

Portrayal Of Emotional Intelligence In Pursuit Of Happiness- A Study

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ABSTRACT:

In this paper we present the ideas of emotional intelligence, how it shows impact in the working place. Human relations create strong bond between peer group members and colleagues. Emotional care is a part of professional life. Dynamic energy is the great energy, cause best relationships. Portrayal of emotional intelligence in The pursuit of Happiness movie highlights the paper.

It evidences how the protagonist Chris Gardener undergoes sufferings in the movie? His emotional care towards his son, adaptability, internship at his company. I applied theoretical method to interpret emotional intelligence. It relates pure mind, emotional balance, sensory enjoyment and common men problems.

Key words : Compassion, emotional balance, gratitude, self regulation and empathy.

INTRODUCTION:

What is the need of emotional intelligence in the modern era? Humans have their own feelings towards human relations. Relations are interrelated with emotions. Emotion means *emouvoir*. It means to move. Moving is not roaming. Moving of thoughts in the mind. It is not a dreamy world. Do we assess emotions in a right manner? Is there any link between emotions and emotional imbalance of mind. Mind is the own place , creates hell or heaven. Emotions are part of our lives. These play a crucial role in our day-to-day activities.

Generally emotion is defined as an intense mental state that arises automatically in the mind rather than conscious effort and evokes either a positive or negative cognitive response.

Emotional Intelligence:

A Greek philosopher Sophocles stated :

“The wonder of wonders is man, who has infinite capacity to think, to develop, to create, to invent, to feel, to love, to give, to kill, to respect, and to hate, analyse or destroy.”¹

Martin Seligman pioneered the flux of positive emotions.

“According to Michael West, when we feel positive emotions we think in a more flexible, Open minded way, and consider a much wider range of possibilities than if we feel anxious, depressed or angry. This enables us to accomplish tasks and make the most of situations.”²

Positive emotions show impact on work performance. Consequences when an employee feels pleasure in his./her work, it seems to bring good results from him. Happiness is the most important factor closely associated with performance. Negative emotions prevent smooth work environment. Bitter feelings often reduce the quality of decision making,

communication. Excessive fear hinders self esteem of an employee. Emotional factors are dynamic, secondary emotions influence the professional life.

“The intellectual benefits of a good laugh are most striking when it comes to solving a problem that demands a creative solution. One study found that people who had just watched a video of television bloopers were better at solving a puzzle long used by psychologists to test creative thinking.”³

Rev . Martin Luther King Jr. delivered a speech “ I have a dream”. On that same day Richard Robles a burglar released on a parole. He decided to leave crime. Robles later expressed, but he required money for his girl friend and their three year old daughter. He barged into the apartment. Two young women, 21 year old Janice Wylie, a researcher, Emily Hoffert, a 23 year old school teacher lived in the apartment. He threatened Wyle with a knife. Robles tied her. As he was about to leave. Hoffert entered wylie warned him remembrance of his face and inform the police to track. In panic mood Robles grabbed a soda bottle, hit the women until they were unconscious. He stabbed them over and over with a kitchen knife.

Up to today Robles repented about his crime. Lack of emotional intelligence, he committed this crime.

Self awareness means knowing a feeling as it occurs. It is the key element of emotional intelligence. People with greater certainty about their emotions are better pilots of their lives.

Managing emotions is the ability that relies on self awareness. Empathy is a people skill. People who show ability in these skills perform well. It depends on smooth interaction.

Emotionally intelligent women are assertive and positive about themselves.

Human relations show great effect on subordinates, peer group people at our office. Relations are ever lasting one. Maintaining sereness, giving advice, without mincing, expressing opinions. These characteristics bring change among the people. If others do bad, not pestering, loving the people whole heartedly is the key element of emotional intelligence.

Employees must possess individuality to express their opinions freely at CEO. Group synergy is the factor that binds people to co operate , coordinate with each other. Everybody feels responsible towards their work. Work place environment show impact on Group dynamics.

Those who work in the fields strive hard for a long time. They involve in homework, school work, cultivation. People are creative, perform every work. If you are creative you will avail fun. Every leader , manager aspires to work in the group along with his comates, interdependency. Every one craves to fulfill the goal. In apple company Steve Jobs distributed Pirates! Not the Navy printed T shirts to his employees. He motivated the team with this slogan. He recognized it as a mantra, useful for coordination among the employees. He became successful in unifying them. Steve Jobs had emotional intelligence, aspired to appoint great people and to produce great products. When we get success, should celebrate those ones. As a great passionate man,instilled confidence in the employees. At various occasions he offered bonus, salary, honoured the staff members. If he wanted to offer bonus, he keeps the cheque in white cover, handovers it to them personally.

