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THE ROLE OF EMOTIONAL INTELLIGENCE IN MODERN EDUCATION

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MALUMOTI****ANNOTATSIYA:****MAQOLA TARIXI:***Received: 28.11.2025**Revised: 29.11.2025**Accepted: 30.11.2025***KALIT SO'ZLAR:***Emotional
intelligence, empathy,
education,
communication, self-
awareness, psychology**This article explores the significance of Emotional Intelligence (EI) in modern education. It analyzes how emotional awareness, empathy, and self-regulation influence students' academic success, relationships, and overall well-being. The article emphasizes the importance of integrating emotional intelligence training into educational systems to prepare learners for both academic and personal challenges in the 21st century.*

In the modern world, education is no longer limited to memorizing facts or passing exams. Emotional Intelligence (EI) — the ability to recognize, understand, and manage emotions — has become one of the most essential skills for students. It determines how well they communicate, handle stress, and collaborate with others. Developing emotional intelligence in schools encourages students to become not only successful learners but also responsible and compassionate individuals.

Emotional intelligence consists of several key components: self-awareness, self-regulation, motivation, empathy, and social skills. These elements help students understand their own emotions and respond to others effectively. For instance, a student who is emotionally aware can stay calm during exams, manage anxiety, and maintain motivation

even in challenging situations. Similarly, empathy enables learners to respect different opinions and build stronger relationships with peers and teachers.

Integrating emotional intelligence into education benefits both students and teachers. Classrooms that promote emotional learning create a positive and inclusive environment where everyone feels valued. Teachers who practice emotional intelligence can better understand students' needs, encourage participation, and resolve conflicts peacefully. Furthermore, students with high EI show better academic performance because they are more focused, confident, and cooperative.

Modern educational systems are increasingly adopting social-emotional learning (SEL) programs that teach students how to express emotions, set goals, and make responsible decisions. These programs reduce behavioral problems and improve classroom discipline. For example, countries like Finland and Canada have successfully included emotional intelligence lessons in their national curricula, resulting in improved student engagement and mental health.

However, the development of emotional intelligence faces challenges. In many traditional schools, emotional learning is often overlooked, with greater emphasis placed on grades and exams. Teachers may lack proper training in emotional education, and some schools still view emotions as irrelevant to learning. To overcome these challenges, governments and educational institutions must invest in teacher training, psychological support, and awareness programs that promote emotional well-being.

Conclusion

In conclusion, emotional intelligence plays a vital role in shaping successful and empathetic learners in modern education. It enhances communication, reduces stress, and builds resilience — qualities necessary for life beyond school. By integrating emotional intelligence into academic systems, education can move beyond textbooks to nurture emotionally healthy, balanced, and confident individuals who can adapt to the challenges of the modern world.

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