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**MODERN RESEARCHES OF EMOTIONAL INTELLIGENCE AS A
COMPONENT OF THE INDIVIDUAL'S SOCIAL INERACTION**

During formation, concept of emotional intelligence has caused many controversy and criticism about the impossibility of combining rational intelligence and irrational emotional sphere of the individual. But just as we use intelligence to communicate with

the external world, we can also use it to form and understand the predictive effect of emotions.

R. Thorndike singled out one of the main types of intelligence – social. In their works, G. Allport and G. Eisenk described it as an important ability for social adaptation. Human, as a social being, has a vital need to adapt to the environment, and for this he must perceive and analyze the information obtained and use it for the process of adaptation. In the 90s of the last century began a thorough study of social intelligence, mostly of the emotional component as one of the sources of information through feelings, emotions and experiences. This is the time of the origin of the concept of emotional intelligence.

At this level, we can say that emotions are perceived not as an instantaneous reaction to the environment, but as an opportunity to obtain additional information through the interaction of two or more individuals. Emotions form almost 80% of all nonverbal communication and can better describe the characteristics of a person. D. Lucin introduced bilateral components as intrapersonal emotional intelligence and interpersonal EI. This allows us to judge that according to the interaction with another individual, the person first “read” nonverbal information through emotions and their external manifestation (manifestation of interpersonal EQ), evaluates and forms their own emotional attitude to this situation or interlocutor (indicating use of the intellect predicts a possible behavioral response of the second person. And then, realizes a certain acceptable emotional response, which in turn can affect the excitable state of another individual.

In modern psychology, there is also the concept of emotional upbringing, which means understanding in what situation and with whom you can show a particular emotional model. This is a certain ability that can be acquired and developed, so there are learning practices on the basis of which it is possible to effectively use their own emotions, manage the emotions of others in different social situations.

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