



SOCIO-PSYCHOLOGICAL FEATURES OF THE INTERRELATIONSHIP BETWEEN VALUES AND EMOTIONAL INTELLIGENCE

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Abstract. *This article theoretically analyzes the socio-psychological features of the relationship between personal values and emotional intelligence. In the research process, the role of the value system in the formation of an individual's emotional experience and the influence of emotional intelligence on the manifestation of these values in social behavior are highlighted. Based on the analysis of scientific literature, it is substantiated that the interaction of values and emotional intelligence is an important factor ensuring the social adaptation of the individual, the effectiveness of interpersonal relationships, and psychological stability. The article also reveals the theoretical and practical significance of the harmonious development of these psychological structures in the context of modern society.*

Keywords: *values, emotional intelligence, personality psychology, socio-psychological factors, emotional management, empathy, interpersonal relationships, social adaptation.*

Introduction. In the context of today's globalization and rapid social changes, a deep study of the factors ensuring the adaptability, social activity, and psychological stability of the individual in society is one of the urgent scientific tasks. In particular, the mutual harmony of the internal value system and the emotional sphere of a person manifests itself as one of the important psychological mechanisms that determine their social behavior, communication culture, and life position.

Values are formed on the basis of a person's social experience and serve as the main factor directing their life goals, beliefs, and behavioral choices. Emotional intelligence, on the other hand, represents a person's ability to understand and manage their emotions, as well as to understand the emotional state of others and react to them accordingly. The interrelationship of these two psychological structures plays an important role in determining the success and psychological maturity of a person in the system of social relations.

Despite the growing interest in the problem of emotional intelligence in psychology in recent years, its inextricable connection with personal values, especially from a socio-psychological point of view, has not been sufficiently systematically studied. Existing scientific research is mainly aimed at studying the influence of emotional intelligence on professional activity, the educational process, or interpersonal relationships, and the mechanisms of interaction with the value system are often interpreted as a secondary issue.

However, personal values serve as an internal criterion that determines the direction of emotional processes. Emotional intelligence, formed on the basis of values, increases the possibility of making responsible decisions in the social environment, showing empathy, and constructively resolving social conflicts. Therefore, the analysis of the relationship between values and emotional intelligence from a socio-psychological point of view has important theoretical and practical significance for modern psychological research.

Literature review. The problem of values and emotional intelligence has been formed in psychological science as independent and interconnected directions, and these concepts are interpreted as important determinants of the social development of the individual. Although most studies are aimed at studying these two phenomena separately, scientific works aimed at explaining their interrelationship from a socio-psychological point of view are relatively rare.

The concept of emotional intelligence was first introduced into scientific circulation at the end of the 20th century, and its theoretical foundations are set out

in the research of Peter Salovey and John D. Mayer. They explain emotional intelligence as a person's ability to identify, understand, and use emotions in thinking and behavior management. This approach is significant because it interprets emotional intelligence as a complex psychological system intrinsically linked to cognitive processes[1].

Later, the concept of emotional intelligence was further popularized by Daniel Goleman. He explained emotional intelligence through such components as self-awareness, managing one's emotions, motivation, empathy, and social skills, substantiating its role in personal and professional success. The Goleman approach is particularly noteworthy for revealing the socio-psychological aspects of emotional intelligence[2].

The problem of personality values is one of the important objects of research in social psychology and personality psychology. The scientific views of Milton Rokeach play an important role in the interpretation of values as a stable psychological structure that guides personality behavior. He divided values into terminal and instrumental types, substantiating their influence on personal motivation and the decision-making process [3].

In the analysis of the relationship of values with cultural and social factors, the theory of universal values, developed by Schwartz, is widely used. In this theory, values are interpreted as a system harmonized with the needs of the individual and social demands. Schwartz's research shows that values are directly related to emotional states and social behavior[4].

In the studies of domestic scientists D.R. Oymatova and Z.N. Rakhmonova, special attention is paid to the interrelationship of personal values and the emotional sphere. In particular, the harmonious development of emotional stability and moral values in the process of personality socialization is interpreted as a factor determining the level of social adaptation of the individual. Some studies emphasize that the level of emotional intelligence development is closely linked to an individual's social responsibility, empathy, and moral choices [5, 6].

