

DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

B. Tech (Open Elective Course) Course Title: Emotional Intelligence

Course Category: OE
Course Code: HSOE 406
Credits: 3 (L-3)
Semester: 8th

Internal: 50 Marks
Theory: 50 Marks
Total: 100 Marks
Time: 3hrs

Course Objectives

To introduce the ability of emotional intelligence in the students and to acquaint them with management of emotions.

Instructions for examiner

The number of questions to be set will be five, one from each unit. The examinees will be required to attempt all five questions. All questions shall carry equal marks.

UNIT I

The Concept of Emotions, Emotions and Brain. Emotions and Decision Making. Affect. Emotional Intelligence: Definition, development of Emotional Intelligence, Emotional Quotient (EQ), Difference between IQ and EQ, Components of Emotional Intelligence. Culture and Emotions.

UNIT II

The Levels of Emotional Awareness, Recognizing Emotions in Oneself, The Universality of Emotional Expression, Perceiving Others' Emotions, Managing Emotions.

UNIT III

Assessment of Emotional Intelligence: Ability-Based Tests, Trait-Based Tests, Competency-Based Tests, Behavior-Based Tests, Advantages and Disadvantages of Assessment Types.

UNIT IV

Emotional Intelligence and Personality, Emotional Intelligence and Cognition, Emotional Intelligence at the Workplace, Emotional Intelligence in Personal Relationships, Emotional Intelligence, and Conflict Management. Emotional Intelligence and Effective Leadership.

Course Outcomes

By studying the course, the students will be able to understand importance of regulations of emotions in their personal and professional life. They will also be able to recognize, understand, and manage their own as well as other's emotions.

Suggested Readings

Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The handbook of emotional intelligence*. San Francisco, California: Jossey Bros.

Di Fabio, A. (2012). *Emotional Intelligence: New Perspectives and Applications*. BoD – Books on Demand.

Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.

Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.

Singh, D. (2003). *Emotional intelligence at work* (2nd ed.) New Delhi: Response Books.