

Conceptual Article

Tune Your Emotions

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Abstract

The paper talks about the need for tuning emotions. It starts with definition of the behaviour emotion. Emotion is a stirred up state of an organism. Brain has two seats of power. One is rational brain and the other is emotional brain. Emotional brain is primitive over the rational brain. Therefore at times when we are in emotive stage, emotional brain swings into action and order certain activities. This is called as emotional hijackings. Emotion has physical, chemical, biological and neurobiological basis. In physical change, we do certain physical activity such as upon seeing a snake we ran from the scene. Emotion inhibits the cognition and host of mental functions. Different parts of brain control. Manage and exhibit different combinations of emotions. Neurobiological talks about neural pathways and how emotional hijacking is carried over in the brain.

Keywords: *Emotion, Emotional Brain, Rational Brain, Emotional Hijacking, Neurobiology of Emotions, Cognitive Inhibition, Behavioural Response, Brain Functions, Neural Pathways, Psychology.*

Daniel Goleman Emotional Intelligence construct is given. From the knowledge of the above mentioned structural behaviour of the emotion one can manage and exhibit good behaviour. One can bring good out of bad. This managerial activity under difficult emotive situation can be provided by what is called as Emotional Intelligence.

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1.Introduction

Anyone can become angry - that is easy, but to be angry with
the right person
to the right degree at the right time
for the right purpose and
in right way - that is not easy
-----Aristotle, The Nicomachean Ethics

The word "Emotion" etymologically is derived from the Latin word "Emovero" which means to "stir- up" "agitate" or "excite". "Emotion is a 'moved' or 'stirred- up' state of an organism. It is a stirred- upstate of feeling; that is how it appears to the individual himself. It is disturbed muscular and glandular activity; that is how it appears to the external observer".

A person may become dumb with fear by seeing the thief in his house, another person on seeing the thief, strikes him with rod out of angry, a person gets joy by seeing his name in IAS selection list, a person gets surprise by seeing a friend after 10 years, a person getting sad by the loss of points in Sensex etc are the examples of emotive behaviours.

It is often treated as mentally aroused state of the organism. Which involves conscious, visceral and behavioural changes. Emotions are internal events that coordinate many psychological subsystems including physiological response, cognition and conscious awareness.

Brain research indicates that emotions can 'speed up' or inhibit the thinking process. Emotions provide information, direct attention and often facilitate the attainment of goals.

2. Evolution of Brain

The most primitive brain was just a brainstem surrounding the top of the spinal cord and had minimal nervous system. This root brain regulates basic life functions like breathing and the metabolism of the body's other organs. This primitive brain cannot think or learn; rather it does a set of preprogrammed actions.

Next comes the brain of reptiles. Emotional centres were developed during this period. Example is, a snake hissing to signal the threat of an attack. Thus emotional brain has born.

Millions of years later in evolution, from these emotional areas evolved the thinking brain or the "Neocortex". Neocortex is the great bulb of convoluted tissues that make up the

layers. The fact that the thinking brain grew from the emotional reveals much about the relationship of thought to feeling; there was an emotional brain long before there was a rational one.

The most ancient root of our emotional life is in the sense of smell. Every living entity, be it food or prey is identified through smell. In those primitive times smell commended itself as a paramount sense for survival.

With the arrival of mammals limbic system came into being. The limbic system gave two tools; learning and memory. These advances allowed the animal to be smarter in its choices for survival and to get good out of bad, which means the thinking brain has taken shape.

When Homo sapiens came into existence, the neocortex grew larger and it became distinctly human. The neocortex is the seat of thought. It has a capacity of applying in new situation, form a hypothesis and to test the hypothesis (thinking brain). It allows us to have feelings about ideas, art, symbols and imaginings (emotional brain). Humans have feelings about feelings.

3. Emotional and Rational Brains

Humans have two different minds. One is rational and the other is emotional which means the former is thinking mind and the latter is feeling mind. The rational and emotional brains can be simply put as head and heart brains. Ordinarily there is balance between rational and emotional brains.

4. Physiology of Emotion

Normally there is balance between from rational and emotional brains. But during the experience of emotion men / women do certain actions / things about which they do not know why they are doing so in that way. By seeing the thief one becomes dumb or by seeing snake one goes on for 100m sprint which they have never done in their life's time or by seeing fire in house taking water and pouring over it and many more examples.

One such example is given here which is taken from the page number 16 of Daniel Goleman's book, "Emotional Intelligence, Why it can matter more than IQ". Richard Robles, a seasoned burglar, entered into the apartment of Janice Wylie and Emily Hoffert. Robles tied both the women. When he was tying Hoffert, Janice warned him that she would remember his face and help the police track him down. Robles, who had promised himself this was his last burglary, panicked, lost control, grabbed a soda bottle and clubbed the women until they were

unconscious. Then with fear, he stabbed them over and over with a kitchen knife. Looking back on that moment twenty five years later, Robles lamented, "I just went bananas. My head just exploded."

