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### THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE IN ARABIC LANGUAGE TEACHING

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#### **Abstract**

Emotional intelligence may be outlined because the ability to spot, express, understand, manage, and use emotions. Emotional intelligence has been shown to own a very important impact on health, relationships, and work/academic performance. During this article, we tend to gift a scientific review of forty six Emotional intelligence intervention studies on adult populations so as to assess their outcomes. Overall, these findings offer some support for the effectualness of Emotional intelligence programs. However, vital limitations in most of the studies limit the generalizability of their results. We tend to discuss the contributions and limitations of those studies and build recommendations for the event and implementation of future interventions. We will be inclined to be born with what social scientist parliamentarian Putnam calls bonding social capital, a way of happiness to our own family or human beings with shared reviews, cultural norms, commonplace features or pursuits. But it desires planned and Non-stop attempt to make the form of binding social capital thru that we will percentage studies, standards and innovation and construct a shared knowledge amongst groups with various reviews and pastimes, therefore increasing our radius of agree with to strangers and establishments. During the last years, social and emotional abilities are growing on the schooling coverage schedule and within the speechmaking. Besides for the majority of students, their improvement stays a Matter of luck, looking on whether or not or no longer is this mostly a precedence for their instructor and their university. A big barrier is that the absence of dependable metrics at some stage in this discipline that allow educators and policy-makers to form development visible, and to handle shortcomings.

## 1. Introduction

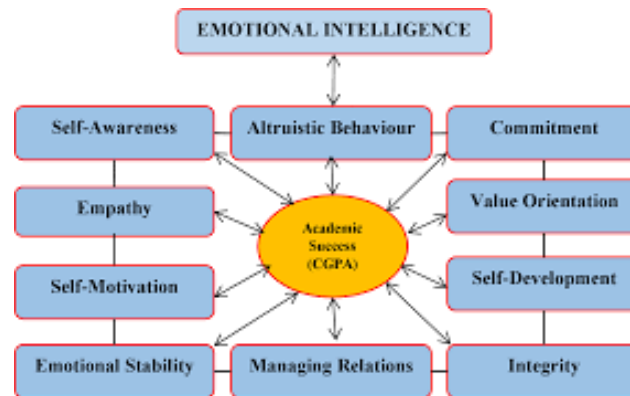
The time period Emotional intelligence first coined by psychologists Mayer refers to one's functionality to understand, approach and regulate emotional info appropriately and effectively, every internal oneself and in others and to apply this data to manual one's wondering and movements and to influence those of others. Emotional intelligence will lead of the United States at the trail to a consummated and happy life by presenting a framework through that to use requirements of intelligence to feeling responses and perceive that these responses could also be logically constant or inconsistent with precise ideals concerning emotion [1].

As the paintings evolves, consequently too will the body of evaluation helping that people with higher emotional intelligence region unit better prepared to figure cohesively inside companies, upset modification a variety of correctly, and control pressure consequently facultative them to a lot of with performance pursue commercial enterprise objectives [2]. Five awesome classes of abilities that kind the important thing traits of emotional intelligence and planned that, in assessment to 1's these specific capabilities may be discovered anyplace absent and advanced upon wherever gift. Hence comparison to its relatively fastened first cousin is rather a dynamic side of one's psyche and includes interest tendencies that, as soon as labored upon, will yield crucial blessings, from non-public happiness and well-being to improved success at some stage in a skilled context [3].

## 2. Emotional Intelligence

What's emotional intelligence: emotional intelligence is outlined due to the fact the capability or capability to understand, examine, and control the feelings of 1's self, and of others. Inward at the emotional quotient is that the common manner that of hobby the emotional intelligence of a private the significance of mixing weight in the place of work: in recent times behavioral scientists round the world have found out the belief that i.e. on my own isn't always the first trouble that Results in better playing managers and workforce. The position of mixing weight in figuring out the overall performance of people on the paintings is presently well known and nicely understood [4].

You are a person un employer is aware about and expresses his/her emotions nicely, thinks severally and incorporates a high quality outlook closer to lifestyles, all of that assist you win what you want to gain [5]. You understand a way to cope with pressure because of that are you are able to cope with responsibilities which can be nerve-wracking, anxiety-scary or even risky, at the same time as no longer dropping control. You are positive, cheerful and well-stimulated, so, no longer entirely does one fancy your lifestyles and your paintings, you moreover may additionally sell effective feelings in the ones round you. Underneath may be a wreck-up of the part scores that went closer to creating up your universal combining weight rating.



