

## Components of Emotional and Social Intelligence from Ramcharitramanas

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### ABSTRACT

Emotional intelligence is also a type of general intelligence that helps people develop themselves. Emotional intelligence consists of four distinct abilities: emotion perception, emotional facilitation, emotion comprehension, and emotion management. Furthermore, these branches are organised from essential to greater abilities that people develop as they grow older (Mayer and Salovey 1997). Aside from these, emotional facilitation refers to emotions' ability to enable cognition in three ways: indicating significant environmental improvements, evolving emotions and allowing individuals to have a variety of circumstances, and assisting different types of thinking (Mayer & Salovey 2003).

Furthermore, ESI can be defined as the ability to comprehend one's own and others' emotions. It can also deal with day-to-day environmental demands and solve problems in rapidly changing environments (Baron 2006). As a result, being emotionally intelligent does not imply that one must control one's emotions. Rather, it refers to how a person handles negative emotions and feelings in order to avoid hurting the emotions of others.

**KEYWORDS:** Emotional Intelligence, Social Intelligence, Scriptures, Skills, Organisations, Ramcharitramanas.

### INTRODUCTION

We see depictions of human emotions and faith in God as we turn the pages of the Ramacharitramanas. After reading this book, we also learn about the benefits and drawbacks of both dharma and adharma.

Ramacharitramanas teaches us not only about domestic politics but also about their negative consequences. Ramacharitramanas demonstrates that a tilt moon is prayed due to God's mercy, similar to Shree Krishna's statement in the Bhagavad Gita that "everything resides in me." As a result, God keeps a close eye on the entire world.

Tulsidas' faith in God is revealed by turning the pages of the Ramacharitramanas. We can see the trust by praying and thanking each God in the shlokas on the first page.

#### Emotional and social intelligence from Ramcharitramanas

तात बचन पुनि मातु हित भाइ भरत अस राउ।  
मो कहूँ दरस तुम्हार प्रभु सबु मम पुन्य प्रभाउ॥125॥ - [and said-]

O lord! Father's command [obedience], Mother's interest and Bharat-like [benevolent and virtuous] brother being king and then I have to see you, all these are the effect of my virtues.

**Analysis:** Ram's Emotional Intelligence may be noticed here. A normal human being would never want to leave home and will always be in desire of leaving close to their loved ones. Laxman and Sita could also have chosen to be in their palaces rather than going to the exile. However, if Ram's response in this scenario is considered,

the optimistic attitude is clearly depicted towards the ongoing situations. The good characteristic of Ram being emotionally intelligent is visible.

चौपाई 2.141

जब जब रामु अवध सुधि करहीं। तब तब बारि बिलोचन भरहीं।।  
सुमिरि मातु पितु परिजन भाई। भरत सनेहु सीलु सेवकाई।।

Whenever Shri Ram Chandra ji remembers Ayodhya his eyes fill with water. By remembering the love, modesty and service of parents, relatives and brothers and Bharat.

कृपासिंधु प्रभु होहिं दुखारी। धीरजु धरहिं कुसमउ बिचारी।।  
लखि सिय लखनु बिकल होइ जाहीं। जिमि पुरुषहि अनुसर परिछाहीं।।

Bhagwan Shri Ram Chandra ji the ocean of grace becomes sad but then considering it to be some bad time, takes patience. Seeing Shri Ram Chandra ji unhappy Sita and Lakshman ji also get disturbed, just as the shadow of a human tries to do the same thing as that human.

**Analysis:** Here, Ram's emotional intelligence is demonstrated at a point when he believes he is going through a difficult time and then maintains patience. It's natural to feel sad in an unexpected situation. However, when a person works hard to avoid anger or out bursting this is always a sign of emotional intelligence. As a result, accepting the truth and working within it can help a person avoid falling into the emotional downfall trap.

श्रवन समीप भए सित केसा। मनहुँ जरठपनु अस उपदेसा।।  
नृप जुबराज राम कहूँ देह। जीवन जनम लाहु किन लेह।।

I saw that the hairs has turned white near the ears, as if old age was preaching that, O king! Why don't you take advantage of your life and birth by giving Shri Ram Chandra ji the title of Yuvraj?

यह बिचारु उर आनि नृप सुदिनु सुअवसरु पाइ।  
प्रेम पुलकि तन मुदित मन गुरहि सुनायउ जाइ।।2।।

Having brought this thought in the heart (determining to give him the title of crown prince) King Dasaratha ji founded an auspicious day and a beautiful time narrated it to the Guru Vasistha ji, having a body full of love, with a blissful mind.

Dasaratha's emotional intelligence came to mind in this situation. He thought about making Ram King of Ayodhya, which is a very rational decision. As a result, we should think logically and rationally when making decisions in our personal and professional lives. A single life decision can cost you your entire future. As a result, we must think and act logically and emotionally in order to advance in our personal and professional lives.

कुन्देन्दीवरसुन्दरावतिबलौ विज्ञानधामावुभौ  
शोभाढ्यौ वरधन्विनौ श्रुतिनुतौ गोविप्रवृन्दप्रियौ।  
मायामानुषरूपिणौ रघुवरो सद्धर्मवर्मो हितौ  
सीतान्वेषणतत्परौ पथिगतौ भक्तिप्रदौ तौ हि नः।।1।।।

Beautiful as a flower and a blue lotus, fair and black, very strong, the abode of science, graceful, the best archer, worshipped by the Vedas, the beloved [or lover] of a group of cows and brahmins, dressed in human form by Maya, in the form of armor for the best religion, beneficial to all. Both the brothers of Raghukul, who are engaged in the search, the best of shri Ram and shri Lakshman ji, must certainly be devoted to us.

Ram and Lakshman ji did not give up hope of finding Sita Ji. Similarly, it is not necessary for whatever a person does in his or her daily routine to produce immediate results. It may take some time, but the characteristics of Ram and Lakshman must be followed in personal and professional lives to remain emotionally intelligent. Ram and Lakshman never lost faith in what they did, demonstrating their emotional intelligence..

मातु मोहि दीजे कछु चीन्हा। जैसे रघुनायक मोहि दीन्हा।।  
चूडामनि उतारि तब दयऊ। हरष समेत पवनसुत लयऊ।। - [Hanuman ji said-]

Oh mother! Give me some mark (identity) as given to me by Shri Raghunath ji. Then Sita ji took off the chudamani and gave it. Hanuman ji happily took it.

**Analysis:** When Hanuman ji asked for her chudamani, Sita handed it over without hesitation so that he could assure Shri Ram that he had met Sita Ji. Similarly, we should always collaborate in our personal, professional, and social lives. We should also not be embarrassed if we believe we need help with a task. This encourages people to talk to one another. As a result, social and emotional intelligence grow.

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