



Varied Effects of Emotional Intelligence on Behaviour of Males And Females

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Abstract

Salovey and Mayer defined emotional intelligence as “the ability to monitor one’s own and other people’s emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior”. This review examines how emotional intelligence differs in males and females and how it affects their behavior. Researches show contradictory results when the emotional intelligence is seen based on gender. Further studies have led us to find out that the emotional intelligence of men and women differ on some subscales rather than emotional intelligence being a whole entity. These subscales include assertiveness, independence, stress tolerance, impulse control, empathy, optimism, self-awareness etc.

Women tend to score higher on aspects like empathy, interpersonal relationships, assertiveness, self-regulation and social responsibility. Their emotional self-awareness and self-regard are also higher than that of males depicting that they are more conscious of their emotions. Males on the other hand are better at handling stress, being adaptable, and having impulse control. Moreover, males tend to be more self-confident, optimistic, and better at managing situations. These characteristics have varying effects on the behavioral aspects of both genders.

In females, due to higher empathy, they pay greater attention to the feelings and needs of others which facilitates forming interpersonal relationships and more engagement in prosocial behavior. They are better at communicating their feelings, and conflict resolution and have an accurate sense of their strengths and limitations because of increased emotional self-awareness. Whereas males gain a sense of empowerment and don’t shy away from defending their perspectives due to higher assertiveness. Increased self-regulation in males allows them to constructively analyse a situation where the desired results are not achieved, but still obtain positive feedback that assists one’s future progression. Hence, it can be concluded that the behavior of males and females is influenced by emotional intelligence in diverse ways, resulting in a variety of effects on their behavior.

Keywords: Assertiveness, Emotional Intelligence, Independence, Self-Awareness, Self-Regulation