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## EMOTIONAL INTELLIGENCE AS A CONTROLLING FORCE OF PERSONAL NEUROSISM

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### ABSTRACT

This article aims to study the relationship between emotional intelligence and personality neuroticism. Emotional intelligence is considered as a person's ability to understand and manage emotions and establish healthy relationships with others. Neuroticism is one of the personality traits and is mainly characterized by anxiety, negative mood and low level of emotional stability. Research shows that individuals with high emotional intelligence are better at controlling their levels of neuroticism and thereby protecting themselves from negative emotions. The article analyzes the importance of emotional intelligence in personal psychology and how it plays a role in overcoming the negative consequences of neuroticism.

### KEYWORDS

Emotional intelligence, neuroticism, personality psychology, emotional stability, psychological control, negative emotions.

### INTRODUCTION

Human psychology is a complex system, the main components of which are emotions, moods and their

management. Emotional intelligence is one of the areas that has gained a lot of attention among



researchers in recent years, and it has a significant impact on people's levels of success in their personal and professional lives. A person's neuroticism is characterized by a person's emotional turmoil, tendency to worry and nervousness. This article covers research on how emotional intelligence can help a person manage neuroticism.

Emotional intelligence (EI) is a person's ability to recognize, manage, and understand the emotions of others. Mayer and Salovey (1990) divide EI into four main components:

- Understanding one's feelings;
- Management of emotions;
- Understanding the feelings of others;
- Management of social relations.

These components play a key role in ensuring a person's emotional well-being.

Neuroticism is a personality trait that describes a person's tendency to feel strongly negative emotions, such as anxiety, anger, and sadness. Neurotic individuals are usually emotionally unstable, and they are often prone to stress. Research shows that high levels of neuroticism reduce a person's quality of life and can lead to negative psychological consequences, such as depression and anxiety disorders.

The relationship between emotional intelligence and neuroticism. The existence of an inverse relationship

between emotional intelligence and neuroticism has been confirmed by many studies. Individuals with a high level of emotional intelligence are usually able to control their negative emotions, which reduces their level of neuroticism. This process has a positive effect on a person's social relations and general well-being.

The role of emotional intelligence in controlling personality neuroticism

Emotional intelligence can help manage a person's neuroticism in several ways:

- Managing emotions: Emotional intelligence allows a person to be aware of their negative emotions and manage them constructively.
- Stress management: Individuals with high emotional intelligence can calm their emotions and solve problems rationally in stressful situations.
- Self-awareness and well-being: Through self-awareness, emotional intelligence helps an individual better understand their own feelings and needs, which reduces the negative consequences of neuroticism.

### Practical examples

By increasing emotional intelligence, a person's resistance to stress increases and he develops self-control. For example, employees operating in a high-stress environment at work can manage their negative



emotions more effectively and achieve successful results if they have emotional intelligence.

## Ways to develop emotional intelligence

There are a number of practical methods for developing a person's emotional intelligence. These methods include:

- To study and understand one's feelings;
- Learning stress management techniques;
- Pay attention to the feelings of others and develop empathy;
- Improve thinking and reasoning skills.

These approaches help to increase the emotional stability of the individual and reduce the problems caused by neuroticism.

The following problems may arise in the management of emotional intelligence and personality neuroticism:

1. Misunderstanding emotions: Misinterpreting one's own emotions or misunderstanding the emotions of others can lead to social problems.
2. High levels of neuroticism: Some people are very high in neuroticism and may have low self-control. This makes it difficult to manage nervousness and anxiety.
3. Stressful environment: Despite stress management techniques, constant stress at work, family or personal life can make it difficult to apply emotional intelligence.

4. External influences: Conflicting attitudes or pressure from society and others can have a negative impact on the process of managing one's own emotions.

The following recommendations can be made in managing emotional intelligence and personality neuroticism:

- Develop emotional intelligence: Learn to understand and manage your emotions. Meditation and self-reflection techniques can help with this.
- Using stress management techniques: mastering relaxation techniques (breathing exercises, meditation) in stressful situations.
- Develop social skills: Develop the ability to be sensitive to the feelings of others and show empathy.
- Promoting positive thinking: Developing a positive outlook by reassessing negative situations.

## CONCLUSION

The article analyzed the relationship between emotional intelligence and personality neuroticism. Research shows that people with high emotional intelligence are better able to manage their emotional state and protect themselves from negative emotions. Developing emotional intelligence is important to reduce the negative consequences of neuroticism. At the same time, the development of emotional



intelligence has a positive effect on the overall psychological well-being of a person.

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