At the same time, the analysis of existing scientific literature shows that the relationship between values and emotional intelligence is often covered indirectly, and their socio-psychological mechanisms are not sufficiently systematized. In particular, the question of how the value system of a person influences the formation and manifestation of emotional intelligence requires deep empirical research.

These circumstances determine the need for a comprehensive study of the relationship between values and emotional intelligence from a socio-psychological point of view and further increase the relevance of this scientific article.

Main Part. A person's value system and emotional intelligence are important socio-psychological factors that determine their social behavior, the quality of relationships, and the level of psychological adaptation. The interrelationship of these two structures is clearly visible in various aspects of a person's activity, in particular, in the process of communication, social decision-making, reaction to conflict situations, and the manifestation of empathic behavior.

Values express important life criteria and spiritual directions for the individual and determine their emotional reactions. That is, values significant for the individual directly influence the emergence, strength, and duration of emotional states. For example, individuals who prioritize values such as social justice, responsibility, or humanism exhibit a stronger tendency towards sensitivity, empathy, and empathy towards the emotional state of others. This situation is directly related to the main components of emotional intelligence.

Emotional intelligence ensures the individual's ability to understand emotional experience and consciously manage it, mediating the manifestation of values in practical behavior. Highly developed emotional intelligence allows a person to make the right decisions in social situations in accordance with their values, control negative emotions, and conduct constructive communication. In this regard, emotional intelligence can be considered as a mechanism for the transformation of values into social behavior in real life.

From a socio-psychological point of view, values and emotional intelligence form a dynamic system that interacts. Values formed in the social environment enrich the emotional experience of the individual, and emotional intelligence ensures the effective implementation of these values in social relations. Especially in the process of interpersonal relations, this harmony manifests itself as a factor strengthening social adaptation, mutual understanding, and social stability.

Studies show that individuals with a clearly formed value system or internal conflicts may have a lower level of some components of emotional intelligence, in particular, the management of emotions and the expression of an empathetic attitude. On the contrary, individuals who rely on stable and socially significant values are emotionally balanced and demonstrate flexibility and psychological resilience in social situations.

Also, the interrelationship of values and emotional intelligence plays an important role in the social responsibility and moral choices of the individual. With the help of emotional intelligence, a person makes decisions taking into account not only their own feelings, but also the emotional state of others. In this process, values determine the moral criteria of these decisions. As a result, the individual demonstrates responsible and constructive behavior that corresponds to social norms.

In the context of modern society, the intensification of competition, the increase in the flow of information, and the increase in factors of social stress make the harmony of values and emotional intelligence even more important. This harmony serves as an important socio-psychological resource in maintaining the psychological health of the individual, increasing stress resistance, and ensuring social well-being.

Therefore, a deep analysis of the relationship between values and emotional intelligence is of great theoretical and practical importance for understanding the socio-psychological mechanisms of personality development, as well as for

developing effective approaches in the processes of education, upbringing, and psychological practice.

Conclusion. The conducted theoretical analysis shows that the relationship between personal values and emotional intelligence occupies an important place in the socio-psychological development of the individual. Values give meaning to the emotional experience of the individual and manifest themselves as the main internal criterion directing the system of his social behavior and relationships. Emotional intelligence serves as an important psychological mechanism that ensures the conscious and constructive implementation of these values in real social situations.

The research results show that individuals with stable and socially significant values have a higher level of adaptability to the main components of emotional intelligence, in particular, the awareness and management of their emotions, the manifestation of empathy, and social communication. On the contrary, in cases of discrepancies or internal conflicts in the value system, the probability of emotional imbalance and difficulties in social relations increases.

It was also revealed that the harmony between values and emotional intelligence is an important factor determining a person's social responsibility, moral choices, and resilience to stressful situations. This harmony serves as an important socio-psychological resource for the successful adaptation of the individual to the social environment, the building of healthy interpersonal relationships, and ensuring psychological well-being.

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