

## Principales modelos de la inteligencia emocional

I'm not a robot   
reCAPTCHA

**Continue**

1. BOLIVARIAN MINISTRY MINISTRY POPULAR POWER FOR HIGHER EDUCATION, SCIENCE AND TECHNOLOGY UNIVERSITY BICENTENARIA DE ARAGUA FACULTY OF ADMINISTRATIVE AND SOCIAL SCIENCES SCHOOL OF EMOTIONAL INTELLIGENCE PSYCHOLOGY (Electiva I) Participant: Raulimar Hernandez C.I. 23.567.532 Models in Emotional Intelligence Emotional Intelligence There are different definitions of emotional intelligence, as much as the authors have written on the topic covered. This is a controversial topic from which many articles and books have been written. The concept of emotional intelligence (IE) as such was proposed by Salove and Mayer in 1990 based on Gardner's guidelines in his Theory of Multiple Intelligence. Today, taking into account different authors, we can define emotional intelligence as a person's ability to adapt and interact with environment that is dynamic and changing as a result of his own emotions. 3. 1. Self-knowledge: the ability to know ourselves, to know the strengths and weaknesses that we have. 2. Self-control: the ability to control impulses. Stay calm and don't lose your nerve. 3. Automotive: The ability to do things on your own, without having to drive others. 4. Sympathy: Competence to take on the shoes of others. That is, trying to understand each other's situation. Principles of Emotional Intelligence 4. Principles of Emotional Intelligence 5. Social skills: the ability to communicate with other people, the exercise of communication skills to achieve an effective approach. 6. Perseverance: the ability to defend one's ideas without respecting the ideas of others, facing conflicts, rather than hiding them. 7. Proactivity: the ability to take the lead in the face of opportunities or challenges by taking responsibility for one's own actions. 8. Creativity: the competence to observe the world from a different perspective, another way to solve and solve problems. In general, skill models focus solely on the emotional context of information and learning the skills associated with such processing. In this sense, these models do not include personality factor components. Some of the skill models are: th Myer and Salovey models. Model Of Extreme and Fernandez-Berrocal. Emotional Intelligence Models Skills Model 6. The Mayer and Salovea model These postulate the existence of a number of cognitive or prefrontal neocortex skills for perception, evaluation, expression, management and self-regulating emotions in intelligence and are adapted to achieve well-being based on social norms and ethical values. The model is called Trait Meta- Mod Scale (TMMS) and is a perceived automatic form of IE with a total set of 48 elements up to three subscale three fundamental aspects: feelings with 21 points. Clarity of the senses with 21 points and emotional repair with 12 points. 7. Reflexive regulation of emotions to promote personal growth: the ability to be open to the senses, whether positive or negative. Emotional direction: understanding the consequences of social actions in emotions and regulating emotions in yourself and others. Emotional understanding: the ability to solve problems and determine what emotions are similar. Emotional simplification of thought: the ability to correlate emotions with other sensations, such as knowledge and smell, or to use emotions to facilitate reasoning. Emotional perception: the ability to identify emotions in one's own and others through facial expression and other elements such as voice or body expressiveness. Mayer and Salovey model: skills included 8. The Extremera and Fernandez-Berrocal model this model was introduced in 2001 and evaluates three variables: perception, understanding and regulation. It has been used empirically in various studies with top-level students. It has also been tested with different populations and has shown its usefulness in both school and clinical context. Dimensions definition Perception Ability to feel and express feelings properly. Understanding emotional states. Regulating the ability to regulate emotional states correctly. 9. Mixed models combine personality sizes and self-healing skills with emotion management skills. They are set in accordance with the context that needs to be studied. Among the main authors of these models we have: Goleman, Bar-on, Oriolo and Cooper. Mixed models of emotional intelligence 10. Daniel Golman establishes the existence of the Emotional Ratio (EC), which does not oppose classical intelligence, but complements each other. This supplement is manifested in the relationships that occur. This model includes five main IE components. Subsequently, Goleman's IE in the Company includes other sets of personality: self-awareness, self-regulation, stress management, motivational traits (autovivation) or behavioral areas (management of interpersonal relationships). Model D. Golman 11. Personal Fitness Fitness Measure Social Fitness Is a measure of self-awareness and emotional awareness. Accurate self-esteem. - Sympathy for self-confidence and understanding of others. Development assistance. Customer service orientation. Take advantage of the variety. Political awareness. Self-regulation and self-control. Reliability. Scrupulousness. Adaptivity. Innovation. Social skills and influence. Communication. Conflict management. Leadership. A catalyst for change. Set links. Team. Motivation and desire for triumph. Obligations. Initiative. Optimism. Model D. Golman: Emotional Skills 12. The model distinguishes between the following factors: intrapersonal skills, interpersonal skills, adaptability, stress management and general mood, which in turn are divided into 15 components of a larger order. By its subcomponents, such as reality statement, stress management, impulse control and others, it is classified as a mixed model. Bar-on Model 13. Emotional self-understanding: the ability to understand feelings and emotions, differentiate them and, I know why. Perseverance: the ability to express feelings, beliefs without damaging other people's feelings. Self-anxiety: the ability to understand, accept and respect oneself by accepting the positive and negative aspects. Self-fulfillment: the ability to achieve what we truly can, desire and enjoy. Independence: the ability to self-direction, to feel confident in your thoughts, actions and, to be emotionally independent intrapersonal component of the Bar-On 14 model. Empathy: the ability to feel, understand, and appreciate other people's feelings. Interpersonal relationships: the ability to establish and maintain satisfactory relationships characterized by emotional intimacy. Social Responsibility: The ability to show yourself as a joint person who contributes, who is a constructive member of a social group. The interpersonal component of the Bar-On 15 model. Problem solving: the ability to identify and identify problems, and to create and implement affective Reality Test solutions: the ability to assess the alignment between what we experience and what actually exists. Flexibility: the ability to adjust our emotions, thoughts and behaviors in changing situations. Bar-On 16 adaptability components. Stress tolerance: the ability to withstand adverse events, stressful

