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Emotion, mind and emotional intelligence: conceptual and moral characteristics.

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Abstract:

The article analyzes the essential characteristics of the concepts "emotion", "mind", "emotional intelligence". In particular, it states that emotion, intelligence, and emotional intelligence allow a person to better understand their own emotions and the emotions of others, and they facilitate more effective communication and can interact: intelligence can help develop emotional intelligence, and emotional intelligence can improve the quality of decisions made by the mind in social situations. Emotional intelligence helps a person adapt to changes and stressful situations. The ability to effectively manage emotions allows you to cope with difficulties and maintain psychological stability.

Keywords: Emotion, mind, reason, intelligence, emotional intelligence, person. Intuition, creativity, concept. Understanding, psychological, and empathy.

Introduction

Emotion, mind (reason), emotional intelligence are closely related to the concepts of "creativity" and "intuition". Creativity is the ability to generate new and original ideas, concepts, solutions or products. Creativity includes the ability to see connections between different concepts, think outside the box and create unconventional solutions. Creativity is manifested in various fields such as art, science, technology, business, etc. Intuition, in turn, is the ability to understand or feel something without the need for conscious analysis or reasoning. Intuition allows you to make quick decisions based on an instinctive understanding of the situation. It is based on experience, knowledge and subconscious perception and can be especially useful in situations where there is not enough time or information for a full analysis.

Creativity and intuition play an important role in various aspects of human life and activity. Creativity allows finding new ways to solve problems and innovate, while intuition helps to quickly navigate the situation and make quick decisions based on accumulated experience. Both abilities may be unavailable or less developed in artificial intelligence, which makes them one of the aspects in which human intelligence is still difficult to replace. Below, we will try to characterize the essence of emotion and emotional intelligence in the context of creativity and intuition.

An emotion is a complex physiological, psychological, and mental response to certain situations, events, or stimuli. Emotions are expressed through physical sensations, facial expressions, body movements, and internal experiences and thoughts. Emotions can be positive (e.g., joy, inspiration) or negative (e.g., anger, fear), and they play an important role in our lives, influencing our behavior, decisions, and relationships. Currently, the problem of emotions is very relevant also because emotions, Currently, the problem of emotions is very relevant also because emotions, affecting the body and mind of a person, influence almost all aspects of his



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existence. Emotions determine the degree of activity of thinking and motor activity. Our attitude to people, events, tasks put forward by life, assessment of our own actions and deeds largely depend on them. Thanks to emotions, we understand each other better, can, without using speech, judge the state of other people, better tune in to joint activities and communication. Without emotions, that is, without being able to experience joy and sadness, anger and guilt, we would not be fully human. Emotions have become one of the signs of humanity. No less important is our ability to empathize with other people's emotions, the ability to empathize. And as Augusto Curie wrote: "Emotional division multiplies happiness" (See: 4, <https://moluch.ru/archive/127/35231/0>).

"Emotion" is often described as a complex physiological, psychological and mental response to certain situations, as well as a set of feelings that may include physical sensations, emotional states and thought processes. Emotions are a complex mechanism that encompasses both physiological changes (e.g. increased heart rate, sweating) and psychological aspects (e.g. feelings of joy, fear, anger).

Emotional intelligence (EI) is a person's ability to understand, manage and work with emotions, both their own and those of other people. This concept describes skills that allow one to effectively interact with the outside world, using emotions as a resource. It includes not only awareness and understanding of emotions, but also the ability to manage them, adapt to various situations and build empathic relationships.

The conceptual differences between the concepts of "emotion" and "emotional intelligence" include the following conceptual and semantic segments: emotion is the emotional states, experiences and reactions themselves, while emotional intelligence is the ability to understand, manage and use emotions; emotions are specific states that can change from moment to moment. Emotional intelligence is a broader set of skills that includes understanding and managing not only emotions, but also social interactions, communication and interpersonal relationships.

An emotion is a state that may occur automatically in response to an event or stimulus. Emotional intelligence is the active ability to process emotions in order to function more effectively in different aspects of life. Emotions can be both individual experiences and expressions of external states. Emotional intelligence, while related to emotions, also includes the ability to use emotional understanding to better interact with others. An emotion is a complex physiological, psychological, and mental reaction or feeling, a set of feelings that is the basis for understanding and developing emotional intelligence.

Emotional intelligence (EI) is a person's ability to recognize, understand, manage, and express emotions, as well as interact with the emotions of others. EI plays an important role in various aspects of human life, influencing personal well-being, social relationships, professional success, and many other areas. Here are some of the roles that emotional intelligence plays:

Emotional intelligence allows a person to better understand their own emotions, manage them, and adapt to changing circumstances. This contributes to emotional stability, stress reduction, and improved psychological well-being.

