

Psychology of Learning

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Lecture – 30

Emotional Intelligence and Learning (Contd.)

Hello viewers. Welcome back to this NPTEL course on Psychology of Learning. So, in the last class we were discussing about emotional intelligence, emotional contagion, emotional labor. So, today we will discuss about the new concept that is emotional creativity. Now let us see what does it mean.

So, emotional creativity is a pattern of cognitive abilities and the personality traits that relates to originality and appropriateness of emotional experience. So, here emotional creativity as you see it in two combination of one is the one emotional expression another is the creative insights. These are the two when these two components gets together blended. So, emotional creativity takes place.

So, that is why it is a pattern of cognitive abilities and the personality traits. Personality trait within the personality trait you can say the emotional temperament, emotional experience, emotional expression all these things also comes in. So, and it is related to originality and appropriateness of that emotional experience. So, authenticity of that experience. So, it is actually pervades in human creative performances because it involves one's ability to connect with the reasons.

For example, take the example of you know the classic novels or very or these art movies or the art movies or very you know very realistic stories, novels or the or even through the poetry. The poems. So, where the authors actually where the authors they expresses their feelings and expressions such a natural way as if it that means, it is depicts their own experiences, but how creatively. So, creativity or the creative means how creatively they have narrated it is that means, how that is they have selected the right cognitive components, cognitive ability to depict that. So, that is the emotional creativity out of heightened emotional experience how the person has created something new, something innovative, something constructive. It may be in terms of art, it may be in terms of poems, it may be in terms of novels, it may be in terms of any paintings, any kind of things.

So, with heightened emotional experience how this can be depicted and reflected in a piece of art in a creative piece of work in a creative piece of painting or thing. So, that means, it is a perfect blending of emotional experience, heightened and intense emotional experience at the same time the cognitive competence to perfectly blend it, narrate it and replicate it and showcase it and explain it. So, that is the emotional creativity. So, primarily that means, how the individual has become has created something outstanding out of his own emotional experiences that is the emotional creativity. So, here it involves one's ability to connect with the reasons for and the consequences for the emotional experiences and at the preparation stage to the creative process as well as experiences of the expressing novel express the novel emotion

at the very beginning.

So, like for example, creative thinking creative thinking it takes place in a phase way in a stage wise process starting from the preparation to the verification etcetera that is the normal creative thinking process. Now, in emotional creative creativity actually when the individual experiences the heightened emotion when the normally when the individual experiences the heightened emotion he analyzes the same experience he also cognitively analyzes it. What could be the possible reason, what are the causal factors, what are the pros and cons all things all the things whatever emotional experience he is having he rationally, logically, cognitively he analyzes everything all the reasons and he depicts it in the writing, depicts it in the creative product. So, here creative thinking starting from the very initial stage of preparation stage to verification stage that means, the complete creative analysis, creative thoughts, creative thinking takes place as well as with the perfect analysis of all these emotional experiences, intensity, causal factors, cause and effects all the details of emotional experience that he has undergone ok. So, not only he has analyzed his own emotional experiences, heightened emotional experiences, intensity, the causal factor, what could and all his reactions all his thought processes here and how he translates it into cognitive structures, cognitive schemas etcetera and thereafter write it thereafter deliver it write it discuss it elaborate it starting from the very in a very structured way very systematic way either in terms of artistic piece in a thought or narrative piece or the poem or the very novel etcetera ok.

So, thing is that the person is highly intelligent and he can better understand all his heightened emotions, highly intense emotions etcetera and analyze the whole thing and at the same time cognitively analyze it and depict it as a as in terms of an emotional emotionally creative piece of work ok. So, the higher the emotional creativity has been found to be related to the increase involvement of the students in creative leisure time activities. So, in the in the in the in the educational environment highly this emotional creativity actually emotional creativity can be better expressed if you can provide the leisure time leisure time activities to the students and the students those who are those who are increasingly involved in this creative leisure time activities either in terms of creative writing, painting, composing the music, dance, improvisation or so, do it yourself activities actually these emotional creativity is actually is a way of self expression actually. So, way of expressing our self maybe expressing our self maybe our passion, our emotions, our you know weaknesses, our compassion. So, it is actually emotional creativity is that these are actually the true reflection or the you know positive you know self expression through is.

