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## **EMOTIONAL EQUILIBRIUM: NECESSITY IN TODAY'S LIFE**

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**Abstract - Emotional Equilibrium is one of the significant tools, which can be attained by our conscious efforts to achieve a perfect stability and happy life . Human being is the only animal who can express his mental status through the expression of emotions verbally or non-verbally, both ways. In this Platinum world of high-tech developments where the words like love ,trust and relationships have changed their definitions, everybody wants to attain fast growth and quick results, where is the room for emotions?**

**In order to derive the maximum output from the minimum inputs and resources, sometimes emotions are neglected harshly and the internal peace takes the back foot which later affects our life and relationships. Huge accelerating advances in science and technology have resulted in exceptional progress in the world in all the streams and directions. It has been observed that the skilled professionals who are almost perfect in their subjects are unhappy and unsatisfied even after the hard work and productive results at the workplaces due to minor or major issues associated in their personal and professional lives. The lack of control on their emotions, leads to the frustration and unrest in their lives .Poor Emotional Equilibrium may results in strained relationships too. The taste of success and achievement is affected due to the stress felt in dealing with certain problems in the personal and official life. Todays' lifestyle is leading us to face immense emotional pressures which overall affect the quality of life.**

**This paper deals with the emotional challenges faced by Professionals and non-Professionals. A perfect Emotional Equilibrium can be attained by strong emotional competency giving the strength, confidence and satisfaction to handle any emotional issue associated with them, and will bring more joy, peace, happiness and a sense of achievement in their workplaces and personal lives. The Emotional Equilibrium can also be termed as the perfect state of bliss, without releasing negative or positive emotions more than required. A careful watch on the release of emotions under any circumstance, happy or sad must be taken care. The Emotional Quotient and Emotional**

**Competencies have acquired a prominent mark in analyzing the traits of good leaders and professionals. High Emotional Quotient is the trait of a balanced individual and helps in handling the day today issues more smartly and tactfully, which in turn gives more peace and harmony in our lives that is perfect equilibrium.**

*Keywords: Emotional Equilibrium; Emotional Quotient; Emotional Intelligence; Competencies; Personality; Self Awareness and Regulation; Social Skill; Empathy; Effective Emotional Expression; Emotional Competence.*

## I. INTRODUCTION

Emotional Equilibrium is a new emerging term for highly qualified professionals who are creating new milestones in this materialistic world but feeling more and more puzzled, unrest, un contented and alone even after accomplishing mammoth tasks and achievements. “Human competencies such as self-awareness, self-discipline, persistence and empathy are of greater consequences than intellect as measured by IQ” (7)

## II. DISCUSSION AND METHODOLOGY

The words like Emotional Quotient and Emotional Competence have made their marks when we discuss the importance and measures of achieving Success in our Personal and Professional Lives. Emotional Equilibrium is a new term which means the expression of perfect emotions under any circumstance and situation. The emotional issues observed mainly due to our “emotional responses are due to our perceptual habits, thoughts patterns, and other aspects of adjective behavior.”(6)

The perception towards any situation decides the release of particular hormones in our body which results in the various degrees of expression .The negative emotions like anger, sadness, restlessness, frustration are to be discouraged and the positive emotions like happiness, love, trust and care should be encouraged for a happy and healthy life. Emotional Intelligence is associated with some natural and inborn characteristics like introvert or extrovert nature, emotional stability and openness to experience. Now it is a question of discussion that whether we can change or alter the degree of Emotional Intelligence or not. It has been claimed by the Soft-Skills’ trainers and the Psychologists that “the Emotional Intelligence can be improved by proper care and mentoring” ( 6) . The intentional watch and monitoring can certainly leads to positive results which teaches an individual how to behave at particular situation and how to take care of the extreme emotions. It also requires patience, personal training,

Feedback and Productive interaction- People differ in ways of reacting to any situation, the degree and depth of emotions varies with different situations, some people feel great intensities of emotions: they react to ups and downs of living with intense joy, intense disappointment and intense concerns. The reactions range varies due to our positive feelings and negative feelings or moods .In terms of intensity emotions may be described as mild, strong and disintegrative. Different Physiological process happen for different range of emotions, feelings or moods .The enhanced Emotional Quotient is certainly helpful for the persons with good leadership qualities and is of less useful for an ordinary man. Poor Emotional intelligence of a Professional can affect the appropriate Decision makings and problem solving skills too which can later put the Organizations on risk. The perfect release of emotions can result in perfect bliss

the over-reactions to any personal or professional situation can lead to the instability and unhappiness in life. “Rational decision making and problem solving may be used interchangeably, since a problem has to exist and a decision is made to solve such a problem”. (18) Skilled managers and administrators have to take numerous decisions in a day and the more significant decisions need the exercise of considered judgment and the basis for such decisions and judgments remains a sound and strong Emotional Quotient.