A person with a high level of emotional intelligence is more easily able to sense the emotional state of others, which facilitates deeper and

more empathetic interactions. Such people often have the ability to listen and support others, which strengthens social connections.

Emotional intelligence is important for effective leadership and teamwork. A leader with high EI can better motivate and inspire their subordinates, as well as resolve conflicts and manage tense situations.

Emotional intelligence can impact professional achievements because the ability to adapt to different social situations and emotional stability help in coping with challenges in the workplace. A high level of EI contributes to the ability to resolve conflicts constructively since it allows one to consider not only logical arguments but also emotional aspects of the situation.

Emotional intelligence plays a key role in establishing and maintaining healthy and harmonious relationships, as it helps you understand your partner's feelings and effectively express your own.

Society recognizes the importance of emotional intelligence in various areas of life, and its development can be useful for both personal fulfillment and successful interaction with the outside world.

Emotion and mind are two different aspects of human psychology that are closely related and influence each other, but have different functions and characteristics. Emotion in the context of mind is a complex reaction to certain situations, stimuli or events. Emotions can include physiological changes such as increased heart rate, changes in breathing, sweating, as well as psychological components such as feelings of joy, anger, fear. Emotions tend to occur quickly and automatically, sometimes even before we are aware of what is happening. Intelligence, in contrast to emotion, refers to our ability to think, analyze, reason, and make decisions. The mind includes the rational and logical processes that allow us to analyze information, solve problems, plan, and predict. The mind can also include an emotional aspect, but its focus is more on logical and analytical thinking.

"The mind... is 1) the ability to think and reason; 2) the ability to independently carry out cognition based on functions such as memory, sensations, perception, imagination... 3) an activity that involves the presence of movement and development of thought; 4) the ability to quickly and successfully perform a certain set of mental procedures: the ability to compare facts, identify patterns, draw conclusions, generalize information, make decisions... (4. p. 179)

Emotions and the mind interact and influence each other. Emotions can affect our thinking and decision-making, as well as our perception of events. For example, strong emotions can distort our judgment and logical thinking. On the other hand, the mind can influence our emotions. Our conscious thinking can moderate or even change emotional reactions, for instance, through rational analysis of a situation or the use of emotion regulation strategies. Understanding the interaction between emotion and the mind allows us to better manage our emotions and make more informed decisions. Overall, emotions and the mind are integral parts of human psychology, and their interaction shapes our behavior, decisions, and engagement with the world."

The concept of "emotional intelligence" can be defined from several different perspectives. Emotional intelligence is the ability to recognize, understand, and manage one's own emotions. It also includes the ability to adapt to emotional changes and respond to them effectively.

According to some experts, emotional intelligence is defined as "the ability to be aware of, accept, and regulate the emotional states of both others and oneself" (6, p. 8); "a set of mental abilities for identifying, understanding, and managing emotions" (5, p. 50); "an integral category within the structure of the intellectual and emotional-volitional spheres of personality" (3, p. 11); and "an internal emotional resource."

Emotional intelligence includes the ability to understand the emotional states of others and empathize with them. This skill involves feeling and comprehending the emotions of others, which fosters deeper interpersonal interactions. Emotional intelligence is also associated with the ability to establish and maintain relationships with others. This includes communication skills, conflict resolution, active listening, and effective interaction in various social situations. Additionally, emotional intelligence is linked to self-awareness, understanding one's values, motivations, and limitations. This enables more informed decision-making and better control over one's emotions in different circumstances.

Emotional intelligence contributes to the ability to solve problems related to interpersonal interactions. An individual with developed emotional intelligence better understands relationship dynamics and can find more effective ways to resolve conflicts. Emotional intelligence helps a person adapt to changes and stressful situations. The ability to effectively manage emotions allows one to cope with difficulties and maintain psychological resilience.

In general, the concept of "emotional intelligence" describes a set of skills and abilities related to understanding, expressing, and managing emotions, as well as successful interpersonal interactions. Having emotional intelligence enables an individual to be more adaptable to societal changes through the ability to control internal impulses (1, p. 42).

Thus, emotions are complex responses to specific stimuli that include physiological, psychological, and behavioral aspects. Emotions can include joy, anger, fear, surprise, and other states. They are an important part of the human experience and can significantly influence our behavior and decision-making. The mind is the capacity for thinking, analyzing, understanding, and problem-solving. The mind encompasses logical thinking, creativity, learning ability, and many other aspects. It is what allows us to solve complex problems, plan for the future, and make informed decisions. Emotional intelligence is the ability to understand one's own emotions and the emotions of others, manage one's emotions and relationships with others, and use emotional knowledge in social situations. Emotional intelligence includes empathy, social skills, conflict management, and the ability to establish emotional connections with others.

