

Emotional Intelligence in Buddhism

H.R.N. Peiris

*Department of Public Administration, Uva Wellassa University Badulla,
Sri Lanka.*

When it comes to human development, modern world is now focusing on four intelligences of the individual, namely: Physical Intelligence (PQ), Mental Intelligence (IQ), Emotional Intelligence (EQ), and Spiritual Intelligence (SQ). However, this is not a new concept as all these four areas have been thoroughly discussed in Buddhist teachings. Buddhist concept of Emotional Intelligence is go beyond this interpretation as it discusses the root causes, need of managing, and the way of managing emotions in detail. Purpose of this research is to identify the Buddhist approach on Emotional Intelligence. Documentary study is the method of data collecting and content analysis is used for data analyzing in this research. Base of all emotions generated in human mind is based on three basic mental components of the person: *Raga* (passion), *Dosa* (hate), *Moha* (delusion). These mental components have negative effects on individual and the society, if they are not managed. Buddhist teachings analyse the three basic mental components according to its nature: whether it is easy to overcome or not, thought processes create by the mental component: how the individual think according to the each mental component, and how to overcome these mental components: which method should be used to overcome, and the outcome of the act: if individual stay with each mentality what will he will gain. When it comes to outcome, it is clearly explain what are the negative outcomes individual will gain if he/she stay with that mentality. And also what are the benefits one can gain by overcoming the three mental components. As the actions related to these three mental components are directly related to other members of the society, it also guide the individual to deal with other members of the society without creating negative thoughts. Therefore, it is clear that emotional intelligence in Buddhism guide the individual to become more self-friendly and social friendly person.

Key Words: Mental Components, Negative Outcomes, Self Friendly Benefits, Social Friendly Benefits