**Figure1.**Emotional Intelligence

Studying your component ratings will assist you Perceive that components of your emotional intelligence vicinity unit robust or weak. Stress control: this part of combining weight relates to potential to agitate feelings in such how that it really works for united states and no longer towards United States. Your pressure control combining weight score is sixty four out of one hundred, this is taken into account above average [6]. The elements that make contributions towards strain management combining weight are: strain tolerance: it's the power to effectively and constructively control feelings. Impulse control: it's the ability to efficaciously and constructively management emotions. A high score on the stress control problem would not imply that you simply have scored high on each of its sub-factors. You are able to rise up to and effectively address pressure at the same time as no longer dropping management.

- **Self-consciousness**

The energy to well-known and understand one's own feelings and their impact on others. Self-cognizance is that the outlet pass closer to introspective self-evaluation and allows one to spot activity and emotional components of our psychological make-up that we can then goal for amendment [7]. Emotional cognizance is moreover regarding spotting what motivates you and, in turn, what brings you success.

- **Self-regulation**

The electricity to manage one's terrible or riotous feelings, and to evolve to changes in condition. Those that region unit ball-hawking in self-regulation surpass in managing war, adapt well to adjust and area unit quite a few apparently to require obligation [8].

- **Motivation**

The energy to self-encourage, with attention on reaching internal or self-gratification as competition external praise or reward. People international fitness company location unit able to encourage themselves all through this approach have a bent to be a variety of devoted and intention targeted [9].

- **Empathy**

The strength to renowned and perceive but others place unit feeling and reflect on consideration on those emotions earlier than responding in social things. Sympathy conjointly permits a private to comprehend the dynamics that affect relationships, every non-public and within the paintings.

- **Social competencies**

The energy to manage the emotions of others thru emotional understanding and victimization this to create rapport and connect to parents thru abilities like energetic listening, verbal and nonverbal communicate. Emotional intelligence has been shown to play a pregnant function in instructional achievement, intellectual and bodily health, also as attainment in skilled domain names; the findings of bar-on instructed that parents with higher ei achieved better than people with decrease emotional intelligence in lifestyles [10].

In the trendy, agile work, there's an ever-growing pressure from employers at the importance of ei over educational Qualifications. The significance of emotional intelligence should not pass unappreciated; the strength to understand and manipulate your feelings is that the hole flow in knowing your authentic potential. But can we will be inclined to deliver home the Bacon pregnant progress if we have a tendency to do not renowned and acknowledge the reason from anywhere we're starting? A vacation spot is useless unless we all understand the foundation.

### **2.1 Importance of Emotional Intelligence**

1. Acquiring and withstanding a management position in a really fitness care surroundings wishes several abilities; obedience, trustiness, strategic vision, integrity, communicate abilities, etc. one essential expertise that stands proud from the rest is emotional intelligence. Emotional intelligence gives one the energy to withdraw their own emotions from a scenario to create a strategic call for the coolest component approximately a patient. Consciousness and management of one's Feelings are predominant to the roaring employment of emotional intelligence [11]. The electricity to combine feeling with intelligence can enable you to acquire the proper social manipulate talents required, via using and appearing with each abilities in thoughts.

2. Primary competencies that are a necessity to sensible management are a guiding vision, passion and integrity. All of these are simpler to reap once feelings are withdrawn for each case. In locution that, passion and feeling go hand in hand. you may be able to be demon-ridden at the same time as no longer conveyance your personal feelings to the desk, that blessings the affected person and permits them to create selections for their fitness care supported their own emotions. In a few instances, an affected person might fire recommendation or for a 2<sup>nd</sup> opinion, and all through this situation their nurse must usually be orientating to gaining the patients very last profit [12].