Such emotional explosions are neural hijackings. This hijacking occurs in an instant, triggering the reaction crucial moments before the neocortex, the thinking brain, has had a chance to glimpse fully what is happening.

5. Neurobiology of Emotional Hijacking

In human brain the part 'Amygdala' is an almond shaped is present near the bottom of the limbic ring. There are two amygdala one on each side of the brain. The amygdala is the seat of passion or emotion. A person whose amygdala was surgically removed will not show any feelings.

In emotional hijacking, the signals from eye or ear travel first in the brain to the thalamus and then across a single synapse to the amygdala - the emotional brain; a second signal from the thalamus is routed to the neocortex - the thinking brain. This branching allows the amygdala to begin to respond before the neocortex, and initiates a finely tailored response.

Anatomically the emotional system can act independently of the neocortex. The amygdala can house memories and response repertoires that we enact without quite realizing why we do so because the shortcut from thalamus to amygdala completely bypasses the neocortex.

6. Emotion And Cognition

There are important links between emotions and cognition that is the way we feel and the way we think. One is affective and the other is cognitive domain. Sometimes thought process shapes feeling and some other time feeling shapes thought process. A balance has to be maintained between these two. If such equilibrium is made then men / women can lead a life with mental hygiene. **"The process of making a balance between emotional and rational brain"** is called Emotional Intelligence.

7. Emotional Intelligence

Therefore it is possible for us to shape our moods and emotions using cognition. This in essence is Emotional Intelligence. Emotional Intelligence is defined as follows.

Being emotionally intelligent involves tuning into emotions, understanding them and taking appropriate action - Geetu Bharwaney

Emotional Intelligence is the ability to use your emotions to help you solve problems and live a more effective life. Emotional intelligence without intelligence, or intelligence without emotional intelligence, is only part of a solution. The complete solution is the head working with the heart - David Caruso

Emotional intelligence is an array of emotional, personal and social abilities which influence one's overall ability to cope effectively with environmental demands and pressures' - Dr. Reuven Bar On

Emotional Intelligence is "the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships. Emotional intelligence describes abilities distinct from, but complementary to, academic intelligence." Daniel Goleman (1998)

8. Daniel Goleman's Emotional Intelligence Construct

Following table depicts Daniel Goleman's five domains of emotional intelligence along with its twenty five components.

| Self awareness | Self regulation | Motivation | Empathy | Social skills |
|--------------------------|-------------------|-------------------|----------------------|-------------------------------|
| Emotional awareness | Self control | Achievement drive | Understanding others | Influence |
| Accurate self-assessment | Trustworthiness | Commitment | Developing others | Communication |
| Self confidence | Conscientiousness | Initiative | Service orientation | Conflict management |
| | Adaptability | Optimism | Leveraging diversity | Leadership |
| | Innovation | | Political awareness | Change catalyst |
| | | | | Building bonds |
| | | | | Collaboration and cooperation |
| | | | | Team capabilities |

8.1. Self-Awareness

The ability to stand aside and look at self, understand what makes one tick and what does not, understand the strengths and weaknesses. The ability to recognize and understand one's own moods, emotions, drives as well as their effect on others. People who have high

degree of self-awareness easily recognize how their feelings affect them and their job performance as well as how it affects others. Self-awareness refers to the act of knowing of one's own strength and weakness. The components of this domain are emotional awareness, accurate self-assessment and self-confidence.

8.2. Self-Regulation

Self-Regulation is having the integrity to work within the strengths while focusing to improve upon weaknesses, consciously reviewing behaviours before action. Self-regulation is the ability to manage one's own impulses and moods. In simple words, it is to think calmly before acting. This requires lot of tolerance. The components of this domain are self-control, trustworthiness, conscientiousness, adaptability, and innovation.

8.3. Motivation

Motivation refers to a stimulus which satisfies the need. Motivation is the ability to pursue the goals with energy and persistence. It means the emotional tendencies that guide or facilitate reaching goals. The components of this domain are achievement drive, commitment, imitative and optimism.

8.4. Empathy

It is the ability to understand others behaviour. It is the ability to understand and accept different viewpoints, feelings, motives and behaviours without losing individuality. Empathy means reading other's feelings, needs and concerns. That is, to put oneself into other's shoes. This does not mean that one has to agree all the time with others. If a physically challenged person is on the road, the state of feeling about his inability to cross the road is known as sympathy. On the other hand, if one could understand the feelings of physically challenged person and help him to cross the road is known as empathy. The components of this domain are, understanding others, developing others, service orientation and political awareness.

8.5. Social Skills

It is the ability to manage and built upon relationships. It is building rapport with various sections of society and creates of network of people. Those who are managing their relationship with a wide spectrum of people generally turn out to be very influential. The components of this domain are influence, communication, conflict management, leadership, change catalyst and cooperation.

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