When I phone was launched in the market, he gave away I phone to every employee freely. Steve Jobs clarion call is do not leave, if you face defeat, do not mind, move forward. Be ready to take another idea.

Martin Luther king once asserted estimate the person who meted out with defeat than success. Steve Jobs emotional intelligence, self regulation is superb. After visiting India, he adopted Zen Buddhism, started eating fruits only.

Steve jobs board was not a nominal board. He created the board with the similar thoughts of himself. He appointed the people who believed his policies and ideology.

Steve Jobs was a very busy person , in his life and profession, but he always answered emails which he received from strangers.

What is emotion? Emotions are part of our life. We can not define emotion , it is interrelated with experiences. We can connect emotionally with a plant, an animal, a human being, a group of people relies on our hearts. Emotion is a feeling, connect, take care of ourselves at the heart level.

How to strengthen our understanding?

Follow up some guide lines to strengthen understanding. Know about best friend, understand your friend's emotions. Sensory enjoyment, dynamic energy and emotional care.

Sensory enjoyment means pain of the senses. When there is a sad experience, move away from the painful experience and get a joyful experience. Happiness is sensorial feeling.

Dynamic energy power is the vigorous energy. When we feel unpleasant experience, we withdraw and reject consciously or subconsciously one's wishes. Delight is a feel of energy, accomplishment and influence.

Humans are able to understand complete flux of emotions love, hate, care, affection, intimacy, happiness, sadness etc. People undergo numerous emotions. Some people avoid repulsive emotions.

Non allowance of the emotions to affect is healthy situation. Avoiding denotes fear. Some people continue to maintain relationship with emotions. Some oscillate between emotions. Compassion is an emotion. It is an ideal one, feeling of pain and suffering of others.

"For the purpose of this paper, we adopt the four dimensional model of emotional intelligence put forth by Mayer and Salovey (1997) that encompasses perception, facilitation, understanding, and management of emotions."⁴

Perception refers to the recognition of emotions in others and in oneself assessing emotions precisely. Facilitation helps to attain outcomes. Understanding emotions is the capacity to comprehend complexity of emotions. The last dimension is to cope one's emotions and others emotions.

Let us observe some examples:

"Carol's father had expired. She was extremely close to him and her heart weeps in sorrow and grief.

Can she bear the intensity and experience the full depth of the emotion. Ravi visits his grand parents once in a month. Every time he meets them, his grand mom Mutharasi showers her love and affection on him. He often gets embarrassed and finds it too sentimental and emotional. He thus misses something beautiful and also misses the opportunity to give full satisfaction to his grand mom by not receiving her love fully."⁵

Whether we require pure mind to enhance the emotional balance, clarity on core values to build the emotional quality of relationships. Pure mind is an amalgamation of clarity and values. These two mould our relationships. The qualities of unconditional love, gratitude, faith, trust come out from the depth of the heart. If you keep sacred qualities within the heart and trace their source. When you emotionally connect in your close relationships, observe yourself self centred or other centred? Give it to others is also an emotion. Emotions help us to connect, feel and be with another human being.

All our lives are interlinked with family, institution, work, do some social work etc. When we live more in connection with our deeper self, we involve in life and work to it.

Sri Aurobindo's words run thus: "It is a continual self offering of the human to the divine and a continual descent of the divine into the human which seems to be symbolized in the sacrifice."⁶

Every human interaction creates a perfect place to be joyful. Keep your heart peaceful, with gratitude and unconditional love.

"Be aware of the nature of thought, word, emotion, energy, sensation, body's signals and habits in each of your experiences."⁷

Gratitude enhances relationships , develops health, gives great happiness. Practising gratitude in the life, you will experience why setbacks entered into your life. You will love life, wake up with happiness. You will learn how to overcome challenges. Gratitude should be a life gift. Express thanks with a positive mind.

If you practise gratitude, your life will be altered.

When you wake up from sleep, think about your fortunes. Write your ideas on a paper, computer or a special book. Write all your ideas at a particular place.

