

Building Emotional Relationship To Prevent ESL

Children who can not interpret or express emotions correctly are always frustrated. Essentially, they do not understand what is happening.

If you make mistakes in the emotional message you emit, you see that people react extra; One is rejected and does not know why. If one thinks he is happy, but in fact he seems too nervous or angry, to discover that the other boys in turn become furious with one, and not know why. These guys end up feeling that they have no idea how to control how others treat them, and that their actions have no effect on what happens to them. That makes them feel powerless and depressed.

Stephen Nowicki - Psychologist at Emory University - studies the nonverbal abilities of children; Says that children who are emotionally disturbed, as well as being socially isolated, are also affected in their intellectual capacities.

To paraphrase D. Goleman it can be said that the classroom represents a social and academic situation; Which implies that both the anxiety and the bewilderment of these children interfere with their ability to learn effectively.

Self-regulation of anger and emotional contagion provide data such as: a possible strategy to apply in these situations will be to distract the altered person, show empathy with their feelings and their perspective, and then draw their attention to another alternative situation, allowing them to harmonize With more positive feelings.

This emotional influence allows the child to divert his anger, anxiety or other negative emotion, favoring the control of his emotions, acquiring skills of this type.

An can not be affirmed to what extent emotions affect the intellectual capacity of the subjects, but there is current evidence suggesting that they may be more powerful than the IQ, and that emotional skills can be "learned" and "Improved" by children.

This improvement in emotions depends to a large extent on the willingness of adults, as they will be in charge of such learning.

Our educational practices generally focus on academic skills, showing autistic indifference to emotional intelligence; Social and cultural aspects, economic, marginality, family conflicts, violence, mistreatment, etc. Affect the emotions

affecting the learning within the classroom, being in many cases responsible for the school failure.

An issue no less to take into account at the time of-as teachers-start our educational practices. A good teacher / student bond fosters confidence, group harmony and self-esteem, favoring resilience.

Studies conducted at universities comparing control schools with those that take into account emotional intelligence, results were observed:

- 1) Safer students of themselves
- 2) More sociable
- 3) More democratic
- 4) Greater ability to resolve conflicts.
- 5) Better self-control.
- 6) Decreased sadness and disappointment
- 7) Less initiation into the drug
- 8) Less delinquency
- 9) Higher scores on unemployment tests
- 10) More engagement with peers
- 11) Improved behavior
- 12) Social Skills
- 13) Decreased anxiety and isolation
- 14) More reflection before acting
- 15) Most positive climate in the classroom
- 16) Attachment to family and school
- 17) Ability to handle interpersonal problems
- 18) Less violence in class
- 19) Increased willingness to cooperate
- 20) Improvements in self-control, social awareness and social decision-making: inside and outside the classroom.

It is interesting to take into account then: the emotions of our students, attend to their nonverbal languages, identify the emotional symptoms when they occur; Long before they often turn violent reactions.

Violence in our schools are commonplace, when violence erupts in a previous instance there are emotional outbursts that were not detected in time.

Besides interfering in the intellectual capacity, the emotions provoke all kinds of reactions: inhibition, withdrawal, anger, violence, etc.

Emotional intelligence is a new concept within the field of psychology, however it is pertinent to take it into account in Educacinó; Since it would

improve the bonding relationships and the intellectual capacities of the students.

Bibliography

"Emotional Intelligence" Why it is more important than the IQ

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