



## ATTITUDE MANAGEMENT-AN UNDERSTANDING OF EMOTIONAL INTELLIGENCE FOR BROADER OUTLOOK

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### **Abstract**

*Life is a blessing and all about what best can be created to make our self and people around us happy with the available resources. One should try hard to make life worth living, which is possible only when the attitude of a person transforms towards life in a positive manner. Positive attitude is something that everybody strives for, but this needs to be developed. Positive thinking leads to better living, followed by happiness. It is an approach to deal with the issues of both personal and professional life and move on happily. If one can follow it as a way of life, it would bring amazing changes in their living .Being aware that emotions can drive our behavior and impact people (positively and negatively), and learning how to manage those emotions both our own and others especially when one is under pressure is very much required. So Positive attitude with emotional intelligence shows the bright side of life and expect the best to happen. This paper highlights as to how the change in attitude and emotional intelligence of individuals can make life (personal and working) happy.*

**Key Words : Positive Thinking, Happiness, Well Being, Emotional Intelligence.**

### **Introduction**

An attitude refers to a set of emotions, beliefs and behaviors towards a person and often is the result of experience or upbringing, and they can have a powerful influence over behavior. Positive attitude is the state of mind that brings hope and enthusiasm in the life .When considering the overall wellness, one of the things that can really make a positive difference is taking into account how positive thinking gives happiness. One of the biggest factor that helps to have a happier and more fulfilling life is thought process. Positive thoughts lead to positive feelings and positive feelings show the way to health and happiness. The benefits of positive thoughts do not stop after a few minutes of good feelings drop. In fact, the biggest gain that positive thoughts provide is talent to build skills and develop resources for future use in life.

Human beings are emotional creatures who often make decisions and respond to stimuli based on emotions. So, ability to understand and improve emotional intelligence has a great impact on relationships , decision making, identifying opportunities and increasing productivity.

There is no doubt that happiness is the result of accomplishments. But many times, it is wrongly assumed that happiness always follows success. Actually happiness is essential to build the skills that give us success. Researchers have found a compounding effect that take place with happy people. When people are happy, they develop new skills, those skills lead to new success, which results in more happiness, and the process repeats itself. At any given point of time , choices of action is restricted but choice regarding attitude is not. Always one should select a positive attitude and work on emotional intelligence which makes us more happy and efficient for going ahead in personal and professional life.

### **Happiness**

Modern science says that happiness is a positive range of emotions experienced when one is content or full of joy. There is nothing people can't have if they are happy. Happy people are healthier and make everything in life better. We are the source of happiness and happiness (for oneself or for others) is the ultimate objective of individuals. We earn money to purchase goods, consume them and enjoy life, we enjoy life to get happiness .It is the ultimate end and is valuable in itself. Being happy make us healthier and helps us to earn more money. On the other hand, being healthier and wealthier matters only when it gives us happiness. The concept of happiness used is attitudinal.



### **Positive Attitude**

The Happiness of our life depends on our attitude and thoughts. Attitude is one's own perception of doing things and living life. Everybody has their own lookout. Attitude may be positive or negative. Positive attitude means to keep a set of ideas, values and thoughts that tend to look for the good, to advance, to overcome problems, to find the opportunities in every situation, to look on the bright side of life. Positive thinking helps people to be more aware of the power of their thoughts and moods and how to manage them in order to lead happier lives. People with positive attitude perceive the word impossible as possible'. Developing positive attitude and thoughts leads to happiness, motivates for success and can do miracles in the whole life by adding strengths.

### **The different ways to develop positive attitude are**

1. Find positivity in all the situations of life
2. Include sense of humor in life
3. Accept yourself completely
4. Be optimistic towards life
5. Be calm and cool for others actions
6. Laugh as much as you can.
7. Improve tolerance levels
8. Be poised and do your best without expecting the result.
9. Take criticism as a move towards perfection.
10. Spend time with positive people, it influence your attitude
11. Carry on with what makes you happy
12. Be thankful for everything you have in life and enjoy.
13. Life keeps moving on and never remains stable, and so the bad times.
14. Be your best all the time
15. Replace negative thoughts with positive one

### **The benefits of positive thinking include**

1. Expect success not failure.
2. It helps in maintaining emotional balance and good health.
3. Positive attitude maintains harmony in life.
4. It helps you in achieving your goals.
5. Life becomes happier.
6. It makes you feel more energetic.
7. The chances of depression and distress will come down.
8. Positive attitude improves efficiency and self confidence
9. It brings optimism for a brighter future.
10. You will be able to motivate yourself and others.
11. Helps to overcome the obstacles and difficulties of life.
12. People accept you easily.
13. Life will have more feel good factors.
14. It helps you to look at failures and problems as an opportunity for improvement.

