

Effectiveness Of Sessions On Emotional Lexes Of Prospective Teachers

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ABSTRACT

Emotional Expression is an imperative value for teachers, since they are the ultimate source for the all-round development of students. When the teachers are optimistic and cheerful in the classroom, no doubt, the students become an active and peaceful listener, not only throughout the day but also throughout their life. This research work aimed to assess the effectiveness of sessions on Importance of Emotional Expression of Prospective Teachers. There are 78 students of B.Ed were employed for this research effort by adopting convenience sampling method. This is an Experimental Method of Research, fit in to single group with pre-test and post-test design. A questionnaire consists of 23 statements to measure their Emotional Expression before sessions as pre-test. After a period of three months, their responses were collected by employing the same questionnaire as post-test. From the findings of this research, a spectacular improvement was found in their Emotional Lexes after the sessions.

KeyWords: Emotional Expressions (Lexes), Sessions, Experimental Research, Questionnaire, Convenience Sampling, Prospective teachers.

INTRODUCTION

Emotional constancy of a person is characterized by consistency of tempers, intent, interests, optimism, joyfulness, self-control, feeling of being in good health, liberty from sense of guiltiness, anxiety or lonesomeness, liberty from day fantasizing, liberty from perseveration of thoughts and dispositions [1].

Emotional uncertainty or irresponsibility points to an individual's failure to develop the degree of liberation or self-assurance that can be seen in a normal adult, with consequent use of immature adjusting patterns and failure to maintain steadiness under pressures, conflicting most individuals who do not have these negative traits. Emotionally troubled or unstable individuals represent lack of capacity

to dispose difficulties and petulance, needing constant help to accomplish day-to-day tasks. They also show susceptibility and stubbornness, looking at the same time for compassion. They are snobbish, confrontational, infantile, self-centered and demanding sort of persons [2].

Emotional stability can be defined as 'a progression in which temperament is continuously striving for greater sense of emotional health. It is a multi-trait non-cognitive psychosomatic concept. Emotional stability of a person helps to view the problems of life in a balanced way. This organizational aptitude and structured insight helps one to develop reality-oriented thinking, judgment and appraisal ability. That persons can develop spirits, sensitivities and approaches that help in understanding the actualities of life and situations that create miserable situations in life. Such understanding helps one to endorse high self-strength [3].

TATTON'S CLASSIFICATION OF EMOTIONAL KNOWLEDGE

1. **The Emotionally Intelligent:** This kind of people have emotional knowledge at greater level and they will use this to demonstrate their behavior in the society.
2. **The Emotionally Negligent:** This kind of people are just opposite to emotionally intuitive; have emotional knowledge at high level, but they won't apply it in an effective way. They will miss others and their signals.
3. **The Emotionally Intuitive:** This kind of people have emotional knowledge at lower level, but they will utilize it in an effective way and shows constructive relationship and sensitive to interpersonal signals.
4. **The Emotionally Unintelligent:** This kind of people have emotional knowledge at lower level, and who failed to demonstrate effective use of that knowledge in the role play (e.g., missed others' emotional cues, etc)
5. **The Emotionally Manipulative** This kind of people also have emotional knowledge at greater level but they will choose to use this knowledge in an immoral way (e.g., lowering others' self-esteem to enhance their own position or dismissing others' feelings so as not to validate them).[4].

Tatton's Classification in Nut Shell

S.No	Categories	Level of Emotional Knowledge	Effectively Using
1	Emotionally Intelligent	High	Yes
2	Emotionally Negligent	High	No
3	Emotionally Intuitive	Low	Yes
4	Emotionally Unintelligent	Low	No
5	Emotionally Manipulative	High	Wrong use

TEACHERS' EMOTIONAL ABUSE TOWARDS CHILDREN

As per the results of study conducted by Amal S & ,Abdullah S emotional abuse is crucial to other kinds of abuse. Students reported that greaterdegrees of emotional exploitation 55.2% at least on one occasion in their school epoch.Emotional exploitation of schoolchildren is a greatlywidespread problem with communal, racial and health dimensions. Child gender, family type, and father's education level were the main predictors for emotional abuse. Accordingly, appropriate social, legislative and administrative interventions at the family, school and community levels are essential to deal with the problem of schoolchildren emotional abuse by their teachers [5].

NEED AND SIGNIFICANCE OF THE STUDY

In today's world, leading a peaceful life, becomes a challenging one for human being.Starting from childhood stage to adulthood, lot of issues have to be faced by everyone, throughout their life.So many discouragements, disappointments, hurdles, criticism, failure, rejection etc are makes emotional wounds.Most of the people are worrying lot of time, feeling guilty, having difficulty in adjusting with others and hurting himself/herself. Because of these emotional wounds, they may feel helpless or hopeless. Emotional expressions mainly decide the personality in the society.The stability in emotional behavior is a significant concept for the harmonious development of personality. Students may receive advices from elders, through movie, speech by leaders etc. But when they receive guidance from their adorable psychology professor, it is special for them and wanted to follow it in their life.And, the school children must be handled very carefully, and the teachers must be role model for their followers. Hence, as a psychology professor, the investigator, interested to know the effectiveness of sessions on emotional expressions among the future teachers.

