



EXPANDING EMOTIONAL INTELLIGENCE OF LANGUAGE LEARNERS AT THE ENGLISH CLASSES

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Abstract: *A person needs to be able to improve social and emotional skills in order to succeed in life or at school, since the ability to recognize the emotional state of the people around us and express our emotions in certain life situations is considered one of the most important aspects of communication in the modern world. Emotional intelligence is a skill that has become increasingly popular in recent years. The benefits and effects of developing this type of skill from an early age are enormous. It should be noted that, firstly, it has a great influence on the correct transfer of knowledge, and secondly, by intensifying emotions, information can be quickly and efficiently conveyed. This type of skill is known in society as EQ, that is, the ability to manage, understand and use one's own emotions, as well as understands the feelings of others, is considered a key characteristic of emotional intelligence.*

Key words: *emotional Intelligence, empathy, to interact, learning process, to instruct the learners*

Introduction

The term “Emotional Intelligence” was first used by Wayne Payne in his work “Exploring Emotions: “The Development of Emotional Intelligence”. When we talk about emotional intelligence, we understand that it is the process of perceiving and evaluating emotions and managing them[1]. However, there are still disagreements about emotional intelligence among scientists: the former say that it can be formed and developed, while the latter believe that this is a trait that is given at birth. Therefore, increasing the level of emotional intelligence will be the main topic of discussion.

Literature review

Emotional intelligence is a measure of flexibility that is directly related to emotions, showing the ability to understand others and one and adapt to the same state. This concept, together with the concept of knowledge, understanding, awareness, means the ability to penetrate into the situation of other people from an emotional point of view. This intelligence, aimed at understanding other people's feelings and one's own feelings, includes the ability to manage the emotions of others, including the creation of motivation in a person.

Daniel Goleman, a journalist who deals with the concept of emotional intelligence, publishes a paper that shows that it is more important to a person than IQ. In this work, he conducts the main analysis between adults and children, and as a result of the study he comes to the following conclusion: in which family the child was brought up, the grades he received at school or university cannot depend on his future great life can be guarantee [2].



According to Daniel Goleman, American children were emotionally ill health in the middle of 1970 and at the end of 1980.

According to Goleman, emotional intelligence has principles such as: self-esteem, self-awareness, self-regulation, motivation, empathy, and social skills..

According to L. Shapiro writing a story helps to raise learners' realistic thinking. Learners who have learned to conduct internal dialogue can deeply give attention to the must-done tasks, furthermore, they may show effective work. Regular work with self-reflection can help to improve bonds of their 'I' and it will be one of the parts of psychological and behavioral activeness [3, p. 147].

Empathy is an emotional intelligence that feels others' souls and feelings, in short, it is to understand how others feel, compassion. However, in that situation, the person should not lose himself by worrying about others. This principle aims to learn not just their emotional types, but apart from that to be conscious of what kind of feelings will be during different situations.

D.Decler and D.Gottman in their «Child's emotional intelligence» and «Practical Guide for Parents», talked about the importance of emotional intelligence. According to their talk, a child with developed emotional intelligence is physically and psychologically stronger rather than a child who does not work with it. For instance, they get less pain and it will be easy to get through any kind of difficulty.

Based on recent scientific research, if we consider that the majority of successful people in the past were people with high IQ, as we all know, then according to the latest research, it turns out that all they have is the ability to adapt to any situation, to be able to monitor, keep in mind and control their own and other people's emotions. It should be noted that he introduced a new concept of «emotional intelligence».

Research work

Learning a second language is the process that full of stress, also difficult and challenging for both children and adults. Since English is a foreign language for pupils of Kazakhstan, they learn it only during class. Therefore, students have a phobia of being afraid of making mistakes, to be more specific, they do not speak or write until they think they are perfect.

Our feelings are not an article, it is impossible to put them on a shelf, so they are everywhere with us. Pupils' emotional intelligence is vital, they impact the learning process, behavior and attention. To own children's interest facilitator have to integrate the learning process and some activity decks.