situations and strong emotions. Impulse Control: The ability to resist and control emotions. Happiness: the ability to feel the satisfaction of our lives. Optimism: the ability to see the most positive aspect of life. Stress management components and overall mood in the Bar-On 17 model. Oriolo and Cooper in E'-Map are used as a tool to get to know a person in an inalienable way. It has reliable statistical support and has been tested with the average command of the workforce employed in the United States. It was developed on the basis of personal performance skills and vulnerability to identify individual and interpersonal models. Model Oriolo-Cooper 18. Subscale Skills Regular Environment - Life Events. Pressure on the job. Personal pressure. Self-rebuined and independent. Emotional awareness and consciousness about myself. Emotional expression. Emotional awareness of others. Competence and intent. Creativity. Elasticity. Interpersonal connections. Constructive discontent. Values and compassion. Perspective. Trusted radio intuition. Personal power. Integrity. Attitude to general health. The quality of life. Relationship ratio. Optimal performance. Skills and subscales of the Oriolo-Cooper 19 model. The concept of emotional intelligence and its diversity of models were born out of the need to answer the question: why are there people who adapt better to different situations in everyday life? Most research work comes from psychology, from which they are interested in all the cognitive processes that affect a person's adaptation in different contexts, and although it has a lot of utility in clinical psychology, it is in the educational and administrative field that they have become even deeper. The relationship of research models in emotional intelligence with different contexts of psychology. 20. Empirical research on EI in education has been very fruitful. The work done ranges from the most basic skills such as identification and emotions on the face of the face to the most complex as emotional regulation in stressful situations. These studies evaluated different skills such as perceiving emotions, identifying emotions and their positive relationships with empathy, emotions as mediators of thought, communication between task and emotion, emotional knowledge and regulating emotions among others. Emotional Intelligence Research in Educational Field 21. Mayer, DiPaolo and Salovey (1990), identified emotions from visual stimuli such as mynaic, color and abstract designs among university students. This study found that if people taking the test had a negative mood, their perception tended to have a negative effect. Fernandez-Berlocal and his team have shown that in perceiving tasks, as well as in complex issues such as reasoning and problem solving, emotional states determine how information is presented. Ellis and Ashbuk (1988) and Oaksford, Morris, Graninger, Williams and Mark (1996) determined that when the task is very difficult and very strong emotion, there is a disadvantage in performance. Emotional Intelligence Research in Educational Field 22. Josephson, Singer and Salovey (1996) conducted a laboratory study based on the fact that some people, experiencing negative emotions, resort to strategies to achieve emotional states of a positive nature. The study looked at how people regained certain memories to regain their negative emotional states. Martinez Ponz (1997) revealed the relationship of IE personal perception of quality of life, skill of tasks and depressive symptomatology. Another work in clinical psychology studied the impact of IE on the psychological adaptation of adolescents and women during pregnancy. Emotional Intelligence Research in Clinical Field 23. The models currently used in organizational organizational psychology are mixed. It is sponsored by Goleman, Bar-On, Oriolo and Cooper. These researchers have tried to understand through their work how they complement one intelligence with another, how the ability to manage stress affects the ability to concentrate and use intelligence. Mr. Goleman (1995) focused on the field of higher administrative management. Oriolo and Cooper (2001) focused on the field of intermediate command management and considered IE a tool to know people who fully explored emotional intelligence in organizational field 24. Bibliographic references by Garcia Fernandez, M. and Jimenez-Mas, S. (2010). Emotional intelligence and its main models: the proposal of an integrative model. Spiral. Teachers' notebooks (online), 3 (6), 43-52. Available by: Trujillo Flores, M., and Rivas Tovar, L. (2005). The origin, evolution and models of emotional intelligence. Innovation. Review of Administrative and Social Sciences, 15 (25), 9-24 9-24 cuales son los principales modelos de la inteligencia emocional

ibn\_khalidun\_rosenthal.pdf  
3164979018.pdf  
paulk\_workbench.pdf  
2020 chevy equinox manual shifting problems  
lean muscle mass diet pdf  
better learning through structured t  
house rental agreement format pdf  
a midsummer night%27s dream study guide questions and answers  
sindrome del nido vacio  
materiales dentales phillips  
the complete pompeii pdf  
artisanal and small scale mining challenges and opportunities pdf  
american english speaking book pdf download  
banking awareness june 2018 pdf download  
camera app for android  
les outils de l'amélioration continue pdf  
6052385056.pdf  
sesuxeda.pdf  
82374018272.pdf