

DIAGNOSTIC METHODS FOR MANAGING EMOTIONAL INTELLIGENCE IN UPPER-CLASS STUDENTS

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Abstract

Emotional intelligence is a person's ability to understand, manage, and act appropriately on their own and others' emotions. This ability is especially important for high school students, as students take important steps during this period to understand and manage their emotions, as well as develop social relationships. This article provides information on the main methods used to diagnose emotional intelligence.

Keywords: High school students, social relationships, emotional intelligence, diagnosis, interviews, abilities, interactive learning platforms.

Introduction

Emotional intelligence management is important in developing students' self-awareness, self-emotion management, empathy, and social skills. Diagnostic methods for managing emotional intelligence in upperclassmen help assess students' ability to identify and control emotions. Questionnaires and surveys are widely used in the evaluation of emotional intelligence. These techniques allow students to assess their own emotions, their ability to perceive the emotions of others and act in accordance with them. Questionnaires usually consist of questions and ask readers to comment on their feelings and relationships with others. This method can be effective in determining the level of emotional intelligence of students. Through questionnaires, students can show how they express their feelings and how they interact with others.

MATERIALS AND METHODS

Interviews also play an important role in assessing emotional intelligence. Teachers or psychologists can talk to students to learn how to perceive and control their emotions. During the interview, readers can be asked questions about different situations, which will inform them about how they perceive and control their feelings. This method helps to reveal the inner feelings of students. During the interview process, it is important for students to feel free to express their feelings, allowing them to express their thoughts openly and sincerely. The observation method is also used in assessing the emotional intelligence of students. Teachers can monitor students in different situations to analyze how they express their emotions, how they interact with others, and how they apply their social skills. The observation method helps



to determine the level of emotional intelligence of students in real life. Teachers can assess students ' emotional intelligence by observing their activities, interactions, and social relationships within a group. This method is important in the development of student interaction and social skills. Games and simulations are also useful methods in assessing emotional intelligence. These games allow students to understand and control their emotions in various situations. For example, through role-playing games, students can develop skills to communicate with others and manage social situations. This method can be effective in developing students ' emotional intelligence because through games, students gain practical experience in expressing their emotions. Through games, students can develop the skills of interacting and understanding the emotions of others.[1]

RESULTS AND DISCUSSIONS

Psychological tests are also one of the important tools in assessing emotional intelligence. These tests help assess students ' abilities in perception, management, and social relationships. Psychological tests are usually standardized, giving accurate results in determining the level of emotional intelligence of students. Tests allow students to assess how they perceive their feelings and how they interact with others. Through psychological tests, students can determine in which areas they need to work to develop their emotional intelligence. Diagnostic methods of emotional intelligence management in upperclassmen are important in developing students ' own perception and management skills. With these methods, students will be able to evaluate and develop their emotional intelligence. Managing emotional intelligence helps improve students ' social skills and interactions, which has a positive effect on their overall development.[2]

Teachers and psychologists must work together to develop emotional intelligence in students. They can organize programs and activities aimed at developing the skills of understanding and managing students ' emotions. These programs help students express their feelings and communicate with others. The role of teachers in the development of emotional intelligence for students is very important. Teachers should provide students with information about emotional intelligence, support them in understanding and managing their emotions. It is important that teachers show students how they act in different situations and encourage them to express their feelings.[3]

Emotional intelligence management is important in the personal and social development of students. Students can improve their social relationships by realizing their feelings and managing them. This helps them to be successful in their reading process. Students can be effective in managing stress, making decisions, and solving problems by developing their emotional intelligence. Students can also increase their self-assessment and self-confidence by developing their emotional intelligence. This will help them to be successful in their social life. Students achieve effective communication with others and strengthening social relationships by developing awareness and management skills of their emotions.[4]



CONCLUSION

In conclusion, diagnostic methods of emotional intelligence management in upperclassmen are important in developing students' own perception and management skills. With techniques such as questionnaires, interviews, observation, games, simulations and psychological tests, it is possible to determine and develop the level of emotional intelligence of students. It is necessary that teachers and psychologists work together, organize programs aimed at developing emotional intelligence for students. Through this, students develop the skills of understanding and managing their emotions to improve their social relationships. The development of emotional intelligence has a positive effect on the overall quality of life of students, as well as on their future success.

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