The expansion of emotional intelligence is usually well helped by students passing tasks such as dialogue, monologue and discussion. These assignments encourage learners to interact and express their thoughts, and most importantly, these activities take place in English in the class.

Dialogue texts in the English language class greatly contribute to the development of emotional intelligence. They should be chosen according to the interests of learners. For example, if the students are from elementary school, they should get excerpts from popular fairy tales, cartoons, and if they are teenagers, they should get from movies or books that are popular among them. Then they happily act out their roles, repeating the emotions they have seen and read.



Then, how to recognize a person with high emotional intelligence? By what criteria can we define and demonstrate the development of emotional intelligence? If we focus on the manifestations of the emergence of emotional intelligence during the general lesson, it would be wrong not to talk about the game method, because games is the main way to facilitate this process.

The game method, which is considered to be a developmental factor, starting from the spectrum of personal emotions and implements the order of using facial expressions, also improves the ability to recognize the emotional state of another person. The reason for this is that games cause emotion in the child, such as anger, disgust, joy, happiness and surprise.

Zip grade is a program suggests a primitive way of asking for homework and the approval of the conducted lesson in a form of quiz. The platform that fulfills the process between commencing with creating different tests and ending with examining its outcome enables the community of teachers to compile quiz test questions coinciding with the level of student's knowledge. An online program that proposes the classification of questions according to the subjects comes up with producing inquiries around 20-100, demonstrating knowledge index of pupils on the screen via scanner and evaluating them. This is the major motive of the game.

Let's discuss the research results relating to the game. I used this game in contemplation of checking 9th grade students grammar degree separately. Since in this game pupil's gained education is shown individually, self-management intelligences will be tested. Accordingly, four types of self-management actions are split up: adaptability, emotional self-control, achievement orientation and positive outlook.

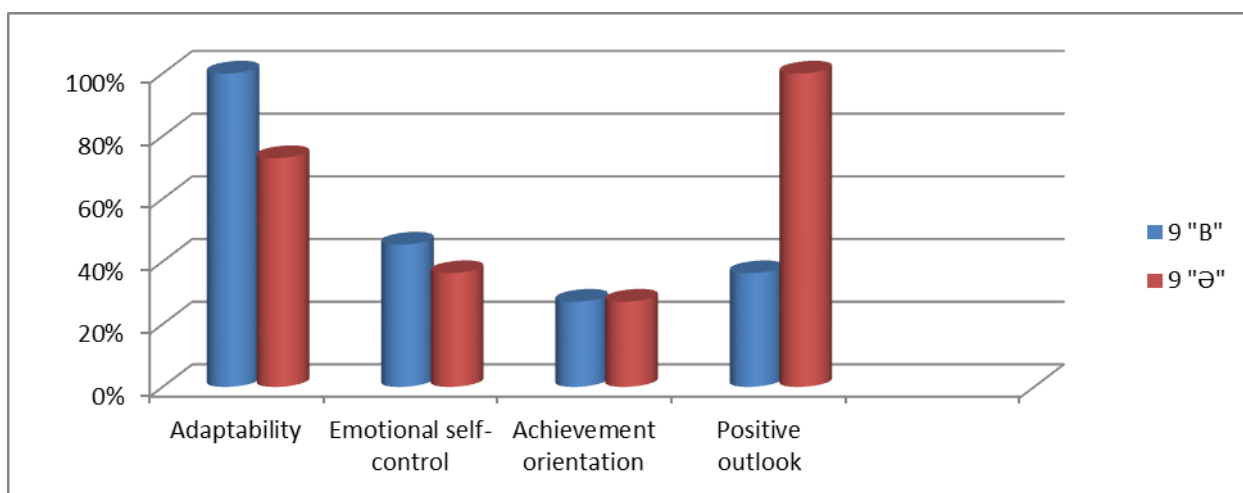
9 “B” (“Zip grade – checking the grammar”)