3. A terrific chief is in a position to convey the handiest and additionally the brightest features out of People, and use it on the mission at hand. It makes people preference they're part of the selection and also the approach and not sincerely at the threshold. As soon as people choice they're a location of 1 issue, it will become less complicated to parent along and specialize inside the maximum purpose. This is often an ideal state of affairs inside the medical discipline, anyplace being a group are a few belongings you're a part of regular. As soon as that takes place individuals sense targeted which gives their work meaning [13]. Collaborating as group is that the pleasant for all events concerned: the team and additionally the affected person. This allows all fitness

care crew individuals to look at all choices and concepts, and ultimately build the best choices practicable.

4. Someone with a casual management vogue usually continues emotional intelligence at the same time as not loads of thought or studying. Those people are usually geared up with leadership competencies at an honestly young age and attempt to persuade others, and government group. A casual leader is someone united nation's employer stands proud among a bunch whilst no longer being appointed as a leader. This skills is enormously treasured in a very health care environment once it includes determining. If the appointed chief is inaccessible to create an important affected person health connected name, this individual could carry thoughts to the desk which can useful resource the choice creating technique [14].

5. The emotional intelligence principle by means that Emotional intelligence in keeping with him may be someone's cognizance, authority, self-discipline, dedication and integrity, and a person's potential to talk, affect, initiate and settle for modification.

### **3. Ways of Develop Emotional Intelligence**

Emotional intelligence (EQ or EI) is one amongst the strongest indicators of success in business. Why? Equivalent weight isn't solely the flexibility to spot and manage your own emotions, however it's additionally the flexibility to acknowledge the emotions of others. The very best performers within the hands were additionally people who displayed a better emotional intelligence. And per Talent good, ninetieth of high performers within the work place possess high equivalent weight, whereas eightieth of low performers have low equivalent weight. Simply put, your emotional intelligence matters [15].

Many of my shoppers typically come back to ME pissed off with their managers, able to quit as a result of the poor relationship they need with their boss. Once I hear what's occurring, it's sometimes that these leaders aren't demonstrating high levels of emotional intelligence. Here are Five ways that to develop your emotional intelligence.

#### **a. Manage your negative emotions**

Once you are ready to manage and scale back your negative emotions, you're less doubtless to induce inundated. Easier aforesaid than done, right? Attempt this: If somebody is disconcerting you, don't jump to conclusions. Instead, enable yourself to appear at true in an exceedingly style of ways that. Try and look into things objectively therefore you do not get steamed up as simply [16]. Observe attentiveness at work, and see however your perspective changes.

#### **b. Be aware of vocabulary**

Specialize in changing into a stronger soul within the geographic point. Emotionally intelligent folks tend to use additional specific words that may facilitate communicate deficiencies, so they immediately work to handle them. Had dangerous nasty a foul meeting along with your boss? What created it therefore bad, and what are you able to do to repair it next time? After you will

pinpoint what's occurring, you have got a better chance of addressing the matter, rather than simply stewing on that.

**c. Observe fellow feeling**

Centering on verbal and non-verbal cues will provide you with priceless insight into the emotions of your colleagues or shoppers. Observe that specialize in others and walking in their shoes, even though only for a flash. Sympathetic statements do not excuse unacceptable behavior, however they assist cue you that everybody has their own problems.

**d. Understanding stressors**

See of what stresses you out, and be proactive to own less of it in your life. If you recognize that checking your work email before bed can send you into a tailspin, leave it for the morning. Better yet, leave it for after you arrive to the workplace.

**e. Recover from adversity**

Everybody encounters challenges. It's however you react to those challenges that either sets you up for fulfillment or puts you on the track to full on meltdown mode. You already understand that positive thinking can take you so much. To assist you recover from adversity, observe optimism rather than whiney. What are you able to learn this situation? Raise constructive inquiries to see what you will remove from the challenge at hand. Emotional intelligence will evolve over time, as long as you have got the will to extend it. Everybody, challenge, or scenario faced may be a prime learning chance to check your equivalent weight. It takes observe, however you will begin reaping the advantages straight off [17].

**4. Skill to Help Develop Emotional Intelligence**

Psychologists who take a look at emotional intelligence generally declare that it is in reality extra essential than well-known intelligence. This assertion is polemical on the nice, and a massive bag what the fuck? At the worst. For one, activity emotional intelligence is difficult, if now not no longer possible. Maximum of these items is subjective. But conjointly because of emotional intelligence isn't as stable as preferred intelligence is. Ratio is more difficult to differ [18]. But equal weight are a few matters you may be capable of work on and increase form of a muscle or an ability and watch grow, sort of a dainty flower to your stupid ass lawn. So, essentially, notwithstanding but realistic you're, you have were given no excuse. Get your shit alongside. Growing emotional intelligence comes all of the way down to not being a fucknut like Lisa turned into. Right here rectangular measure five approaches in which to start doing it.