The main aim is to take the best decision even under the worst emotional conditions. Sharpening one’s EQ certainly helps in rising above a common man’s platform and helps in utilizing the best possible ways and strategies to resolve the day to day issues successfully. Some people apparently feel great intensities of emotions; they react to the ups and downs of living with intense joy , intense disappointment, and intense concern .Others, whether from constitutional limitation or defensive learning are not easily stirred to either enthusiasm or distress but seem to be insulated from any strong feelings(7) Extreme emotions are always harmful in taking decisions and solving a problem. The intensity of disintegrative emotions can be well understood with the examples of the soldiers who had broken down in combat in World War II and were later injected with sodium pentothal drug to release their stress and tensions. The drug produced a similar of hypnotic impact on them and the soldiers could “relive” their combat experience and discharged some of their overwhelming fear and anxiety. “ The terror exhibited in the moments of supreme danger ,such as a death of a friend before the patient’s eye ...the body becomes increasingly tense and rigid; the eyes widen and the pupils dilate...there is a collapse and the patient falls ...” (11) This means emotional imbalance can have a drastic effect on our health and lives. With inadequate inner controls, we may overreact emotionally, flying off the handle or bursting into tears in routine situations. With too rigid controls we may be unable to “let ourselves go” or to be ourselves.” Neither extreme is desirable. We have to adapt to fine tune the emotions to a ‘balance’. Take an example of a child who is very spontaneous in showing various emotions in one shot...on one instance he may be showing tantrums for a demand to be fulfilled and on the very second minute he feels happy and forgets the disapproval and punishment and behaves “afresh” accepting the happy change and moves on whereas we the adults are not able to adjust in such two situations so easily , even if we get normal after some time ,complaints, disapprovals and punishment remains in the underneath of our memory and the behavioral pattern is affected .“The companies are putting more emphasis on the emotional dimension in evaluating leadership potential and focus on the importance of understanding relationships” (8).

There are certain dimensions through which Emotional Intelligence can be evaluated such as: Self Awareness – The Person is in touch with his own feelings and has the desire and the capacity to understand other’s feelings. Self Regulation – This is the ability to control or redirect emotional extremes and other impulsive behaviors. For Example, if you are angry at a client or a colleague, you control your emotions, keep calm and handle the situation professionally and later talk out the emotions with a co-worker or a friend. Self regulation includes the ability to suspend judgment in order to think through the consequences of behavior rather than acting on impulse. Self Motivation-- The person is driven for achievement irrespective of the rewards associated with such an achievement. The achievement itself is a reward for them. Even when they do not achieve their goals, they remain optimistic and have a positive attitude. Empathy—It is the ability to understand and be sensitive to the feelings, thoughts and situations of others. Social Skill—This is the ability to manage emotions of other people. Social skill includes the ability to build networks of relationships and it requires other elements of emotional intelligence such as empathy

and self-regulation (15) This later leads to the unhappiness and un satisfaction in our lives and the chronic sad situations affect our Health and Personality also. Emotions which are denied direct expressions, usually find expressions in some other disguised ways. Teasing and nagging becomes the cause of Hostility and chronic fatigue and somatic complaints origins because of the Anxiety and Fear. The individuals, since are not aware about these reasons, remains amazed of their changed behaviour. Such outlets do not solve the problems but the chronic occurrence may leads to peptic ulcers or other psychosomatic disorders.

Emotional Intelligence can be gained by understanding the ways of “Effective Emotional Expression” and control. Effectiveness in other forms of Behavior means both inner needs and outer demands are taken into account. By developing more realistic expectations and greater ability to acknowledge our real feelings, we can expect to have a continuing problem of finding personally satisfying and constructive ways to express negative emotions. Instead of fighting the harmful emotions, we need to understand and accept them. Emotional Competence starts with a healthy and realistic attitude toward emotion as part of one’s “Equipment” for living. When Strong emotions are aroused, it is suggested that they should be expressed in a very constructive way rather than in disguised or destructive manner. One has to learn to vent out the emotions through a

Constructive channel - Strenuous physical activity is a common option, discussing the matter with some faithful family member or a trusted friend can also help .Many times when the individual faces severe situations like Strained Marriage, professional psychotherapy or counselling may be considered.

We have to learn what traumatizes us and affects us in destructive and negative way...and the cause for the reasons. To regulate emotions, infants depend on their caretakers, but we the adults should be mature enough to locate and identify the reason of our irritation and unhappiness. The alternative approaches should be applied, like engaging your senses in something more valuable or interacting with a reliable person. Sometimes when we want to vent out our severe emotions, just stretching the strained muscles or even dancing on our favorite song also helps. Early teaching and training to control and channelizing the aggressive and violent energies towards more positive dimensions, certainly helps in developing an individual’s personality.

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