

Үр дүн

1. Энэхүү судалгаанд хамрагдсан нийт оюутны бусдыг ойлгохыг хичээдэг 82.0%, өөрийхөө давуу ба сул талаа мэддэг нь 75.0% , хүнд тусалж чаддаг нь 81.6% болж өссөн нь сэтгэл хөдлөлөө удирдах чадамж давамгайлж байгаа нь харагдаж байна.

2. Судалгаанд хамрагдсан оюутнуудын 62% нь бүхнийг төгс байлгахыг хичээдэг, байгаадаа үргэлж талархаж чаддаг нь 33.3% болж буурсан

нь төгс байх боломжгүйг мэдсэнээр алдаагаа давтахгүй түүнээсээ суралцан урагшилж болно гэдгийг харуулж байна.

3. Судалгаанаас үзэхэд суралцах хугацаа ахих тусам сэтгэл хөдлөлөө удирдах чадамж сайжирч байгаа нь ажиглагдаж байна. Цаашид суралцах хугацаанд оюутнуудын сэтгэл хөдлөлөө удирдах чадамжийг хөгжүүлэхэд анхаарах хэрэгтэй юм.

SURVEY ON MANAGEMENT SKILLS OF THE EMOTIONAL INTELLIGENCE IN NURSING STUDENTS

*The term emotional intelligence was created by two researchers, **Peter Salavoy and John Mayer** in their article "Emotional Intelligence" in the journal Imagination, Cognition, and Personality in 1990. It was later popularized by Dan Goleman in his 1996 book Emotional Intelligence. *Educating the mind without educating the heart is no education at all. Aristotle. Educating the heart refers to the importance of not only focusing on developing the cognitive aspects (our minds) but also all the qualities that make us human (our hearts) and ultimately give us meaning in our lives. [2]**

"Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge and to reflectively regulate emotions so as to promote emotional and intellectual growth. [3]

It is not necessary to take separate classes to develop students' ability to manage their emotions, but it is considered effective to incorporate content into the curriculum. The most important requirement for the individual today is to develop an attitude of controlling and managing one's emotions. One has to control one's emotions in all aspects of life, such as making choices, making decisions, mobilizing oneself, understanding others, and influencing others. One of the features of educational institutions in Mongolia is that they are more focused on providing academic education to students and tend to omit individual skills and life skills programs. Especially medical students, including nursing students, need to be able to manage their emotions. This study is expected to make a significant contribution to nursing education.

1. The total number of students surveyed increased to 82.0% who tried to understand others, 75.0% who knew their strengths and weaknesses, and 81.6% who were able to help others, indicating an increase in students' ability to control their emotions.

2. Of the students surveyed, 62% said they try to be perfect, 33.3% were always grateful for their presence, but they knew they could not be perfect, so they could learn from their mistakes without repeating them.

3. The studies show that the longer the students study, the better their ability to control their emotions. This is more effective for nursing students.

Ном зүй

1. Боловсрол судлал 2017 он "EQ сайжруулахын тулд хэрэгжүүлэх 4 алхам"
2. Г.Сарантуяа "Сэтгэл судлалын шинжлэх ухааны судалгааны аргууд" 2015 он УБ
3. Б.Батсайхан, М.Дэлгэржав "Ерөнхий сэтгэл судлал" 2015 он УБ
4. 10.Б.Оюумаа "Хандлага бол таны сэтгэлгээний нэг чадвар юм" 2016 он УБ
5. О.Мягмар "Хүний хөгжилийн сэтгэл зүйн лекцүүд" 2014 он УБ