

## PSYCHOLOGICAL MECHANISMS OF DEVELOPING EMOTIONAL INTELLIGENCE IN FUTURE TEACHERS

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**Annotation.** This article scientifically and theoretically analyzes the psychological mechanisms of developing emotional intelligence in future teachers, its impact on the effectiveness of educational and professional activities. The study examined the components of emotional intelligence, its role in pedagogical activity, and methods for its development. The results obtained showed that the formation of emotional intelligence is an important condition for pedagogical competence.

**Keywords:** emotional intelligence, pedagogical activity, psychological mechanism, empathy, self-management, reflection, motivation.

### INTRODUCTION

In the current conditions of globalization, the requirements for the teacher in the education system are increasing. A modern teacher should not only be a provider of knowledge, but also a specialist who establishes effective emotional contact with students, understands and manages their psychological state. In this regard, emotional intelligence is an important component of the professional competence of a teacher. In the modern education system, the professional and psychological requirements for the teacher are increasing. Globalization, a sharp increase in the flow of information, and the humanization of the educational process require teachers not only deep knowledge and methodological skills, but also a high level of emotional stability, empathy, and effective communication skills. From this perspective, emotional intelligence is recognized as an important component of pedagogical competence.

Psychological studies show that a teacher with developed emotional intelligence correctly understands the psychological state of students, creates a

positive emotional environment in the educational process, and can constructively resolve conflict situations. This directly affects the motivation, social activity, and academic success of students.

The concept of emotional intelligence was first scientifically substantiated by P. Salovey and J. Mayer, and later widely popularized by D. Goleman. According to him, emotional intelligence is a person's ability to understand and manage their own emotions, understand the emotions of others, and establish effective social relationships.

The relevance of this study is that the psychological mechanisms of developing emotional intelligence in the process of training pedagogical personnel have not been studied in depth enough. Therefore, this article analyzes the psychological foundations and mechanisms of forming emotional intelligence in future educators.

The concept of emotional intelligence in scientific literature was introduced into scientific circulation by P. Salovey and J. Mayer, and later widely developed by D. Goleman. Emotional intelligence is a person's ability to understand and manage their own emotions, understand the emotions of others, and establish effective relationships with them.

The purpose of this study is to identify and scientifically substantiate the psychological mechanisms of developing emotional intelligence in future educators.

The objectives of this study are:

- to analyze the theoretical foundations of emotional intelligence;
- to determine the role of emotional intelligence in pedagogical activity;
- to reveal the mechanisms for developing emotional intelligence;
- to develop practical recommendations.

Hypothesis: If emotional awareness, self-control, empathy, and reflection are systematically developed in future teachers, their professional effectiveness and success in the educational process will increase.

## **METHODS**

The following methods were used in the study:

- analysis of scientific literature;
- psychological observation;
- interview and questionnaire;
- tests for determining emotional intelligence;
- pedagogical experiment;
- statistical analysis.

The object of the study is students studying in the field of pedagogy.

The subject is psychological mechanisms for the development of emotional intelligence.

## **RESULTS**

The results of the study showed that emotional intelligence in future teachers develops through the following psychological mechanisms:

### 1. Mechanism of emotional understanding

Students' ability to understand and name their own emotions increased. It was found that this is the main condition for self-control.

### 2. Mechanism of self-control

Skills for controlling emotions, managing impulses, and maintaining emotional stability in stressful situations were formed.

### 3. Empathy mechanism

Students' ability to understand and support the emotional state of others has significantly developed.

### 4. Motivational mechanism

Internal motivation, professional interest, and a positive attitude towards pedagogical activity have increased.

### 5. Reflection mechanism

Students have developed the ability to analyze their own actions and emotions.

The results showed that students with an increased level of emotional intelligence had higher communicative competence, stress resistance, and pedagogical efficiency.

## DISCUSSION

The results of the study showed that emotional intelligence is an important psychological factor determining the effectiveness of pedagogical activity. It was observed that students with a high level of emotional intelligence had significantly developed self-control, stress resistance, empathy, and reflection skills. This allows for the formation of a positive psychological environment in the pedagogical process, effective communication with students, and the prevention of conflict situations.

The results obtained confirm the scientific views of D. Goleman, Mayer and Salovey. In their opinion, emotional intelligence is one of the important indicators of professional success, especially in “human-human” professions, including pedagogical activity.

Also, during the study, it was found that psychological trainings, reflective exercises, role-playing games, analysis of emotional situations, group discussions and self-assessment technologies are effective tools for developing emotional intelligence. These methods serve to form emotional awareness, empathy, self-control and positive motivation in students.

A teacher with developed emotional intelligence:

- understands the individual psychological characteristics of students more deeply;
- effectively organizes pedagogical communication;
- prevents professional stress and emotional burnout;
- creates a positive psychological environment in the educational process;
- strives for reflection and self-development.

Therefore, the systematic development of emotional intelligence is an important condition for increasing the professional competence of future teachers.

## CONCLUSION

The development of emotional intelligence in future teachers is an important factor in pedagogical competence. Emotional awareness, self-control, empathy, motivation and reflection are the main psychological mechanisms of emotional intelligence.

According to the results of the study, the development of emotional intelligence:

- increases the effectiveness of pedagogical activities;
- increases stress resistance;
- develops communicative competence;
- serves the professional growth of the pedagogical personality.

In the future, it is recommended to develop special training programs for the development of emotional intelligence.

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