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ARTICLE

Comparison Between E.Q. And I.Q.

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Introduction

Self-improvement is a natural desire of human being. Everyone wants to improve in every way of life; but to improve ourselves; we must first understand our limitations and our potentials. To improve ourselves strong determination is essential. Without self-motivation, we cannot improve ourselves. For many years, regarding the study of the mind, intelligence was thought to be the most important element that guided our lives.

Intelligence is a term that is difficult to define. It can mean many different things to different people. Intelligence is often defined as the general mental ability to learn and apply knowledge to manipulate our environment, as well as the ability to reason and have abstract thought. In education, Intelligence is defined as the ability to learn or understand or to deal with new or challenging situations. In psychology, it is the ability to apply knowledge to manipulate one's environment or to think abstractly as measured by objective criteria; for example IQ test. It is thought from deriving a combination of inherited characteristics and environmental such as developmental and social factors. General intelligence is often said to comprise various specific abilities like verbal ability, ability to apply logic in solving problems. There are two types of intelligence: emotional and intelligence quotient. Emotional intelligence is defined as ability or capacity to perceive, assess, and manage the emotions of one's self, and of others. Intelligence quotient is the score of an intelligence test that is a number derived from standardized psychological tests of an individual's capacity to learn.

In the beginning of the 20th century, a formal means of measuring intelligence was developed - the IQ (Intelligence Quotient) test. However, in recent years, a new theory has

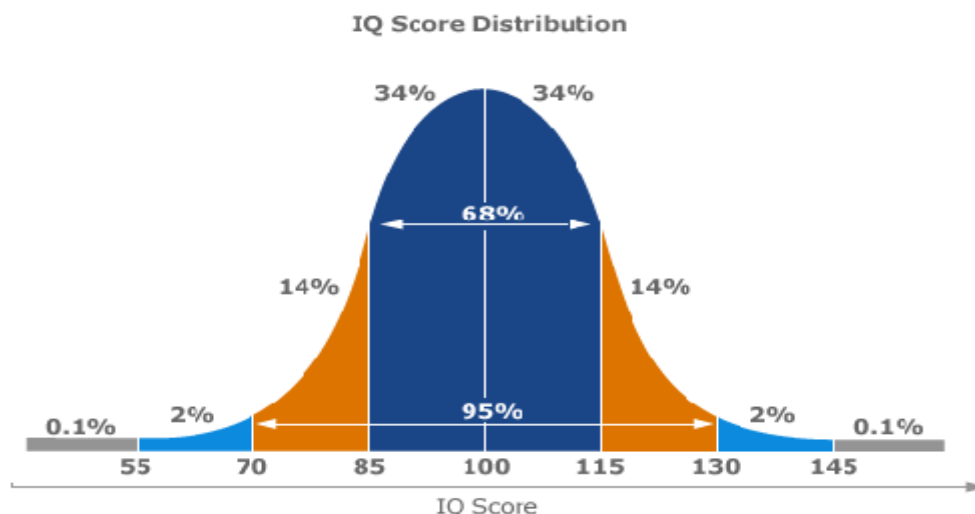
been proposed, focusing on people's EQ (Emotional Quotient). There is a great deal of debate surrounding the relationship, similarities, differences, and strengths of EQ and IQ, and if we're ever going to learn what truly makes us tick, we should all understand these two concepts a bit better.

Emotional Intelligence, or emotional quotient (EQ), is defined as an individual's ability to identify, evaluate, control, and express emotions. People with high EQ usually make great leaders and team players because of their ability to understand, empathize, and connect with the people around them. IQ or intelligence quotient is score derived from one of several standardized tests designed to assess an individual's intelligence. IQ is used to determine academic abilities and identify individuals with off-the-chart intelligence or mental challenges. EQ is a better indicator of success in the workplace and is used to identify leaders, good team players, and people who best work by them.

What is IQ - Intelligence Quotient?

Intelligence quotient or IQ is a score received from standardized assessments designed to test intelligence. IQ relates directly to intellectual pursuits such as the ability to learn as well as understand and apply information to skill sets. IQ covers logical reasoning, word comprehension and mathematics skills. People with higher IQ can think in abstracts and make connections by making generalizations easier.

IQ is a number that signifies the relative intelligence of a person; the ratio multiplied by 100 of the mental age as reported on a standardized test to the chronological age. IQ is primarily used to measure one's cognitive abilities, such as the ability to learn or understand new situations; how to reason through a given problem/scenario; the ability to apply knowledge to one's current situations. It involves primarily the neo cortex or top portion of the brain.



- Over 140 - Genius or almost genius
- 120 - 140 - Very superior intelligence (Gifted)
- 110 - 119 - Superior intelligence
- 90 - 109 - Average or normal intelligence
- 80 - 89 - Dullness
- 70 - 79 - Borderline deficiency in intelligence
- Under 70 - Feeble-mindedness

Intelligence Quotient or IQ is a number or a count of the intelligence of a person. In a standard IQ test, a person's quotient of intelligence is compared and determined on the basis of the scores of other on the same test. These days more and more people are relying on IQ tests for a lot of reasons. IQ tests have become a parameter for educational institutes and corporate offices in conjunction with personality tests. Intelligence Quotients are used by people to find out a person's mental age, which is the persons understanding levels and performance capabilities at a particular age. A Standard IQ test would consist of tasks that involve the use of mental ability and vary on their difficulty levels. The test includes gauging of memory, reasoning power, numerical capability, definitions and scope of recalling data. Psychologists have determined a given age at which people can correctly answer questions in an IQ test.

