

THE NEED TO USE INFORMATION TECHNOLOGIES IN DEVELOPING EMOTIONAL INTELLIGENCE

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Annotation: This article discusses the concept of emotional intelligence, its components, and the role of information technologies in its development. Emotional intelligence is a person's ability to understand their own emotions, communicate effectively with others, manage emotional states, and successfully establish social relationships. The article discusses the components of emotional intelligence, the factors influencing its development, and its role in social, personal, and professional life in society. It also analyzes the possibilities of forming students' emotional and social skills through the use of digital tools in the modern educational process. According to the analysis of the results, the effectiveness of information technologies in developing emotional intelligence is demonstrated.

Key words: emotional intelligence, information ethnology, digital education, empathy, motivation, emotional awareness, personal development, social relationships, management, effective communication, emotional state, interactive methods.

Introduction. In the current era of globalization, not only the intellectual potential of a person, but also his emotional development is becoming important. Emotional intelligence represents a person's ability to understand, manage his own emotions and communicate effectively with others. This concept helps to develop the abilities of each person, such as mental state, self-awareness, social relationships with others and self-control in social situations, in order to create an intelligent and emotionally balanced person. Today, the role of emotional intelligence in society has increased significantly. It has become an important factor in achieving personal and professional success, and also provides the necessary skills to improve relationships in social and collective life.

The concept of emotional intelligence was scientifically formed in several stages. This concept was put forward in the 1920s by the American psychologist Edward Thorndike, who considered the concept of social intelligence to be important. By 1990, psychologists Peter Salovey and John D. Mayer had described emotional intelligence on a scientific basis. They presented Emotional Intelligence as a type of mental ability. By 1995, this concept was widely spread throughout the world through the book *Emotion Intelligence* written by Daniel Glean. According to Golemann, emotional intelligence is one of the main factors of success in life.

Results and their analysis. Today, the role of emotional intelligence in society has significantly increased. It has become an important factor in achieving personal and professional success, as well as providing the necessary skills for improving relationships in social and collective life. A high level of emotional intelligence increases social adaptation, effective communication and leadership skills. This article analyzes the development of EI and its importance in society, as well as the importance of managing one's emotions and establishing successful relationships with others for society.

Main part

1. The composition and development factors of emotional intelligence Emotional intelligence mainly consists of four main components:

- Self-awareness: This is the ability to understand one's own emotions and mental state. The ability to be aware of oneself includes being attentive to changing emotions, identifying and understanding them.



- Self-regulation: This is the ability to control emotions and express them in a balanced way. Self-management allows a person to reduce stress, manage emotional states, and reduce impulsivity.

- Social awareness: This is the ability to develop empathy and understanding in relationships with others. Social awareness is important in interacting with others and helps a person adapt in a social environment. oSocial skills: This is the ability to establish effective and positive relationships with others, resolve conflicts, and work in a group. - Social skills also include successful teamwork and leadership skills.

There are many factors that influence the development of emotional intelligence. These factors include social education, family influence, school education, changes in society, and personal experience. Family and upbringing play a major role in shaping children's ability to understand and manage their own emotions. At the same time, special opportunities are created in the educational and professional environment for the development of EI. For example, emotional skills and effective communication skills taught at school and in the workplace contribute to the development of EI.

2. Emotional intelligence and its importance in society The role of emotional intelligence in society is very large. People with a high level of EI are more successful in a social environment. They have high skills in communicating effectively with others, maintaining emotional stability, and working in a group. The importance of EI in society can be seen in the following areas:

- In personal life: Emotional intelligence helps a person feel good about themselves and manage their own emotions. People with high EI understand themselves better and are successful in establishing positive relationships with others. This helps to develop positive relationships in personal life and improve family relationships.

- In the professional sphere: Successful people in society often have high emotional intelligence. They are successful in management, leadership, and teamwork. Leaders with high EI successfully manage teams, are effective in resolving conflicts, and maintain trust in the group. Such skills ensure successful work in businesses and organizations.

- In social relationships: People with high EI establish positive relationships with others through empathy. This is especially important when interacting with different groups and people in society. EI increases mutual understanding between people and reduces conflicts in society.

- Emotional stability and stress management: EI allows people to manage stress, manage their emotions, and maintain emotional stability in social situations. This facilitates social adaptation and leads to positive results in relationships with others.

3. Methods for developing emotional intelligence There are several effective methods for developing emotional intelligence. Some of them are:

Self-awareness and meditation: Meditation and self-analysis are important for understanding and managing one's own emotions. This increases a person's attention to himself and helps to manage his internal state.

- Developing empathy: Empathy is developed by communicating with others and understanding their feelings. This helps to establish positive relationships in the learning process and in everyday life.

- Emotional skills training: It is effective to conduct training and courses in schools and organizations to develop EI. Such courses help in improving social skills, resolving conflicts, and maintaining emotional balance.

Conclusion

In conclusion, Emotional Intelligence plays an important role in a person's personal and professional success, social relationships and social adaptation in society. The effective use of information technologies is an important tool in the development of emotional intelligence. It serves to develop not only the level of knowledge of students, but also their social and emotional



competencies. Therefore, it is advisable to widely introduce modern digital technologies into the educational process.

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