

Psychological Significance of Emotional Intelligence in Family Relations

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Abstract: This article emphasizes the psychological significance of emotional intelligence and psychological climate, family environment, relationships between family members, parents' attitudes towards children, feelings of security and responsibility in family relationships. The general characteristics of factors influencing the development of emotional intelligence are analyzed. The main criteria of emotional intelligence and psychological factors that positively influence the development of emotional intelligence in the social process are scientifically explained.

Keywords: family relationships, life experience, emotional intelligence, emotional communication, emotion management, social environment

INTRODUCTION

Family and the educational process are the main links that ensure the integrity of the individual. The main goal of our study is to achieve meaningfulness and effectiveness of personal activity through the development of emotional intelligence in family relationships. Based on this point of view, we analyzed the factors of emotional intelligence development in the family environment in different families. Developing emotional intelligence in family relationships is a path to deeper understanding, harmony, and happiness. It is not only a way to improve current relationships, but also an important skill for personal growth and enrichment of interpersonal relationships[2].

The emotional-personal component plays a special role in the hierarchy of family composition, which creates the psychological climate in the family, the family environment, the relationships between family members, the attitude of parents towards children, and the sense of security.

Emotional intelligence is the ability to communicate with yourself, and the more we can communicate with ourselves, the better we are able to cope with our emotions and the emotions of others. Because people are often unaware of their emotions and what they are feeling, they end relationships because they cannot communicate with people in an empathetic way.”[2]

According to research, 40% of marital satisfaction can be predicted by emotional intelligence, meaning that acquiring and learning EQ is important for marital and family relationships.[2]

It is important to develop our emotional intelligence because emotionally intelligent couples are able to understand their relationship better; they know their role and personality as a couple, and what causes negativity in the relationship. This makes us aware of changes in ourselves or in others. People are able to promote stability and harmony through emotional intelligence in relationships.

“People without emotional intelligence in relationships will rarely know what to say and what not to say. They may unknowingly say something insensitive that could hurt the other partner. Furthermore, couples who lack emotional intelligence will continue to blame each other every time something goes wrong.[3]

“Also, if there is a lack of emotional intelligence in a relationship, one partner may have difficulty recognizing how the other partner is feeling, expressing or meeting emotional needs. And this can create problems in the relationship. One partner may have difficulty accepting criticism. In fact, the

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partner may have difficulty resolving conflict and may have trouble communicating with loved ones.”[1]

Key Aspects of Emotional Intelligence in Relationships

- **Self-awareness:** Understanding your own emotions, their sources, and how they influence your behavior and thoughts. Self-awareness allows you to manage your emotional reactions more effectively.
- **Self-regulation:** The ability to control or change your emotions according to the situation, which is especially important in managing conflict and stress.
- **Empathy:** Understanding and sharing your partner's feelings, which leads to deeper understanding and a stronger connection.
- **Social skills:** The ability to communicate effectively, build interpersonal relationships, and resolve conflicts.[6]

The Impact of Emotional Intelligence on Family Relationships

- **Higher communication:** High level EI allows more open and honest communication, helping to resolve misunderstandings and conflicts.
- **Deep emotional understanding:** Understanding the emotional partner helps to create a closer relationship and a better relationship.
- **Effective conflict management:** People with high EI are inclined to more constructive resolution of conflicts, which leads to strengthening the relationship.
- **Increased mutual support and comfort:** Understanding and comforting emotional needs of others increases emotional closeness and comfort and relationships.[6]

The following method is effective in developing social competence of relationships: remember several palliative situations and try to break them down using this formula. Find positive intentions in your meanings and actions. The fourth component is relationship management. This is the ability to recognize both your own feelings and the feelings of your opponent to build adequate interaction. It is customary to distinguish a range of skills associated with the ability to manage the emotional sphere of a communication partner.

Identify the formal and informal relationships that are important to you. For personal relationships, select a period of a week, for business relationships - one to two months. Divide the sheet into two columns, mark the left column as "+", the right one as "-". Record in the left column all your actions that improved your partner's condition, for example, improved his mood. In the right column - worsened it. Analyze what influence you had on your emotional balance in this relationship during this period. Were you able to maintain it at the same level or improve it? If the left column shows a large number of positive actions, analyze whether the balance is disturbed in this case too? Perhaps you are very actively involved in the interaction process, expecting enough and receiving in return? In both situations, make a plan of actions that will help you maintain balance. Such analysis allows you to manage relationships.[5]

It is necessary to emphasize the importance of developing emotional intelligence at the present stage of development of society. The difference between IQ and EQ is that IQ is cognitive intelligence associated with cognition and assimilation of knowledge and information. The intelligence quotient determines the degree of development of human mental activity. EQ is a person's ability to correctly understand their own thoughts and emotions, as well as control and use them as a tool for establishing relationships, improving communication skills, resolving all kinds of conflicts should be used as.

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