The first intelligence quotient tests were developed in the first few decades of the 20th century, and are the scores generated by various standardized tests designed to assess human intelligence. The unique thing about IQ tests is the standardization of the score based on a ratio of age and performance. Eventually, the belief emerged that IQ measured a person's fundamental intelligence and would not change throughout a person's lifetime. This has since been shown to be incorrect, but IQ tests became widely trusted and very popular.

Due to their universal popularity, specific knowledge and facts are included to a very limited degree on IQ tests. Instead, an IQ measures your problem-solving skills, intuition, pattern recognition, reasoning, logic, mathematics, and a number of other fundamental skills that aren't necessarily determined by what facts you've memorized. Essentially, IQ tests measure how someone **learns, understands applies information** in different settings.

This is critical to everything in our lives, including our careers, our fundamental behaviors, driving a car, reading a book, and everything in between. Clearly, having a higher IQ can help progress your academic and professional career, and perform the necessary tasks of daily life.

What is EQ- Emotional Quotient?

The term “emotional intelligence” has been knocking about since the 1960s, but became mainstream in the mid-1990s after the bestselling book by that title, written by Daniel Goleman. According to the University of New Hampshire psychology department, emotional intelligence is the "ability to validly reason with emotions and to use emotions to enhance thought." EQ refers to an individual's ability to perceive, control, evaluate, and express emotions. People with high EQ can manage emotions, use their emotions to facilitate thinking, understand emotional meanings and accurately perceive others' emotions. EQ is partially determined by how a person relates to others and maintains emotional control.



Definition of EQ/EI

“Emotional Intelligence, or EI, describes an ability or capacity to perceive, assess, and manage the emotions of one's self, and of others. EQ, or Emotional Quotient, is how one measures Emotional Intelligence”

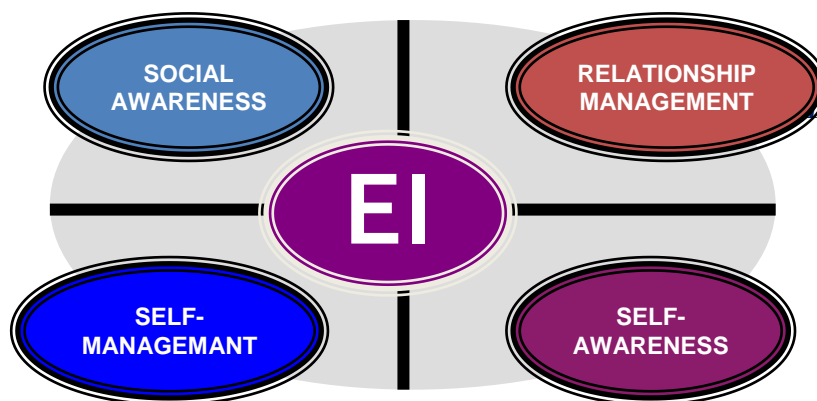
While many people have the misconception that EQ and IQ are opposed, they are actually just different. Whereas IQ measures how people learn understand and apply information, EQ measures how individuals learn, understand, and apply emotional knowledge. More specifically, an EQ (Emotional Quotient) score reflects how well a person can understand their own and other's emotions, to differentiate between them, and to use that knowledge to guide your actions and behaviors. This emotional intelligence (EI) is extremely important for human beings, namely because we are emotional beings!

Researchers have done extensive studies on EI, particularly since the mid-90s, despite the fact that the term and concept first emerged a decade earlier. After rather exhaustive study, five main areas have been found that define one's emotional intelligence: **self-awareness**,

self-regulation, empathy, social skills and motivation. If you are able to improve these, your EI will increase, as will your EQ. While it has been discovered that IQ can change, opposed to long-standing beliefs, it can be still be difficult to improve our IQ as we age. However, EQ is much more flexible, and can be improved through concerted and conscious efforts at self-improvement.

Major components of EQ/EI

There are five facets of Emotional Intelligence.



1 Self-awareness: Argued by many to be the most important aspect of EI, the ability to “know thyself” and honestly appraise strengths, weaknesses, mistakes, and intentions.

2. **Self-Regulation:** Understanding your emotions is one thing, but keeping them under control and using rationality to guide your behavior, instead of instinct, is also very important.
3. **Empathy:** Recognizing emotional needs in others and effectively supporting them in the way that they require is a key to interpersonal relationships. This is the ability to see other people as humans, full of faults and insecurities, just like you.
4. **Social Skills:** Interacting with others in normal, acceptable ways, and engaging them both socially and intellectually, is a great way to create relationships and be a great leader. Doing this with respect and compassion is the sign of high EI.
5. **Motivation:** Chasing your dreams, setting long-term goals, and driving yourself forward to success are the sign of someone with high EI.

