

Emotional Quotient (EQ) and Intelligence Quotient (IQ)

Researchers have suggested that one's emotional Quotient (EQ) is a greater indicator of success and satisfaction than his intelligence quotient (IQ) contrary to an assumption that people with high IQs are bound to accomplish a lot in life. Psychologists introduced the concept of emotional quotient in the early 1990s. According to them, emotional quotient is a person's ability to understand his own emotion and those of others to act appropriately. On a personal level, EQ includes having motivation and pursuing a goal.

It is generally accepted that the foundation for emotional quotient is built in early childhood and emotional quotient can be taught and developed. Therefore, no matter what one's innate ability, he can learn the skills such as making friends, being a good parent and getting along with coworkers.

Intelligence quotient offers no preparation for the problems one can face in the middle of his life. Even though people already know that a high IQ is no guarantee of success, they get used to paying more attention to intelligence quotient. Having a high IQ, that is having a good memory, does not necessarily mean the person is capable of dealing with emotions. IQ is just the indicator of school achievement and educational success.

Low emotional intelligence can affect intellectual capabilities. Depression exerts influence on one's memory and concentration. Psychological tests have proven that feelings of rejection can dramatically reduce IQ, resulting in aggressiveness and being out of self-control. Having a high IQ alone does not mean that a person will reach his potential.