**a. Follow cognizance**

Like with maximum matters emotional, you can't get better at them till you recognize what the fuck they are. When you lack consciousness, attempting to manage your feelings is like sitting in an exceptionally small boat while now

not a sail on prime of the sea of your own emotions, fully on the whim of the currents of irrespective of goes on moment by second. You have got were given no plan anyplace you're going or a manner to get there. Every one you'll be capable of do is scream and yell for facilitate. Self-consciousness entails information yourself and your conduct on 3 tiers: 1) what you are doing, 2) But you feel concerning it, the toughest half, finding out what you do not realize yourself. Understanding what you are doing.

You would assume this is probably quite easy and simple, however the fact is that within the twenty first century, maximum oldsters do not even understand what the fuck we're doing the time. We are on car-pilot test e-mail, text buff, test Instagram, watch YouTube, and take a look at e mail, textual content buff, and so on and many others [19]. Removing distractions from your lifestyles like, you realize, turning off your rattling smartphone every presently so and interesting with the globe round you may be a nice start to awareness. Locating regions of silence and solitude, whereas likely shuddery, square measure important for our mental nation. Exclusive types of distraction embody work, drugs/alcohol, video games, move handicraft, contestation with folks at the net, etc.

Schedule time on your day to urge removed from them. Do your morning shuttle without a track or podcast? Absolutely rely upon your lifestyles. Rely upon however you are feeling. Positioned apart ten minutes within the morning to meditate. Delete social media off your telephone for per week. You will usually be bowled over by using what takes place to you. We use those distractions to keep away from loads of uncomfortable emotions, then getting rid of distractions and that specialize in however you are feeling whilst no longer them will screen some quite shuddery shit usually [20]. But casting off distractions is essential as a result of it gets to resulting stage. Recognize what you are Feeling.

At the start, when you simply concentrate to however you are feeling, it would freak you out. You will probably return to recognize you are commonly surely quite sad or that you are pretty an angry asshole to hundreds of people on your lifestyles. You will possibly take into account that there's loads of hysteria occurring, which entire cellphone dependency problem is basically clearly a way to continually numb and distract yourself from that anxiety. It's vital presently to not determine the emotions that get up. You will be tempted to say one component like, "ick! Tension! What the fuck is inaccurate with me!" however that definitely makes it worse. No matter feeling is there consists of a smart reason to be there, even though you don't hold in thoughts what that purpose is. Thus do not be too onerous on yourself.

#### **b. Channeling feelings properly**

Folks that accept as true with that feelings square degree be all give up-all of existence commonly achieve approaches wherein to manipulate their feelings. You may not. You may be capable of completely react to them. Emotions square degree actually the alerts that inform to listen to 1 factor. we can then determine whether or not or no longer that something could be very vital and

choose the best direction of motion in addressing it or no longer [21]. There's no such issue as a "good" or "bad" emotion there square degree completely "good" and "horrific" reactions for your emotions. Anger can be a dangerous feeling if you misdirect it and hurt others or yourself within the approach.

However it is able to be a first rate feeling in case you rent it to correct injustices and/or shield yourself or others. Joy can be a stunning feeling as soon as shared with folks you want once one thing clever occurs. But it can be an alarming feeling if it is derived from symptom others. Such is that the act of dealing with your emotions: recognizing what you are feeling, identifying whether or not or no longer or no longer that's an relevant feeling for actual, and appearing consequently. The whole purpose of that is often as a way to channel your feelings into what psychologist's choice "intention-directed behavior" or what I love better to choice "getting your shit alongside."

