

Research and Studies into the Theory of EQ (Emotional Intelligence)

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Several books have been written on defining emotional intelligence and defining it in ways that people can understand. This round table will explore three specific studies that were conducted exploring emotional intelligence and looking for commonalities or truths about emotional intelligence that were predominant in all three studies. The studies will cover different generations (college students and middle-aged Americans) as well as people with mental illness. These three studies answered some important questions and opened the door for much of the innovative and important work done since. The results showed us that emotional intelligence is, indeed, a vital factor in our success, our relationships, the quality of our mental health, and—best of all—we can actually improve our emotional intelligence. It's not necessarily a fixed trait inherited through one's genes (although that could be the source of a baseline level of EQ), but something that we can build, boost, and strengthen with practice.