Difference between EQ and IQ

Comparison Chart

	EQ	IQ
Stands for	Emotional Quotient (aka emotional intelligence)	Intelligence Quotient
Definition	Emotional quotient (EQ) or emotional intelligence is the ability to identify, assess, and control the emotions of oneself, of others, and of groups.	An intelligence quotient (IQ) is a score derived from one of several standardized tests designed to assess intelligence.
Abilities	Identify, evaluate, control and express emotions one's own emotions; perceive, and assess others' emotions; use emotions to facilitate thinking, understand emotional meanings.	Ability to learn, understand and apply information to skills, logical reasoning, and word comprehension, math skills, abstract and spatial thinking, filter irrelevant information.
In the workplace	Teamwork, leadership, successful relations, service orientation, initiative, collaboration.	Success with challenging tasks, ability to analyze and connect the dots, research and development.
Identifies	Leaders, team-players, individuals who best work alone, individuals with social challenges.	Highly capable or gifted individuals, individuals with mental challenges and special needs.
Origin	1985, Wayne Payne's doctoral thesis "A Study of Emotion: Developing Emotional Intelligence" Popular use came in Daniel Goleman's 1995 book "Emotional Intelligence - Why it can matter more than IQ"	1883, English statistician Francis Galton's paper "Inquiries into Human Faculty and Its Development" First application came in French psychologist Alfred Binet's 1905 test to assess school children in France.
Popular Tests	Mayer-Salvoes-Caruso Test (emotion-based problem-solving tasks); Daniel Goleman model Score (based on emotional competencies).	Stanford-Binet test; Wechsler; Woodcock-Johnson Tests of Cognitive Abilities.

IQ Vs EQ?

The short answer neither is “more” important or “less” important. There are those researchers who suggest that EQ forms the foundation for all of your interactions and impulses, including the learning process, thus affecting your IQ and cognitive development. However, others posit that EQ is overrated and has a limited effect on your overall success in life. Consider it this way, having a high IQ might be a good predictor of a career path or industry, but your EQ score will determine how well you will function in that position (e.g. teamwork, leadership, etc.).

In the professional world, EQ has gained a great deal of popularity, and many studies have shown that EQ has a significant impact on job performance, interview skills, first impressions, salesmanship, as well as other aspects of business commonly associated with a rising star in the workplace.

IQ will always have a significant place, because it has proven its reliability for nearly a century. Also, an IQ test is relatively objective, while EQ tests are inherently subjective (e.g., people try to score well, and thus may not be answering honestly). This makes it harder to quantify the value or impact of EQ scores in the general population.

The prevailing theory is that EQ and IQ do not work in opposition to one another, but are instead complementary aspects of an individual that often overlap and work together. Instead of thinking about EQ and IQ as battling it out in an endless personality duel, recognize the value of both skill sets, improve them whenever possible, and enjoy the benefits that a powerful EQ/IQ combination can bring!

Conclusion

IQ test are misleading because they do not accurately reflect intelligence, according to a study which found that a minimum of three different exams are needed to measure someone’s brainpower. For more than a century our intelligence quotient has been used to measure how clever people are, but now the scale has been dismissed as a ‘myth’ by scientists who found that our intelligence can only be predicted by combining results from at least three tests of our mental ability.

Different circuits within the brain are used for different thought processes, the researchers showed, meaning separate tests of short term memory, reasoning and verbal skills are needed to measure someone's overall intelligence.

Dr. Roger Highfield, *the Telegraph* columnist and one of the authors of the newspaper, said: "When you come to the most complex known object, the human brain, the idea that there is only the measure of intelligence had to be wrong. We can all think of people that have poor reasoning and brilliant memories, or fantastic language skills but aren't so hot at reasoning, and so on now once and for all we can say there is not a single measure such as IQ which captures all the intelligence that you see in people." Dr. Highfield explained, "When you look at cognitive ability you can't boil it down to fewer than three components- short term memory, reasoning and a verbal component. There is not one component that explain all the variations we saw in all the tests."

Writing in the *Neuron* journal, the researchers also observed that regularly playing "brain training" games appeared to have no effect on people's overall performance. But people who regularly played computer games scored significantly higher in reasoning and short-term memory tests, while smokers and anxiety sufferers had weaker short-term memory scores. -The Telegraph

Dennis Garlick says that "IQ being stable does not indicate that mental or intellectual performance is stable. IQ is only stable because of how IQ represents differences in intelligence across people. It is not a direct measure of how people perform on an intelligence test, but a comparison with other people of the same age. Appreciating this characteristic is important when we start to look at what it is in the brain that IQ tests may be assessing."

There are many forms of intelligence, whereas school believes that there is just one academic IQ is important. And if any student don't have that s/he is not intelligent. IQ is a very good predictor on how student will go in school but once student leave school that drops off a lot. IQ is student's price of entry into an organization, but once student are in it, how s/he develops is more down to EQ. It's something student can personally develop but it does naturally develop over students' life anyway, but the sooner students get it, s/he can then accelerate it. Thus, EI is more important than IQ.

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