

# INTELLECT OR EMOTIONAL INTELLIGENCE: WHICH COEFFICIENT DETERMINES SUCCESS IN OUR LIFE?

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**Abstract:** in this article authors review coefficients IQ and EQ for the determination of one of them, which is the basis of success and happiness in our life. Many psychologists explore success and what plays a key role in its coming into being, we will consider the interaction of emotional perception of a person with the outside world and the power of the human brain. So, in this article analyzed parameters of each coefficient, areas of their greatest application and the possibility of their improvement. Thanks to survey we drawn conclusion that also are described in this article.

**Keywords:** intellect, emotions, success, knowledge, skills, decision making, intelligence development, analysis, self-awareness.

## ЭМОЦИОНАЛЬНЫЙ И ИНТЕЛЛЕКТУАЛЬНЫЙ КОЭФФИЦИЕНТЫ: КАКОЙ КОЭФФИЦИЕНТ ОПРЕДЕЛЯЕТ УСПЕХ В НАШЕЙ ЖИЗНИ?

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**Аннотация:** статья посвящена рассмотрению коэффициентов IQ и EQ для определения одного из них, который положен в основу успеха и счастья в нашей жизни. Так как многие психологи задумывались о том, что же играет ключевую роль в становлении успеха, мы рассмотрим взаимодействие эмоционального восприятия человека с окружающим миром и мощностъ человеческого мозга. Также в статье анализируются параметры каждого коэффициента, области их наибольшего применения и возможности их совершенствования и, после проведения опроса, приводятся соответствующие результаты.

**Ключевые слова:** интеллект, эмоции, успех, знания, умения, принятие решений, развитие интеллекта, анализ, самоосознание.

IQ or intelligence quotient demonstrates brainwork and esprit. The people with a high level of IQ can quickly use the information and logical rules. EQ or emotional Intelligence is the ability to control not only your own emotions, but also the emotions of people around you. Such individuals can easily make deals and negotiate. [3]

IQ tests have been very popular for many years. It is worth pointing out that such tests determine brainpower, but not the level of knowledge or erudition. The major criteria of IQ turn out to be mental flexibility, attention and memory.

During our research, we conducted a small survey to find out if success in life is determined by IQ components or EQ components. We asked 84 people to choose the most important qualities for achieving success. Then we analyzed if these components belonged to IQ or EQ. The majority of respondents have chosen a set of different components, in other words, they unconsciously wanted to reach the equilibrium of both coefficients. (Set of components: income level, discipline, objectivity, motivation, luck, composure, communicability, stress resistance, rationality, intellectual flexibility).

Another big difference between IQ and emotional abilities is that IQ is inborn. It reaches a maximum at 17, it remains constant throughout adulthood and declines at old age [2]. However, EQ can be developed. Some examples of methods: Learn to recognize and pay attention to all your emotions, incorporate emotions in your decision-making process, stay present without planning the future or analyzing the past, be aware of nonverbal messages (body language, distance, tone of voice and touch) you send others, use humor and play to relieve stress [5].

IQ is not just knowledge, but some special inborn abilities, so it can't be so easily improved. Social skills are part of EQ and can be developed with some other important constituents, such as self-awareness, self-regulation,

motivation and empathy [1]. Indeed, the elements of Emotional intelligence make our lives more fulfilling and happy.

However, it doesn't mean that EQ can completely substitute IQ, because they complement each other.

Also, the impact of EQ and IQ is different in different spheres of life: IQ has a bigger influence at work and in research, but EQ has a bigger influence in a human's personal life and family life [4].

The results of research: the majority of respondents 77% think that the components of EQ are more important for achieving success, 11% of people choose IQ and 12% vote for the balance of both coefficients. Harmony of both quotients is a necessary key to success. And it is only harmony that provides our happiness in life.

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