

Emotion

Emotion is a complex state of mind that involves feelings, bodily changes, and expressive behaviours in response to an event or situation. It affects how a person thinks, learns, behaves, and interacts with others. Emotions can be pleasant (joy, love), unpleasant (fear, anger), or neutral

According to **Charles G Morris** - "Emotion is a complex affective experience that involves diffuse physiological changes and can be expressed overtly in characteristic behaviour patterns."

According to **Crow and Crow** - "Emotion is an affective experience that accompanies generalized linear adjustment and mental and physiological stirred-up states in the individual and that shows itself in his overt behaviour."

According to **McDougal** - "Emotion is regarded as a mode of experience which accompanies the working within us of instinctive impulse."

Characteristics of Emotion

1. Subjective Experience

Emotions are personal and internal; the same situation can evoke different feelings in different individuals.

2. Physiological Changes

Emotions trigger bodily reactions such as increased heartbeat, sweating, trembling, and hormonal changes.

3. Affective Nature

Every emotion involves a feeling tone—pleasant (joy, love) or unpleasant (anger, fear, sadness).

4. Temporary / Short-lived

Emotions arise quickly and last for a limited time; they are not permanent states.

5. Expressive Behaviour

Emotions are expressed through facial expressions, gestures, tone of voice, and body posture.

6. Influence on Behaviour

Emotions guide actions and responses; for example, fear may cause avoidance, happiness may encourage participation.

7. Vary in Intensity

Emotions can range from mild (irritation) to strong (rage or intense fear).

8. **Situational Trigger**

Emotions are usually caused by specific internal thoughts or external events.

9. **Cognitive Component**

Perception, interpretation, and evaluation of events influence the emotional experience.

10. **Universality with Cultural Expression**

Basic emotions are universal, but the way they are expressed may vary across cultures.

Impact of Emotion on Education

1. **Learning & Academic Performance** – Positive emotions improve attention, memory, and understanding.
2. **Motivation** – Interest and curiosity drive active participation and effort.
3. **Behaviour in Classroom** – Emotions guide actions; confidence promotes engagement, fear may cause withdrawal.
4. **Teacher–Student Relationship** – Emotional support builds trust and cooperation.
5. **Social Development** – Helps develop empathy, teamwork, and conflict resolution skills.
6. **Coping & Adjustment** – Students learn emotional regulation and resilience.
7. **Overall Well-being** – Positive emotions promote confidence, mental balance, and lifelong learning.

Emotional Intelligence is the ability to recognize, understand, manage, and use one's own emotions positively to relieve stress, communicate effectively, empathize with others, overcome challenges, and solve problems. It also involves understanding the emotions of others and responding appropriately.

Definitions (Educational Perspective)

Salovey & Mayer (1990):

"Emotional intelligence is the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide thinking and actions."

Daniel Goleman (1995):

"Emotional intelligence is the capacity for recognizing our own feelings and those of others, motivating ourselves, and managing emotions well in ourselves and in our relationships."