

## **EMOTIONAL INTELLIGENCE AND WORK PERFORMANCE AMONG EXECUTIVES**

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### **Abstract**

Emotional intelligence is the capacity of an individual to define his own emotions and to become sensitive to those that he perceives from the environment and the circle of people he is interacting with. It may also be that emotional intelligence is the use of knowledge of these emotions to control situations and create plans and decisions based on the perceived emotions. Resources would further add that emotional intelligence is part of our personality that dictates to become more aware of what triggered a specific reaction, both done by the self and people surrounding the "self". This study explains the performance of executives on different levels of emotional intelligence and provides a link between emotional intelligence and effective work performance. 20 executives (out of 200) within the age range of 40 to 55yrs. Were selected. Emotional intelligence scale was used to measure emotional intelligence and work performance of executives. T-tests for independent groups were used to measure the mean difference between groups. The findings of the study revealed that executives having higher emotional intelligence show better quality of work performance as compared to their counterparts.