Names of students:	Adaptability	Emotional self-control	Achievement orientation	Positive outlook
Elubaeva Dilnaz	+	+		
Nurgazieva Maya	+			+
Kaldarbekova Shugyla	+		+	+
Maratkyzy Baknur	+	+	+	
Bizhigitova Asylzat	+	+		
Sattarkhan Aibol	+			+
Mukhtar Kanat	+		+	
Azat Dias	+	+		
Saifulla Eldos	+			+
Zhakyp Maksat	+	+		
Aueskhan Nazym	+			
9 “A”				
Dzhumabaev Nurbakyt	+		+	+
Zheztai Karakat	+	+		+



Aitbek Nurslan				+
Kaldybay Nazym	+			+
Sarkul Sharapat	+	+		+
Turmakhan Magzhan	+	+	+	+
Meiramkhanova Karakat	+			+
Zhantemir Madi	+			+
Kurbanali Sezim				+
Dosan Ainazym	+		+	+
Nazarbaeva Sara		+		+

The given table provides details of the number of two 9th grade students possessed 4 types of emotional intelligence



As you see, there are 11 pupils in each class and the table representing the information about students shows the data as a percentage. For example, if 11 students make 100%, since 8 of them have the adaptability index, the result constitutes 73%.

According to the chart, all students of 9 "B" class own adaptability accounting for 100% while this percentage comprises 73% in 9 "Ө" grades. The proportion of emotional self-control is estimated 45, 4% in 9 "B", but this value is a bit lower in 9 "Ө" amounting to 36, 3%. In terms of an achievement orientation two classes have the equal percentage making up 27, 2%. Positive outlook gained the highest position by 100% in 9 "Ө", on the contrary, the indicator for 9 "B" was lower marking 36, 3%.

The succeeding means of peaking up the measurement of EI is **warming up activities**. Methods those are shown above will raise learners' emotions and interest. In this technological age, the demand of people is being higher and higher day by day. Everybody knows plenty of learner's waste time by asking what time is it. Including games or warming up activities at the beginning of lessons contributes to be whole lesson amazing and active.

Writing letter method

The next method to develop emotional intelligence is writing a letter. With help of writing letters, teachers instruct the learners to analyze themselves. We can use this



technique for children of different ages, that means, there are no age restrictions. If we say “Let’s write a letter to “Aiaz Ata”(Santa Clause) to young learners, we can suggest that middle-aged teenagers write a letter to themselves, that means, to themselves in the future.

Using a video clip during a lesson

During the lesson, while increasing the emotional intelligence of the children, we tried to influence their emotions by preparing short videos that were fascinating to them, and the words or conversation between people in video were simple and suitable for their level, and showed them to the schoolchildren.

Conclusion

When it comes to the development of students’ emotions, the teacher is also very important. During the lecture he should pay attention to his words, speech style, and try to speak emotionally. During the lesson, emotion affects how students learn the subject. A lesson given without emotion and without any activities is completely boring, the lecture is not remembered as a whole, and it is hard to learn the subject.

Increasing the indicator of EQ is contemplated as the dominant factors of harmonious relationship, self-awareness and self-reinforcement, together with empathy and developing social skills. Above-mentioned methods combines a set of special emotions, comparatively, surprise, self-expression, provocation, empathy, self-control which aim to grab attention to the topic under study. Involving schoolchildren in the study process not only in the subject of English, but also in other subjects is one of the functions of it. In conclusion, the perspective based on two positions appears:

1. I am a student: via the development of emotional recognition, students form their obligatory knowledge and competencies to manage themselves, make accountable decisions and find their place in the community.

2. I am a teacher: each independent person works for the repercussion. And the central occupation here is to organise lessons by building a safe and convenient educational surrounding for learners, because the implementation of the required process is the primary influencing factor of the level of education quality and the emotional, social improvement of an individual.

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