### **c. Learn to Inspire**

Have you ever misplaced yourself absolutely in an activity? Like, you start doing one component and find immersed in it and once you snap out of the quasi-hypnotic nation you've someway elicited in yourself, you apprehend 3 hours have passed however it felt like fifteen mins? This occurs to me once I write typically. I lose my experience of sometime and that I get this cascade of subtly-layered emotions once I am fleshing out standards in my head and putt them into words. it's form of a feeling of fascination combined with Barely pissed off intrigue combined with little or no bursts of monoamine neurotransmitter as soon as I need I absolutely got here up with a great line or humorous poop shaggy dog story or one way or the other got my purpose throughout while no longer utter. I really like this feel, and once I carry domestic the Viscount St. Albans it, it motivates me to live writing. Be aware one aspect vital right here, although: I do not wait for that feeling to get up before I begin writing.

I begin writing in order that feeling begins to make, that motivates me to stay writing, and also the feeling builds a chunk extra, and on and on. This is what I choice the do one aspect precept and it is maximum likely one the various best although most magic hacks I have ever come across. The do one aspect precept states that taking movement isn't always clearly the impact of motivation, however conjointly the purpose behind it.

### **d. Emotional Intelligence Motivation**

Most people try to search for inspiration preliminary so that they will take a few massive action and alter the whole thing regarding themselves and their state of affairs. They warfare to pump themselves up with irrespective of flavor of mental self-abuse is in style that week so that they will in the end take motion [22]. However through next week, they have run out of steam and they are returned at it all over again, jacking off to a different approach of motivation. But I decide upon to expose this on its head fully. Once I have to be forced to be impelled, I definitely do one issue that's even remotely associated with what I want to accomplish so, motion begets motivation Begets movement, and so on.



Once I do not want writing, I inform myself I will definitely work at define for currently. as soon as I do this, it typically makes me keep in mind one component attention-grabbing I had not notion of despite the fact that that I want to comprise then I write that down and perhaps flesh it out a piece. Before I do understand it, I am midway thru a draft and that I have not even located on pants though. The point is that so that it will use your emotions efficaciously to induce your shit alongside, you have got to attempt to do one component.

In case you do not want something motivates you, do one issue. Draw a doodle, realize a free on line committal to writing class, are looking for recommendation from an interloper, learn an instrument, analyze one thing a few extremely laborious problem, volunteer to your community, pass condiment acting arts, build a shelf, write a literary work [23]. Listen to but you are feeling before, all through, and once irrespective of it is you are doing and use those emotions to guide your destiny behavior. Understand that it is now not constantly precise emotions with a view to inspire you, too. Commonly I am annoyed and extremely fucking indignant that I am able to quite say precisely what I need to say. Commonly I'm nerve-racking that what I'm writing gainer's resonate with parents. Besides for regardless of purpose, these emotions normally totally construct me need to write down additional. I actually like the assignment of wrestling with one factor that's honestly a piece Bit out of attain.

**e. Acknowledge Emotions in Others to form More Healthy Relationships**

Everything we have lined so far deals with dealing with and leading feelings interior yourself. However the total motive of growing emotional intelligence need to ultimately be to foster more healthy relationships for your existence. Wholesome relationships romantic relationships, familial relationships, friendships, something start with popularity and recognize of 1 every other's emotional dreams. You do this by using Connecting and empathizing with others. By every being attentive to others and sharing yourself in reality with others this is, through vulnerability [24].

**Emotional intelligence - wholesome relationships:** To empathize with somebody does not basically mean to completely perceive them, but rather to accept them as they are, even after you do not understand them. You learn how to fee their life and treat them as their own end in place of a way for one factor else. You acknowledge their pain as your Pains our collective pain. Relationships rectangular degree anywhere emotional rubber hits the proverbial pavement. They get use out of our heads and into the globe round use. They devise use apprehend we're a community of 1 issue plentiful large and a long way extra superior than without a doubt ourselves. Relationships rectangular measure, ultimately, the method we tend to outline our values.

**f. Infuse Emotions with Values**

Emotional Intelligence have become the big meaninglessness in Arabic language teaching. Therapists attempted to instill additional emotional focus in their consumers to help them get a handle on their lives. Parents had been

punished to cultivate emotional intelligence of their children with the purpose of having geared up them for a dynamic, emotionally-oriented global. A number of this type of wondering misses the cause, but. Which is that emotional intelligence is unimportant at the same time as not aligning your values. You might have the foremost showing emotion clever leader government officer on the arena, but if she's victimization her talents to inspire her employees to promote products created through exploiting terrible folks or destroying the world, however is being showing emotion smart a distinctive feature right here? A father could possibly teach his son the tenets of emotional intelligence, however even as not conjointly coaching him the values of honesty and appreciate, he might trade into a pitiless, mendacity very little prick but a displaying emotion wise one [25].

