

DIFFERENCE BETWEEN EMOTIONAL QUOTIENT (EQ) AND INTELLIGENCE QUOTIENT (IQ)

“Intelligence Quotient” is a measure of intelligence whereas „Emotional Quotient“ is a measure of emotional intelligence, though the relationship between emotions and rational intelligence is a complex one.

Emotional Quotient“ is not opposite of Intelligence Quotient“ rather complement to one another. Research suggests that emotional and social skills help to improve cognitive functioning (Sing D. p-52).

However, some major differences are discussed below:

EQ	IQ
Definition	<p>Emotional quotient (EQ) or emotional intelligence is the ability to identify, assess, and control the emotions of oneself, of others, and of groups.</p> <p>An intelligence quotient (IQ) is a score derived from one of several standardized tests designed to assess intelligence.</p>
Abilities	<p>Identify, evaluate, control and express emotions ones own emotions; perceive, and assess others' emotions; use emotions to facilitate thinking, understand emotional meanings.</p> <p>Ability to learn, understand and apply information to skills, logical reasoning, word comprehension, math skills, abstract and spatial thinking, filter irrelevant information.</p>
In the workplace	<p>Teamwork, leadership, successful relations, service orientation, initiative, collaboration.</p> <p>Success with challenging tasks, ability to analyze and connect the dots, research and development.</p>
Identifies	<p>Leaders, team-players, individuals who best work alone, individuals with social challenges.</p> <p>Highly capable or gifted individuals, individuals with mental challenges and special needs.</p>
Origin	<p>1985, Wayne Payne's doctoral thesis "A Study of Emotion: Developing Emotional Intelligence" Popular use came in Daniel Goleman's 1995 book</p> <p>1883, English statistician Francis Galton's paper "Inquiries into Human Faculty and Its Development" First application came in French psychologist Alfred Binet's 1905 test to assess school children in France.</p>

EQ

Popular Tests	Mayer-Salovey-Caruso Test (emotion-based problem-solving tasks); Daniel Goleman model Score (based on emotional competencies).	Stanford-Binet test; Wechsler; Woodcock-Johnson Tests of Cognitive Abilities.
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What is EQ?

According to the University of New Hampshire psychology department, emotional intelligence is the "ability to validly reason with emotions and to use emotions to enhance thought." EQ refers to an individual's ability to perceive, control, evaluate, and express emotions. People with high EQ can manage emotions, use their emotions to facilitate thinking, understand emotional meanings and accurately perceive others' emotions. EQ is partially determined by how a person relates to others and maintains emotional control.

What is IQ?

Intelligence quotient or IQ is a score received from standardized assessments designed to test intelligence. IQ relates directly to intellectual pursuits such as the ability to learn as well as understand and apply information to skill sets. IQ covers logical reasoning, word comprehension and math skills. People with higher IQ can think in abstracts and make connections by making generalizations easier.