### **Emotional Intelligence**

Emotional intelligence is the capability of a person to manage his or her emotions and possess the ability to control others emotions as well for well being. People with High emotionally intelligence have more stable, satisfying, and qualitative relationships than those with low emotional intelligence. They observe how others are feeling and react suitably to others, regulate their own emotions to make effective interactions , and they look into their own behavior to ensure they don't offend others unnecessarily.



### **The Components of Emotional Intelligence Are**

1. self-awareness
2. self-regulation
3. motivation
4. empathy
5. social skills.

**Self-awareness** : Awareness about what you are going through and being in a position to understand others, and affect people around you. It also means being aware of your own strengths as and weaknesses.

**Self-regulation** : It is to think before you speak. It is important where you can regulate yourself and influence others in a positive way rather than negatively

**Motivation**: When you are motivated you will be in a better position to influence others. Work towards your goals consistently. Try and find something good even during challenging situations.

**Empathy** : When you are able to see yourself in other's frame work and think about a situation, it is known as empathy. Every one should know how to empathise with others to earn their respect.

**Social skills** : it is all about how well you communicate your point of view to others. They should be in a position to build a rapport with others which makes the relationship more comfortable.

A high emotional intelligence helps people to communicate better, lessen their anxiety and stress, resolve conflicts, improve relationships, empathize with others, and effectively overcome personal and professional life challenges. Emotional intelligence affects the quality of our life as it influences our behavior and relationships. So, it is required to work on emotional intelligence.

### **Some of The Ways To Improve Emotional Intelligence Includes**

1. **Curiosity** : It is willing to learn and improve. When you are curious, you are passionate and driven to want to be best. This mindset positively influences other areas of your life like relationships, productivity.
2. **Empathy** : It is the capacity to understand what another person is experiencing from within their frame of reference. It can be cultivated and learned through experience.
3. **Self-Awareness** : It is the art of understanding yourself and others and then preparing for how to manage yourself in a proactive and reactive manner. Self-awareness is how we see ourselves, and also how we think others to see us.
4. **Analytical Mind** : Emotionally intelligent and resolute people are deep-thinkers who analyze and process all new information . They continue to evaluate old information, habits and ways of doing things to see if they can dig out ways to improve
5. **Belief** : Emotional self-control is possible by using the power of faith to believe in yourself both in the present and future. Only Faith will not help you. But combining faith with powerful values like hard work, perseverance and a positive attitude will work out .
6. **Needs and Wants** : Emotionally intelligent mind will be able to discriminate between things that they need versus things that would be good to have which helps in moving ahead in life happily
7. **Passionate** : People with emotional intelligence use their passion and purpose to motivate and drive them to do what they want around them.
8. **Optimistic** : To increase opportunities and improve relationships and think appropriately need to maintain a positive attitude. Our attitude is the primary thing that is always within our control. We can choose to live each day by being positive.  
“When we are happy—when our mindset and mood are positive—we are smarter, more motivated, and thus more successful. Happiness is the center, and success revolves around it.”—Shawn Achor



9. **Adaptability:** “Adaptability is not imitation. It means power of resistance and assimilation.”— Mahatma Gandhi, Emotionally intelligent people know when to continue and when it’s time for a change. This important recognition and ability to make a decisions in your best interest is called adaptability.
10. **Succeed Yourself and Help Others to Succeed :** An emotionally intelligent person is fascinated in overall success and achievement not just for themselves, but also for others.

### **Positive Attitude and Emotional Intelligence - Pursuit To Happiness**

Positive attitude is the one which motivates positive thoughts. If we spend more time with positive thoughts, we can create more positive emotions and thus a positive mental state leads to moments of happiness. . Emotional intelligence means being aware that emotions can drive our behavior and impact people (positively and negatively), and learning how to manage those emotions for both our own and others happiness. A person with high Emotional intelligence would be less affected by his or her emotions and is able to direct emotions in a positive direction, and have lower chances of feeling depressed. So we have the power to decide whether we want to be happy or not. Each of our life puts across the result of our dominant thoughts, Once we substitute the negative thoughts with positive ones and emotionally intelligent, we will start having positive results. We are what our thoughts have made us, so we need to take utmost care of what we think.

### **Conclusion**

Adopting a positive attitude and working on emotional intelligence as a way of life will help to handle more easily personal and professional affairs of life, and would bring useful changes in life style. A positive attitude will make an optimist, and help to stay away from worries and negative thoughts. Developing this attitude, would make people happy, who sees the bright side of life and expects the best to happen. It is certainly a state of mind that is well worth developing. There are various traits of character and habits associated with the possession of a positive attitude with emotional intelligence like Carrying an attitude of Happiness with You, Relishing Small Pleasures, Smiling, Taking Responsibility, thinking of life not as something that happens to you, but as something that happens for you, Being Proactive, focusing On the Good. A positive attitude and emotional intelligence leads to happiness with success and can change entire life. If this attitude is managed well, it becomes transmittable.

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