So, children usually they do it do it in the in the leisure time activity through all these scratches all the colors all these all this even scrabbles all the all the you know playing gadgets all the instruments all the damage thing whatever they would like because it is a way they want to you know they want to create design or design something what is going on. So, in the sense it is a kind of again therapeutic also in the sense that we may not be very sure of what actually we are feeling sensing or thinking, but when we try to create something automatically the flows comes in. So, automatically it gets translated. So, it is also it is a very it is the most effective way of self expression. So, that is why creativity is considered to be the one of the major areas of the general creativity general creativity is there, but emotional creativity is that is it is also considered as the more most authentic factor most important factor because along with the verbal and non verbal activity creativity along with the verbal creativity non verbal with creativity problem solving ability is emotional creativity creativity is also equally important.

So, the important features of these emotional creativity is that divergence from the ordinary emotional experience. So, when we talk about emotional creativity it is it is it is it deviates from the normal. Normally a sound normally a normal creative person can do it in terms of addressing it is doing it something else, but a emotional creativity person is different diverse from the situation because here the emotional component is blended with is integrated and out of the inspiration of that emotional experience, he is creating something. So, it involves the cognitive abilities that enables the cognition to diverse from the common and generate novel emotional reactions. So, it is here it is a complex blending of mixture of cognitive potentialities abilities cognitive effort analysis cognition analysis and how differently he narrates the emotional expressions and experiences in a different way.

So, that it creates a kind of novel as a unique novel emotional reactions. Primarily you can say the best example is that some filmmakers some author some poets they are there when we when we study read their autobiography something like this it is equally very you know very sad very you know very pathetic very traumatic or very you know heartbreaking kind of thing heartbreaking. And the same person when they have prepared they have narrated they have written a novel or they have they have directed movie etcetera. The same with the same emotional intensity the same emotional content etcetera they have developed. So, it has become a you know it is a classic it will becomes a classic a unique piece of art or novel or music or painting something like that.

So, here that the perfect blending of emotional perfection emotional experiences and the cognitive effort and abilities and perfection of depicting it in terms of a creative product. So, emotionally creative abilities actually these are related to cognitive abilities and supporting the innovative performance, idea generation, realization, even promotion all these things kind of things that has been. So, emotionally creative abilities have been narrated like that and emotional creativity is related to personality traits. Personality traits like open mindedness, openness to experience and you know maximum realization or personalization of emotional experience, emotional intensity that you have gone through. Like for example, often sometimes what happen all of us we experience very bad experiences we experience pathetically we experience some traumatic experience, but after sometime we may not be able to write it down or narrate it exactly what we have experienced.

So, that we lack some skills of narrating or depicting the same things in the same tempo in the same intensity with same degree of you know emotional sensitivity we may not be able to do so. So, but the creative people the creative people not only they have remembered whatever they have experienced, but they have the right language they have the right words to explain it and they have exactly remembered what has happened with them what they have experienced and exactly the same thing they narrated in the novel or in the picture or in the painting or whatever ok. So, here their personality attributes are very important one thing is that they are very openness to experience they are very positive they have the positive affect attribute that means, clearly distinguish between what is positive what is negative what are the nuances of emotional experiences what are the you know how to depict it how to write it right knowledge of the words the vocabularies the narratives and how to explain it the time the sequence the structure everything there are just remarkable they are just outstanding in depicting what they have experienced they can catch hold of that experience for a longer period of time if you keep on reflecting on these analyzing thing then depicting it narrating it. So, it is a continuous again it is a continuous engagement of their creative leisure activities creative their timing their everything etcetera. So, when that is why you might have observed the authors the poets and script writers when they start writing something they usually take a long

period of time long time because in their because they keep on thinking about it, but they need sufficient time sufficient leisure time leisure period some sufficient that means, freedom from all kinds of mundane affairs all kinds of external factors all kinds of distractions.

