



## Mains Practice Question

**Q.** “What really matters for success, character, happiness and lifelong achievements is a definite set of emotional skills – your EQ – not just purely cognitive abilities that are measured by conventional IQ tests.” Do you agree with this view? Give reasons in support of your answer. (Answer in 150 words, UPSC Mains 2023)

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### Approach

- Start the answer by defining the concepts of EQ and IQ.
- Discuss that EQ holds greater significance than IQ and provide reasons to support that argument.
- Conclude by reiterating the complementary nature of IQ and EQ for a well-rounded individual.

### Introduction

**EQ stands for Emotional Intelligence**, which refers to a person's ability to recognize, understand, manage, and effectively use their own emotions and those of others.

- IQ stands for **Intelligence Quotient**, which is a measure of a **person's cognitive abilities**, including **problem-solving, logical reasoning, and learning capacity**.

### Body

**EQ holds greater significance than IQ** in the realms of **achievement, character development, happiness, and lifelong accomplishments**.

#### Reasons:

- **Resilience in the Face of Adversity:** High EQ individuals maintain composure during crises, akin to the resilience **displayed by Steve Jobs in overcoming challenges at Apple**.
- **Effective Leadership and Conflict Resolution:** Nelson Mandela's EQ-driven leadership facilitated peaceful conflict resolution during **South Africa's transition to democracy**.
- **Empathy and Enhanced Communication:** **Healthcare professionals with strong EQ connect with patients on a deeper level**.
- **Personal Well-being and Fulfillment:** Effective emotion management **contributes to healthier relationships and a sense of purpose**, as seen in the pursuit of happiness in positive psychology.
- **Conflict Resolution:** Mediators use EQ to find common ground. This is especially evident in **international diplomacy, where EQ-driven negotiations lead to peaceful resolutions**.

### Conclusion

While cognitive abilities measured by IQ tests are undeniably important, they represent only one facet of a person's overall capabilities. Emotional intelligence complements cognitive skills, providing the social and emotional foundation for a well-rounded and successful individual.

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