

AUGMENTING EMOTIONAL INTELLECT OF STUDENTS THROUGH EXPRESSIVE POEMS IN ELT CLASSROOMS

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Abstract: “Emotion” is a term that delivers lots of connotations and it tends to create many vicissitudes in the day today life of human beings. Managing one’s reaction is an art but many lack due to anxieties and insecurities which prevails within them which interrupts their piece of mind. Every human being should have some awareness about their way of expressions related to mental state. According to Aristotle “the problem is not with the emotionality, but with appropriateness of emotions and its expressions”.

Students of this present era are more sensitive compared to the past due to the fact that they bump into several emotional state of mind in their real life. For instance, loneliness, depression, impatience, unruliness, nervousness, impulsiveness, annoyance, peer pressure, competitive atmosphere and exposure play a vital role in deciding their responses towards their fellow beings. They need some medium to express their mental state and refine their emotions for which they need to be trained to win their state of mind and to succeed in their personal and professional lives.

The basic ideology of the education is, it should create and inculcate essential human competencies such as self -awareness, self- control and empathy, the arts of listening, resolving conflicts and cooperation. English classrooms provide various opportunities to express and share the views as the learners are asked to come out with different opinions on what they learn which in turn enhances their emotional intellect.

There is a close connection between poem and emotions as Anne Wright in her blog states that, “emotions are not logical or rational. They speak through the some times baffling language sensation, wild, organic and stirring, that is like poem”. Poems could be used for teaching emotional intelligence as it paves way for expressions in various dimensions. This research concentrates on effective way of using poems to enhance the emotional intelligence in ELT classrooms for tertiary level students.

Keywords: Emotional Intelligence, ELT Classrooms, Poems, Creativity.

INTRODUCTION

I have said that poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquility; the emotion is contemplated till, by a species of reaction, the tranquility gradually disappears, and an emotion, kindered to that which was before the subject of contemplation, is gradually produced, and does itself actually exist in the mind

— William Wordsworth (Preface to Lyrical Ballads).

“Emotions”, this word is used in everyone’s life in most of the situations. There are many definitions for the word “emotion”, but still now confusions and grey area is there which need to be explored. In everyday life, people come across with

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number of experiences, experiments, incidents, happiness, and sorrows in routine activities. The basic root for all these things is emotions. Many researches are going on in the fields of psychology and humanities. Major researches are focused on the improvement of students' community to strengthen their personality. Emotions can design one's life, if it is handled properly. If not, it destroys their future and career growth. Managing emotions is an art. Literature and languages is device which helps to handle the emotions and express it in a refined way.

Concentrating on emotional intelligence is necessary for the youths of present generation. In last few years, crimes and murders are tremendously increasing. The most shocking fact and data is that youths are taking part in these activities in large numbers. They are not ready to accept even small failures and disadvantages neither in their career nor in their life. Youths fail miserably in handling emotions and they are easily getting angered, depressed, worried, nervous and unruly. Thinking about their actions and its consequences is deliberately missing among the young generation. It is the time to find out few mediums to control and refine their emotions in a positive way. Erin Gruwell American teacher known for her unique teaching methods states that "I realized if you can change a classroom, you change a community, and if you change enough communities you can change the world".

Today every human being became self-centered in one way or the other but there is need for a bridge between their actions and thoughts. As Aristotle says, people should be aware about emotionality and its appropriate expressions. Is it possible to master one's emotions? It is possible but it needs some practice. Classrooms should train them to face the whole world with confidence and hope, the basic ideology of education is to create and inculcate essential competencies like self-awareness, self-control and empathy. All these skills may appear to be ordinary things but it is the only solution for major problems like crimes and terrorism.

Role of ELT (English Language Teaching) classrooms have become a powerful medium, which helps to train the minds of youths and shape their personality. The old school principles are good enough but it is the apt time to modify those with updates. In recent years, all the ELT classrooms are brought in one roof of ICT (Information Communication Technology). ICT has resulted in tremendous changes not only in teaching but also in learning process. Every ELT classroom has become digitalised. All these changes provide extra space for creativity. Students can learn and also express their ideas in different forms. They can come up with e-books, videos, audios, ppts and animations. This kind of changes built their creativity and helps them to contribute in their own interest.

From classical age to romantic and modern ages it could be noted that poetry is the best way to express one's opinion and creativity with full freedom. It does not have or follow any strict rules of grammar, structure, semantics and other language aspects. The primary motive of any poem is expression of writer's mind,

thoughts and his state; particularly they have freedom to choose their own topics. Language used in poetry expresses the feelings and it projects an understanding of life. Teaching poetry differs from teacher to teacher. There is no need for uniformity because the poetry has the power to change its stand and ideas according to situations.

The best way to control emotion is by expressing it in a proper way or medium like poetry. At the same time, it should be expressed in suitable mode. If the students understand the effectiveness of poetry, definitely there will be multitudes that would make use by choosing poetry. Before that, ELT classrooms must take some initiative to implement and introduce poetry to them in all possible ways. The classrooms should be the place for creativity, and it need to be appropriate. If the students understand their potentiality and talents, they prefer to groom that. It is the duty of teacher not only to monitor them but also to be a mentor.

There are different kinds and forms in poetry such as subjective, objective, creative, expressive, experience, etc., when it comes to classroom and teaching, students expects freedom, and learner based teaching. At the same time, teacher should encourage them by giving various activities. In initial stage, students can be asked to write poems about their,

- Favourite food
- Travel plans
- Climate changes
- Dreams and visuals
- Describe the picture
- Imagination

These are a few things which help them for active participation, learning the art of poetry, and mastering the language skills.

Writing poetry is not a solution for emotional problems but it helps the student to relieve from depression, stress and anger. It makes them to be aware of their self and it acts like a meditation. Many poets in literature are known for their emotions. For example, John Keats, he is the man known for his emotions and expressions. He expressed his ideas and emotions even through abstract things like nightingale and melancholy. Next to him, Sylvia Plath, has portrayed her life through poems. Almost all the poets have changed their challenges in life as creative poems. They communicate information and their emotions only through poems which never harms anyone and it reflects the state of many other. The poets are the masters of emotions and best communicators in the world.

In this present era, many youths are becoming a part of terrorist groups mainly because of emotional imbalance. They fail to communicate to this world about their ideologies and demand. It is the perfect time to act and bring changes in youth mind

by help of literature and ELT classrooms. To conclude, “Creativity is the key to success in the future, and primary education is where teachers can bring creativity in children at that level.” – APJ Abdul Kalam.

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