SAMPLE, MATERIALS AND METHODS

Seventy eight students of B.Ed had been taken as sample for this analysis simply by convenience sampling means for this research process. The investigator developed a questionnaire implicates 23 statements to excavate emotional lexes of students. The responses marked under 'YES' or "NO". This is an experimental method of research, fit in to single group with pre-test and post-test design. A questionnaire consists of 23 statements to measure their emotional expression before sessions as pre-test. All the 78 students had attended all the three sessions (3 days), 3 hours each. So effectively 9 hours of talks comprising, importance of handling emotions in an effective way with many examples, stories and some real incidents on adverse effect of emotional outbursts, had been narrated by the investigator. After a period of three months, their responses were collected by employing the same questionnaire as post-test.

OBJECTIVES

1. To measure the common altitude of emotional lexes of prospective teachers.
2. To examine the effectiveness of Sessions on emotional lexes of prospective teachers.

HYPOTHESES

1. The common altitude of emotional lexes of prospective teachers is in acceptable manner.
2. The emotional lexes of prospective teachers are improved after sessions.

ANALYSIS OF THE RESULTS

Table showing the emotional lexes of sample before and after Sessions

Altitude	Percentage of Scores ranged between	Numbers before Sessions	Numbers after Sessions
Incompatible	0 to 33	09 (11.50 %)	00 (00.00%)
Acceptable	34 to 66	47 (60.25%)	12 (15.40%)
Appreciable	67 to 100	22 (28.25%)	66 (84.60%)

As per the results, sixty percentage of the prospective teachers, shows their emotional lexes in an acceptable manner. Only twenty-eight percentage of the teachers shows their emotional expressions in an appreciable way. But, eleven percentage of the prospective teachers' emotional expressions were in an incompatible way.

The percentage of emotional lexes improved from twenty-eight percentages to eighty-four percentages after listening to the sessions and they have been following for the past three months after the sessions. Those who expressed their emotions in an acceptable way also moved to appreciable way as reduced from sixty to fifteen percentages. Especially no one is showing incompatible emotional lexes after sessions which was eleven percentages before sessions.

DISCUSSION OF THE RESULTS

The sample for this study are prospective teachers who are matured enough to express their emotions in an appropriate way. So that, majority of their emotional lexes were in acceptable way even before the sessions. Since they have chosen teaching field to get training to improve their skills in all aspects, and these sessions make them to improve further easily. Only eleven percentages of them were in incompatible category, but they were able to change completely to be emotionally stable. While analyzing their responses, it is understood that they were able to recover quickly from their negative emotions: means that, the required time for emotional recovery has been extremely reduced unexpectedly. The recovery time is directly related to their psychological flexibility. It means, they are able to adapt themselves in stressful situation to meet the changing demands in the surroundings. And also it is observed that, they are able to convert negative emotions in to positive gradually and now completely it is possible for them. They never hurt anyone by words, behavior and even by smile. As per the views of **Amal S & ,Abdullah S** comparatively most of the teachers' emotionally abusive behavior could be explained by different social, cultural, and organizational factors. For example, some abusive behaviors might be culturally acceptable, such as "shouting and calling names". On the other hand, teachers might not be fully aware about child rights in addition to lack of comprehensive disciplinary rules concerning the appropriate management of pupils [5]. Hence, emotional expressions are very significant behavior for the teachers and future teachers to handle the students who are the nation builders

RECOMMENDATIONS

- Psychology teaching must be life oriented and direct experiences have to be shared
- Every human being should cognize the adverse effect of irrelevant emotional lexes
- Avoid overthinking and excessive thoughts which bring you down and make you miserable

- Self-appreciation will be helpful to lead a satisfied life without any negativity in mind.
- Cultivate reading habit, to keep you away from annoying issues.
- Learn from your mistakes. Not to stick on the mistakes and being worried always.
- View all your complications as opportunities for your progress
- It is important to understand that, unnecessary and aggressive emotional lexes will degrade your personality
- Be grateful for all you have now. Instead of worrying about what you lost.
- Listening to the speeches of saints and observe their emotional firmness even in unpleasant
- Take a firm decision that you must be a role model for others in all the aspects: especially emotional lexes.
- Try to avoid situations which kindle your negative emotions.
- Concentrate on things which makes you to be in blissful and joyful

CONCLUSION

In our society, it can be easily observed now, that the emotional senses are going out of control. The widespread news every day is destruction of graciousness and security. Prevalence of such emotional outburst in all ages of people, leads to depression and rushing of violence. Most probably the personality of a person, can be explored by his/her emotional lexes in the society. Since the teachers are the source of inspiration for the students. Whatever may be their personality type such as introverted or Extroverted, people can learn to express their emotional lexes in an appropriate and in an optimum way. Generally, people who are empathetic, they will think in place of others and they never hurt anyone by their behavior. They are always kind hearted and their behavior may be in a socially acceptable way. People who are peaceful are easy-going, and resilient to illogical worries and concerns. Because of this aptitude they can stay calm even under higher pressure and can also think unmistakably and be motivated. Aggressive persons also can control their anger by proper training even though it's an innate

character or may learnt such behavior from the immediate environment. But the tolerant people always have the ability to handle the emotions in a fruitful manner. This kind of experimental research can be extended in all levels of people such as Bank employees, Corporate employees, Bus conductors etc to make a smooth relationship with people. If the emotional lexes of the people are in a delightful manner, they will also become a mentally strong person which is important to meet out the mind blowing complications of life situation. Mentally strong persons are good enough to keep emotions and logics in a balanced way and spend their time productively. They are also ready to learn always and solve problems easily. So, emotional lexes play a vital role in all aspects of life to live a better classiness life.

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