



## Mains Practice Question

Q. How emotional intelligence can be a way to happiness? (150 words)

30 Jan, 2020 GS Paper 4 Theoretical Questions

### Approach

- Explain Emotional intelligence and its components.
- Give a definition of happiness.
- Explain how emotional intelligence help in a person's achieving happiness.
- Give way forward or conclusion.

### Introduction

- Oscar Wilde: "I do not want to be at the mercy of my emotions. I want to use them, to enjoy them and to dominate them"
- Emotional Intelligence is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.
- Emotional Intelligence comprises of 4 steps:
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship management
- **Happiness** is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being, joy, or contentment.

### Emotionally intelligent people create their own happiness by

- **They don't let what they can not control affect what they can:-** emotionally intelligent people don't let things outside of their control hijack their happiness. Instead, they choose to focus on the positive impact they can make now. Eg. A civil servant should focus on his good work without being worried about the ideologies of ruling parties.
- **They live and die by their values:-** Emotionally intelligent people understand that happiness is worth short-term sacrifices.
- **They believe that life is a learning process:-** They accept their failures and instead of getting depressed, learn from that failure.
- They can de-personalize themselves from the anger of others.
- They can handle conflicts constructively hence save themselves from the sadness of the aftermath of conflicts.
- Negative emotions are the number one enemy of happiness. Emotional intelligence helps us to deal with them.
- Emotional intelligence helps us to cope up with changing social values, eg modernity vs traditionality like in case of Sabarimala, Triple Talaq, etc

### Conclusion

Dalai Lama had said that happiness is not something ready-made. It comes from your own actions. Emotional intelligence allows us to take action which is favorable for us in the long term hence providing us with long term happiness.

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