So, they that is why they usually the very good writers, writers they poets writers etcetera they usually take long period even for the writer for writing a book or even for the script writer for writing a script for the movie or the classic novel all these thing usually they take long time that is. So, their engagement is so high, but at the same time they want the mind to be free from all kinds of external burden and distraction. So, creativity in that is a creative leisure activities during the time when they are relaxed they are free their minds all the time in that way that time they just want to focus on that experience that idea and then narrative. So, that is a sufficient time sufficient leisure time sufficient freedom sufficient that means, sufficient that means, less burden or free freedom out of all kinds of mundane distractions. So, then only so that is the emotionally creativity emotional creative product can come into in terms of painting in terms of books in terms of scripts in terms of poems etcetera that is the thing.

So, the very all our very good writers, writers, poets and the even column writers and the all these creative people they are painters significant painters, musicians. So, all these are innovative ideas and creative outputs products have come up out of these experiences. So, there is a perfect blending of creative expression so that means, emotional expression intensity of experiencing heightened emotion remembering it recollecting it analyzing it and depicting it and with the perfect analysis of cognitive analysis of all these things of all whole process starting from why it has they have experience what are the factors how they have experience what were their behaviors outcomes everything. So, all the know-hows, know-whys of cognitive aspects as well as the heightened emotions they are experience they have experienced. So, in applied setting actually so, if that kind of things emotional creativity can be created in educational environment that is a from the very beginning we are encouraging the children to be engaged in creative thinking. Let them explore their own interest own creative potentialities let them that means, explore their individual passion their unique abilities specific abilities attribute.

So, that is a creative thinking and critical thinking these are the two components which have been which have been embedded integrated in the curriculum by from the very beginning in the school education which has been which are which are being promoted by all the educational platforms, policies, school, college etcetera because this is the process how the child grows up. So, that not only he will be he will be going up with his own knowledge own ability to explore his own potentiality etcetera, but also he can create something. So, critical thinking is very much required for you know for original thinking original thing and creative thinking also same thing. So, unlike the traditional unlike the traditional educational scenario where the teacher says talks and the student lessons that is more of teacher centric and more kind of passive learning situation like, but the real life now the students centric education system primarily focuses on giving its immense freedom to the learner, freedom to the student, freedom to the and liberty to the students in the classroom. So, that is a now we are also changing our pedagogy also now reverse teaching, flip teaching, introducing different group learning, collaborative learning all kinds of thing that is we are giving the innovative pedagogy.

So, that the students the learners they get maximum freedom maximum freedom to that means, to understand themselves to come up to develop themselves to nurture themselves to nourish the potentialities and to and to explore themselves at their own specific abilities and come up with the new ideas consist of new learning components, new creations and come up

with the authentic learning outcomes which they can use it in the not only in the daily life professional life also through on the basis of which they will be more research oriented more future centric more their work will be more sustainable. So, they will be the lifelong learner. So, this kind of thing is emotional creativity also related to innovative performance of the employees in the workplace as well as the higher teaching efficacy amongst the educators in the educational scenario. So, emotional creativity is the capacity to generate the novel and effective emotional response to different situations and it involves combining, transforming and expressing the emotion in original and adaptive ways ok. So, capturing analyzing experiencing capturing combining transforming all sometimes if it is required can transfer it can modulate it can change it and experience expressing the emotions in the original and adaptive way ok.

And it is also it can help us to cope up is suppose if you are a suppose if you are a very good writer if you are a very good painter you are a singer. So, it is the very easy it will be very easier for you to de-stress yourself. So, it is a you know relaxation technique also it is a emotional creativity helps the learners to cope up with the stress to enhance our relationship to stimulate our emotions. So, it is a de-stress fact de-stress mechanism at the same time de-stress mechanism to easily cope up with the stress distress ourselves as well as to result to you know to enable us to or do can be capable of creating something new. We can be very often engaged in high imagination in imagination in kind of you know different planning the future imagination which can also be culminated in terms of some creative product.

So, it creates a kind of happiness by expanding our emotional reporters. Suppose a writer when he explains narrates everything in his what is there in his heart. So, it is a perfect blending of our heart and the mind heart whatever heart the feels the heart feels the mind explains everything narrates everything. So, it is a perfect blending and the moment the writer the creator does it he gets immense pleasure satisfaction.