In Charles Dickens words "reflect upon your present blessings of which every man has many -not on your past misfortunes, of which all men have some. Thornton Wilder's expression about emotional intelligence fascinates "we can only be said to be alive in those moments when our hearts are conscious of our treasures."⁸

Every genius expressed importance of gratitude. Say thanks to Ruby for the maintenance of happiness. Express thanks to your mother for her inspiration. Collect three friends photos. Write gratitude reasons for them in a notebook or computer. Say thanks to them. It will change the lives of the people. Christian Science hymnal's expression is beautiful.

Gratitude is riches, complaint is poverty.

In India, organisations began numerous recreational activities at workplace such as music, indoor games, restrooms, gym etc. Emotional competence can be achieved through regular exercise, food and sufficient rest.

"When young Satya Nadella was being considered for his first role in Microsoft in 1992, his hiring manager Richard Tait gave him a problem to solve. Imagine you see a baby lying in the street. The baby is crying. What do you do? 'You call 911' Nadella responded. "

You need some empathy, man. Just pick up the baby," Tait gently put his arm around Nadella and said. Little did young Satya know he was to learn empathy in a deeply personal way."⁹

Satya Nadella cherished values, empathy in his life. His association, workmanship steered Microsoft to the heights of glory. His reminiscences were combination of new thinking. His empathetic attitude influenced the culture of Microsoft.

"Even as a busy CEO, Nadella is always searching to understand people's thoughts, feelings and ideas. Being an empathetic father, he says, makes him a better leader. A high emotional intelligence helps Nadella deal with problems and people and to connect with them easily.

Nadella's father taught him the value of building lasting institutions that comes from having a clear vision and culture that works to motivate progress both top-down and bottom up."¹⁰

"For Satya Nadella Empathy is a concrete and important need at a human level."¹¹

Reference to Pursuit of Happiness:

This movie relates real story of Chris Gardner. Protagonist uses savings amount to buy portable bone- density scanner. If he sells these ones to doctors, he would earn more money. Few doctors buy it from him. One day he meets a manager of Dean Witter brokerage company, Jay Whistle. Chris successfully convinces Dean with his Rubik Cube abilities. Linda Christ's wife firmly believes to be separated from Christ. He takes one day break and

paints the apartment. Interview scene creates emotional intelligence. He convinces the interviewers with his answers.

Chris joins as an intern. On the first day of internship he finds man stealing his scanner in the subway. As an intern, he has to fascinate many people as client for the company. In order to save money, he avoids drink, usage of bathroom, hanging the phone. One day he gets an appointment to meet a powerful client, misses the opportunity to meet Mr. Ribbon. Chris continues his efforts to charm Ribbon. He attains fortune of others, not Ribbon. He gets success in his life but does not pay taxes to the government.

The government levies taxes on him. He becomes penniless but luckily he meets the man that has his last scanner. His endeavours to sell it become vain. Some problems persist in motel room, non payment of rent leads to ousting from motel room. He and his son stay in the subway station bathroom. Nextday he gets shelter in Glide Memoriam shelter. He prepares very well for the exam. After completion of the exam, he tries to fix his scanner. He earns money. The next day he gets opportunity to work in the company. He clears all the hurdles in his life, happiness looms.

The Pursuit of Happiness movie portrays emotional intelligence. Protagonist of the film is Chris Gardner, a sales man. He joins as an intern at a well known stock brokerage company. He and his beloved son bear many hardships. It projects the real examples of emotional intelligence. His biggest quality is perseverance. He possesses self management, empathy and bonding relationship.

In the beginning of the movie, Chris is a passionate guy. He drops his son at school before attending his daily sales of medical scanners. Chris faces a lot of stress with his wife's behaviour. His wife desertion aggravates his stress levels. As a single parent, he faces more stress in his life. He toils hard, joins his son in the day care home. As a homeless parent Chris never ceases his spirit for his goal. His foremost priority is his son. Basket ball scene fascinates the viewers. He advises his son not to try too hard. Nobody stops you of fulfilling your dreams, not even me.

This scene depicts the bond between father and son. Chris strongly believes success depends on his own efforts than luck. Chris endures many moments opts to be proactive for fulfilling his goal. He adapts to the circumstances. At the end of the movie, he earns huge amount of money to provide a good life for his son. He stands as a symbol of patience. His outstanding quality of patience, controlling of emotions persuades him to reach his goal.

"Every strong emotion has its root an impulse to action, managing those impulses is basic to emotional intelligence. Ambitious couples can learn to monitor their pulse rates every five minutes or so during a troubling encounter, feeling the pulse at the carotid artery a few inches below the earlobe and jaws."¹²

Emotions cause great effect on human's life. It expands mind power.

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