwork. Collaborating with others in teamwork, understanding their thoughts and working towards a common goal is achieved through empathy. This helps to strengthen trust, friendship and team spirit in children.

Methods for developing empathy. Developing empathy plays an important role in the upbringing and education of children. To develop this ability, it is necessary to involve children in communication processes, introduce them to various social situations and allow them to express their emotions. Interactive activities, role-plays, and stories can also be used to help children understand the feelings of others. For example, role-plays can help children practice understanding the feelings of others in different social situations.

The role of parents and teachers. The role of parents and teachers in the formation of empathy is very large. Parents and teachers should be role models in teaching children empathy. They should help children understand the feelings of others, express their own feelings, and establish effective relationships with others. Various real-life examples can be given so that children understand the importance of empathy in various social situations and apply it in practice. Empathy plays an important role in the personal and social development of children. The ability to understand and respond to the feelings of others helps children form friendly relationships, and also contributes greatly to their development as socially competent individuals.

Communication and social interaction management is a person's ability to communicate effectively with others. This stage increases children's ability to work in groups and prepares them for various social situations. Communication and social interaction management is a person's ability to communicate effectively with others, this ability plays an important role in children's personal development and adaptation to social life. For primary school students, the development of these abilities is of particular importance in the learning process. Such skills increase children's ability to work in a team, prepare them for various social situations and effectively communicate with different people. To increase children's ability to work in groups, they need to communicate effectively, express their thoughts clearly and intelligibly, have their thoughts heard and understood. In the process of working in groups, children adapt to different situations, learn to coordinate their emotional state with others, and learn to listen to, respect and agree with the opinions of others in order to achieve collective goals. This process develops children's social intelligence, which means their ability to understand and accept multiple perspectives at the same time increases.

Children who have the ability to manage social relationships are able to properly manage emotions in their interactions with others. This allows them to resolve conflicts, evaluate different opinions, and reach agreements, establishing positive relationships. In this regard, the development of children's sense of empathy is of great importance. Empathy gives children the ability to understand the emotional state of others, connect with them on the basis of emotions, and understand their needs. This helps children behave freely in a team and form relationships

based on mutual respect. In the process of working in groups, children learn to express their opinions, listen to the opinions of others, and communicate with them. In this process, a culture of communication is formed in children. A culture of communication includes the ability to express oneself, take into account the opinions of others, and maintain good etiquette in relationships. When communicating with others, children use emotional approaches to correctly assess situations and understand and manage the impact of emotions on communication. Children who are prepared to work in a variety of social situations are more successful in interacting with a variety of people. They easily establish relationships with teachers, classmates, and even adults. This is important for their development of social relationships and their ability to work effectively in different teams. At the same time, children learn to properly manage their emotions, stress, and anxiety, which helps them to manage themselves in different social situations.

Emotional intelligence develops with age. Based on it, children acquire different abilities at different age stages. For example, young children (3-5 years old) have difficulty understanding and managing their emotions, but as they grow older, they develop the ability to understand and manage their emotions. Children aged 6-10 develop empathy, and their ability to understand and relate to the emotions of others increases. At this age, children begin to learn the social aspects of communication and understand how to behave in different situations. The development of emotional intelligence also affects the student's success in the educational process. Highly developed emotional intelligence in children increases their ability to learn, as they can use useful skills in managing stress, solving problems, and communicating effectively with classmates. Emotional intelligence plays an important role in a person's success in personal and social relationships. Its proper formation leads to significant changes not only in the educational process, but also in the life of a child in society. Emotional intelligence is a key tool for ensuring the personal development of children, and a deep understanding of its stages of development is important for educators and parents.

## Conclusions

The concept of emotional intelligence (EI) mainly refers to a person's ability to understand and manage their own emotions and to identify the emotions of others. Developing emotional intelligence also teaches students to manage themselves and make good decisions. They understand their own emotions correctly and find the right way to behave in dealing with others. This is important for self-esteem, achieving success and maintaining balance in social life. In general, developing emotional intelligence in primary school students not only improves their learning process, but also has a significant impact on their personal and social success.

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