So, satisfaction out of this. So, it is a kind it is a kind of you know more of contemplative self contemplative satisfaction self contemplative learning also. So, it brings sources it is the so these are the sources of joy meaning satisfaction meaningful life and also it also transforming the negative emotion. Suppose the the writers the writers experiences past experiences are very pathetic very traumatic etcetera, but he when he depicts something when he writes something when he creates something new then it completely transformed all these negative emotion from the negative pathetic emotion and experience to the positive totally transformed creative product ok. So, it completely transforms and reduce their intensity and duration of this negative emotions towards the positive and more constructive thing. So, by expressing the emotions by expressing the emotions creatively now we can share our feelings create the positive feedback loop and we can share our feelings with others positive feedback loops etcetera.

So, again more meta analysis also meta analysis like after going through the research literature on emotional creativity etcetera the meta analysis shows that Women showed the high level of emotional creativity than men. That may be the factor of may be the factor of you know experience is there may be some emotional traits which may be very specific about Women. So, that we have not gone into the depth that may be the biological factors, but as you can say the so emotional experience and expressions emotional experience and expressions and then and depicting it analyzing in writing in narrating with the exact words language lucid language and explanations narrations with the clear with the which shows reflects the imagination situational factors which actually as if like the reader the person who is witness it who reads it who it who listens it actually feels like as if he is also experiencing

that is the replication of that exact emotional experience into the new event in terms of product. So, it is a complete transformation of negative emotion towards the positive output it is more transformatory again it also gives a kind of contemplative learning when we self analyze it gives we are engage in contemplation deep contemplation deep analysis. So, here emotional creativity is also way of deep contemplation contemplative learning.

So, so now, emotion as can also inspire the creativity emotions inspire the creativity these are some of the examples that are that just now we have discussed the role of emotion in the creative process might be the most intuitively obvious in case of the arts. Like for example, these are the paintings these are the paintings more explicit in terms of the art like for example, even though these are unique interpretations, but you can say in the artistic pictures artistic products you can say these are more expressive because the it is a it completely the that means, the in this platform the thinker the experience holder the person who actually completely get the space and with the space with the use utilization of space colors sketches etcetera you want to replicate the whole thing. So, role of emotion in the creative process might be most intuitively obvious in case of the art by expression by observing this art artistic piece we can find out what could have been the writer's painters' experience and expression. So, the art pieces, but it is at completely different like in artistic creativity it is something different, where is in normal creativity other creativity in terms of scientific things in terms of some social activity social interaction etcetera. So, artistic creativity is something different because it appears to be very abstract appears to be very abstract subjective etcetera.

Where is the application of creative work it is also the ability to identify the emotions and regulate the control of emotion to drive the creative performance that validates the emotional creativity. So, here also it is also like for example, the novel literary pieces etcetera for example, this emotional creativity from the emotional creativity products we can also sometimes when we go through the whole novel go through the whole novel and the narration and the movies etcetera. At the end of the end of the story we feel that as if whatever he has whatever the person has experienced I think it has been justified or it has been truly depicted or it could have been felt like that or similar for other persons or for layman's also. So, actually it validates it decrease this creative product actually it validates is authentic validates the authenticity of his emotional experiences. So, it is a way of establishing authenticating the our inner feelings inner experiences or human you know you can say human abilities or human strengths and weaknesses and human thoughts and human emotions.

So, these are the original the classic novels literary pieces etcetera these are the best examples of emotional creativity. Now this is what things this is how emotional creativity like how it can be encouraged in in case of learners, in case of students, in case of children from the very beginning. So, it can also be it can also be created encouraged in through the learning processes and also. So, that in the at the end of the day or towards the end of their career or maybe towards that adolescence days or the adulthood. So, they can be engaged in some creative creative product.

So, it also that this is also is a creativity this kind of creative thinking or creative expression and making emotional creativity if it will be encouraged from the very beginning it can also results in outstanding innovations, outstanding you know products, outstanding processes, outstanding pedagogy. So, that it not just it not just looks into the usefulness utility or quality or the originality of the product, but also it can have a some human touch, it can have some social relevance, it can have some people skill, it can have some significance for the better human relationship and happiness and well being. So, thank you very much. Now I am

completing this emotional intelligence chapter here. Next week, we will discuss another chapter, new chapter, something related to human psychology as well as the learning behavior. Thank you very much.