Emotional Intelligence: Improvement Through Exposure
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Introduction
Those scoring high in emotional intelligence typically can read the room well, understand relational connections, detect deception, and other various aspects of human interaction. But how do we learn to be emotionally intelligent? When it comes to interpersonal perception, it turns out to be difficult to learn from our mistakes because we rarely get this feedback. How often do we find out definitively whether the person we suspect is lying is telling the truth or not?

Present Study
In the present study, emotional intelligence was measured through two tests: Interpersonal Perception Task (IPT) and the Profile of Nonverbal Sensitivity (PONS). The purpose of this study was to examine how emotional intelligence increases over time with practice.

Method
• 15 participants (11 females and 4 males) committed to taking the IPT and PONS tests once a week for 9 consecutive weeks.
• The participants were not told how well they did, or given any information about any item or any strategy that would lead to scoring well.

Results:
• We found that both the scores for IPT and PONS significantly increased by week 9. There is strong evidence in support of the notion that emotional intelligence scores increase through exposure.

Conclusion:
Since the results showed that the participant’s scores increased over repeated measures, there is evidence to support the idea that practice can increase a person’s emotional intelligence. Emotional intelligence could simply increase due to increased exposure to social interactions. Emotional intelligence is difficult to teach to individuals because of the multitude of stimuli that impact a social interaction. These results could provide a foundation for future research in the teaching of emotional intelligence.

References:

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Alex Brunot, Thomas Smeltzer, Chiose Stein, Kyrie Smith, Nancy Long, Vinneeth Cigicherla, Alex Geelan, Olivia Cooper, Amber Fulliz, Shanshan Lu, Madi Buhe, Liz Beltran, and Nikita Morales.