Conmen square degree extremely displaying emotion sensible. They perceive feelings pretty nicely, each in themselves and especially in others. However they find your self-victimization that statistics to control parents for his or her own private advantage. They charge themselves mainly else and on the price of all others. Matters get ugly after you price little or no outside of yourself. Lisa Nowak, for all of her brilliance and enjoy, could not manage her own feelings and valued the wrong matters. Consequently, she allow her emotions power her off the proverbial geological formation, going from housespace location to incarcerated area. Ultimately, we generally tend to be continuously choosing what we price, whether or no longer we all are aware of it or now not. Our feelings can do the ones values via motivating our conduct in a way. So with a view to degree the existence you really want to degree, you have got to initial be clean concerning what you absolutely rate due to that's anywhere your emotional power are directed.

## 5. Impact on the future of the pupils

Emotional intelligence predicts success at university. Inobserve, an attempt has been taken to identify the hyperlink among the characteristic emotional intelligence and academic performance of the university man enterprise college students. It genuinely become acknowledged that the global trait emotional intelligence wasn't extensively associated with the educational achievements but in the mid-range grade factor average had a good sized association. So the findings in their take a look at it will likely be understood that there may be an instantaneous correlation between emotional intelligence and tutorial performance of the students.

Their examine meant to have a look at the link of emotional intelligence with gender, age and tutorial accomplishment of students of global moslem university Islamabad the psychiatrist variable turned into taken as emotional intelligence and figuring out element variable taken for the take a look at was educational accomplishment. The Educational accomplishment of the scholars become measured by exploitation the accumulative grade average rating of the students. The volume of emotional intelligence the various pupils become measured with the assistance of baron emotional quotient stock. The validity and duty of turned into analyzed and turned into observed to possess a high

validity and duty. Numerous implemented arithmetic tools have been implemented like correlation analysis, multivariate evaluation and t-check to test the Hypotheses.

The findings of the study imply a huge correlation among stage of emotional intelligence and the scholars' tutorial accomplishment. It actually turned into conjointly determined that the extent of emotional intelligence of the students became found to be a large predictor of the students' tutorial accomplishment. Study tested 2 targets it is to pick out the interrelation of emotional intelligence and self-efficacy drives, and to identify the range willingness a few of the foreign places school students. The shape turned into devised to accumulate facts on demographics of the scholars, Feelings scale, self-efficacy scale and variety receptive scale have been accustomed for facts collection.

## 6. Conclusion

Result of the have a look at indicates that the emotional intelligence having a nice effect at the motion of the students. The have a look at turned into supported the qualitative analysis and it's conjointly investigated that there may be a major courting among the emotional quotient and consequently the academic movement. The effects of the evaluation has advised that the ones students having excessive diploma of emotional intelligence having understanding with sensible consequences and therefore the students with the lower degree of Emotional intelligence having poorer likelihood of succeeding academically. Educational place unit knowing that such capabilities like emotional intelligence will play an enormous function in academic motion. Being at the very best of his/her instructors is not the only call for future fulfillment however it conjointly demands extraordinary intrapersonal abilities. So, we will say that emotional intelligence might be a robust predictor of feat. due to the fact the analysis suggests a correlational facts Between the emotional intelligence and therefore the educational movement, it's miles told that the emotional intelligence is enclosed due to the fact the part of direction of observe at graduate tiers to reinforce the performance of the students. it conjointly enables the pupil to come to be quite a few employable as a result of due to the fact the emotional intelligence will increase the factors of emotional intelligence conjointly will increase so growing the tender talents of the scholars. Emotional intelligence affects each and every name and Movement we have a propensity to take as humans each within the geographical factor and across our wider lives. In associate diploma organizational putting it is there within the fundamental preparation to groups whilst very similar to it's present in mass organizational amendment. Emotional intelligence allows people to make and force roaring groups, and to be agile and responsive as required. Attention of Emotional intelligence and its development is so of income to every the man or woman and therefore the enterprises inside which they function. It topics maximum pretty IQ and seeing that it's far advanced allows get on with it.

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