Deep emotional intelligence allows a person to better understand their own emotions and the emotions of others, which promotes more effective communication, better relationships, and a greater sense of life satisfaction. The mind and emotional intelligence can interact: the mind can help develop emotional intelligence, and emotional intelligence can enhance the quality of decisions made by the mind in social situations. As outlined above, emotional intelligence is inextricably linked to emotions and the mind, and these three components together form a complex and important aspect of human intellectual activity. Emotions are the foundation of emotional intelligence. Understanding one's own emotions and the emotions of others is a key element of emotional intelligence. Emotions provide

information about how we react to the world around us and what emotional needs arise in various situations. The mind also plays an important role in emotional intelligence. The mind allows us to analyze and understand our emotions, determine their causes and consequences. The more developed the mind, the more conscious our emotional reactions become.

Emotional intelligence is the ability to apply knowledge about one's own emotions and the emotions of others in everyday situations. It includes the ability to manage one's emotions and empathy, which is the understanding of others' emotions and the ability to act accordingly. A person with well-developed emotional intelligence will be content and successful in life, having mastered the tendencies of the mind that enhance their own productivity; a person who cannot establish at least some control over their emotional life is forced to wage internal battles that undermine their ability to focus and think clearly (See: 8). Thus, emotions, the mind, and emotional intelligence are interconnected and interact with each other, enriching the human inner world and defining the individual's relationships with the surrounding world.

The best illustration of positive emotional intelligence can be seen in the following short excerpt from Terry Dobson, who was one of the first Americans to study the martial art of aikido. "One afternoon, he was riding home on a Tokyo suburban train when suddenly a huge, belligerent, thoroughly drunk, soot-covered laborer barged into the car. This brute staggered through the car, barely able to stand, and began harassing the passengers: cursing, he suddenly turned to a woman holding a baby and threw her onto the lap of an elderly couple, who immediately jumped up and fled to the other end of the car. After a few more jerks in different directions (and missing in his rage), the drunk, with a wild roar, grabbed a metal pole in the middle of the car and tried to wrench it from its socket in the floor.

At that moment, Terry, who was in excellent physical shape thanks to daily eight-hour aikido sessions, felt the urge to intervene and prevent anyone from getting seriously hurt. But then he remembered his teacher's words: 'Aikido is the art of reconciliation. Whoever has the mind to fight has broken their connection with the universe. If you try to dominate people, you are already defeated. We study how to resolve conflicts, not how to start them.'

Yes, after the introductory lessons, Terry had agreed with his teacher never to provoke a fight and to use the acquired skills and martial art only for defense. And now, finally, he had the opportunity to test how well he had mastered the art of aikido, in practice and on completely legitimate grounds. And so, while all the other passengers froze in terror, Terry slowly rose from his seat.

Noticing him, the drunk roared, 'Aha! A foreigner! I'll talk to you in Japanese!' and, gathering his strength, prepared to beat Terry. But before he could take the first step, a loud and strangely joyful voice came from behind: 'Hey!'

The cheerful tone of the exclamation was fitting for someone who had unexpectedly run into an old friend. The drunk turned around in surprise and saw a small Japanese man in a kimono, about seventy years old, sitting on a nearby bench. The old man's posture showed no signs of anxiety, and a friendly smile played on his face. With a slight gesture of his hand, he beckoned the drunk and cheerfully said, 'Come here.'

The man staggered over to the old man and asked in a threatening tone, 'Why the hell should I talk to you?' Meanwhile, Terry stood and waited, ready to pounce on the drunk at the slightest sharp movement.

'What made you drink so much?' the old man asked, smiling kindly.

'I drank sake, but it's none of your business,' the drunk growled menacingly.

'Oh, but that's wonderful, truly wonderful,' the old man exclaimed joyfully. 'You see, I also love sake. Every evening, my wife and I—she's seventy-six, you know—heat up a bottle of sake and take it to the garden, sit on an old wooden bench, and...' He began to tell him about the persimmon tree in his backyard, how beautiful his garden was, and the pleasure of drinking sake in the garden in the evening.

As he listened to the old man, the drunk gradually calmed down, his face softened, and his fists unclenched. 'Yes... I also love persimmons,' he said in a trembling voice and fell silent.

'Well, that's good,' the old man continued gently, 'I'm sure you have a wonderful wife.'

'No,' the man replied. 'She died...' And suddenly, unable to hold back, he burst into tears and began to tell the sad story of how he had lost his wife, his home, his job, and how he was ashamed of himself.

At that moment, the train arrived at Terry's station, and as he stepped onto the platform, he turned around and heard the old man invite the drunk to sit next to him and tell him about his life, and he also noticed the man stretching out on the bench, laying his head on the old man's lap..." (Ibid. See: 8)

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