

Psychological Musings

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Emotional Intelligence and Emotional Competence

Defining Emotional Intelligence and Emotional Competence

In theory, emotional intelligence (EI) is the ability for an individual to use certain aspects of cognitive thought processes, specifically pertaining to interpersonal and intrapersonal relations, "toward successful environmental adaptation" (Seal & Andrews-Brown, 2010, p. 145). It is the interplay of emotion and intelligence (Seal & Andrews-Brown, 2010). Emotional competence (EC) is the ability to correctly recognize, effectively utilize, and appropriately manage (express) emotions (Santrock, 2008). Furthermore, it is being aware of and managing oneself emotionally, being socially aware, and having the ability to implement social skills effectively (Seal & Andrews-Brown, 2010).

Contrast and Comparison

Whereas EI is one aspect of cognitive ability, EC is the level of proficiency of one aspect of EI. (Seal & Andrews-Brown, 2010). EI envelopes a wider range of cognitive abilities, whereas EC speaks to the degree of self-regulation and awareness. EC is the deeper subset of EI. EI is the underlying foundation for EC, and EC is an expression of EI. EI emphasizes controlling one's emotions whereas EC is the ability to express emotions appropriately and effectively.

Self-Awareness

One common component of the two is self-awareness. As a component of EI, self-awareness develops along with other cognitive abilities (intrinsic as well as inspired by the quality of the community with which the individual socializes). EI is affected by development in that as the individual develops more accurate and a wider range of abilities, the level of emotional intelligence and self-awareness grows. Self-awareness in EC is affected by development as well - as individuals develop and their EI evolves, they also have a greater potential capacity to evaluate personal patterns of EI and, become more self-aware, and take the opportunity to discover how to manage emotions in a way that maximizes contextual circumstances.

As Piaget might theorize, throughout development the individual passes through stages in

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