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Emotion and Thought Management & its Relationship with Language Learning

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Abstract

Emotions are said to be controlled through emotional intelligence, and it is relevant to organizational development as its principles provide a new way to understand and assess one's attitude, management styles, personal and interpersonal capabilities. The present study aimed at finding out whether managing one's thought as a subscale of emotional intelligence has any relationship with linguistic ability of EFL learners or not. For this purpose, a total number of ۵۳ Iranian EFL learners participated in the study. A language proficiency test along with a questionnaire on emotional intelligence were administered. Then, the relationship between language proficiency scores and emotional intelligence, as a total entity, and managing one's thought, as one of its subcomponents, were obtained through Pearson Product-Moment correlation coefficient formula. The results revealed that there is a positive relationship between emotional intelligence and language proficiency, on one hand, and managing one's thought, on the other hand for Iranian EFL learners. This implies that the more an individual is emotionally intelligent and can manage his thought, the more his linguistic abilities would be.

Key Words*: emotional intelligence, thought management, language proficiency*

Introduction

The ability to perceive, understand, and manage one's emotions is perceived as Emotional Intelligence (EI) (Salovey & Mayer, ۱۹۹۰). Social intelligence can be considered as the origin of EI. EI was first viewed through the lenses of social intelligence, which is the ability to