



ics
Universidad
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CEMID Project glossary

Emotional intelligence

Emotional Intelligence (EI) is a psychological construct, developed to describe and evaluate the abilities to know and manage one's and other's emotions.

The way to think of this construct and its components, as well as the proper way to evaluate it varies according to different researchers. Four models are highlighted: Abilities EI Models, Mixed Models of EI, Trait EI Model, Emotional-Social Intelligence (ESI).

The fundamental thesis of EI theories is that intelligent people are not simply those with great logical ability and/or visual abilities, and/or memory, but also people with social abilities and abilities to adapt to their cultural, social and environmental context. In order to have these abilities knowledge of one's own and other's emotions is requisite, as well as the ability to inhibit, diminish or use them to know one's surroundings and be efficacious in one's action.

In psychology, intelligence is a function that can be measured. Traditional Intelligence tests (IQ) measure logical reasoning, memory, language, and visual abilities. Researchers of EI propose to measure other factors as well.

There is a debate on a variety of issues related to EI:

-Can EI be really measured? If not, then EI is an invention without solid scientific basis?

-What are the defining features of emotions? Or, as psychologists put it, what are the functions of emotions? Two issues are studied: on the one hand, the process whereby emotions are integrated in cognition is studied; on the other, the influence of external emotions on cognition.