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The Interplay between Intuition and Emotional Self-Efficacy

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Abstract

The interaction between Intuition and Emotional Self-Efficacy has a complicated and unpredictable connection. Intuition is characterized as an ability to suddenly understand the facts without conscious thinking. Trust in intuitive insights and choices that come implicitly is one of the essential components of an individual's emotional functioning. Emotional Self-Efficacy is a multidimensional concept that includes self-understanding of the emotions of oneself and others and a belief in the emotional ability of an individual. It depends heavily on intuition, which is a type of spontaneous awareness or comprehension that occurs without formal reasoning. Intuition illustrates the interaction of awareness of emotional control and in-depth emotions. Both of the phenomena have deep and intrinsic connections and significant impacts on a person's behavior and choices. The research explores the synergistic relationship between these two factors, examining how Intuition aids in managing emotional functioning specifically Emotional Self-Efficacy. It also provides a theoretical framework and comprehensive understanding of how Intuition and Emotional Self-Efficacy influence interpersonal interactions.

Keywords: Intuition, Intuitive Thinking, Emotional Self-efficacy, Emotional Intelligence,

Introduction

Intuition and emotions are significant factors that affect human behaviour and have an enduring and deep effect. They play an important role in forming our perceptions, attitudes, and actions, frequently driving us toward specific choices and behaviours. However, it is crucial to emphasize

that intuition and emotions are not the sole variables influencing individual decisions and choices. They combine rational reasoning and logical analysis to gain a thorough knowledge of a topic or problem. This holistic approach enables individuals to examine objective and subjective considerations, making more well-rounded and educated decisions.

Furthermore, intuition and emotions can bring crucial insights and perspectives that rational thoughts alone may not reveal right away. By connecting our intuition and emotions (an integrated approach), we can gain a more profound understanding and an awareness of inner knowledge that rational intellect cannot simply explain or justify.

Intuition and emotions can frequently offer useful insights and lead to a more comprehensive understanding of individual attitudes regarding products, services, or experiences. Emotions can be a more effective diagnostic tool for assessing the attitudes and aptitudes of an individual which has explicit as well as implicit effects on personal as well as professional successes. While intuition and emotions have long been considered distinct from logical decision-making, new evidence reveals a more complicated and linked interaction between these cognitive processes (Lerner et al., 2014). In the cognitive psychology literature, it has been proposed that emotions and intuition are two coexisting information-processing systems in the human brain that interact but remain autonomous. However, over a while, researches had revealed that intuition and emotional aspects are deeply connected.

Intuition

Intuition is defined in various areas and has many meanings, making it a multidisciplinary phrase. It is primarily related to philosophy and later on, studied in psychology. It is a multi-disciplinary term and can be understood in a variety of ways. The mind can foretell what might happen. The highest level of intuition transforms a person into a yogi. Maharshi Patanjali described Yogic methods for accomplishing this goal. Buddhism also emphasizes meditation as a long-term practice of developing intuition. In the journey from novice to expert, a learner's intuition is full of self-discovery. Intuition is not a mystical ability that can be improved by repeating traditional mantras and shlokas. It's more of an internal process. Being intuitive indicates that a soul is more connected to a greater power or intelligence and that one's senses are much heightened. His observation, visualization awareness, and listening abilities are extraordinary. It is only possible with time, devotion, and internal habits. Radhakrishnan, D. S. (2019) noted that there are two ways of gaining knowledge: intellect and intuition. Intuition, also known as the "sixth sense or inner voice," is an intrinsic and profound human ability. In the book 'Awakening Intuition' Vaughan defined it as "Knowing without being able to explain how we know" (p.46). Many psychologists explain the concept of Intuition in different words and terms, but one of the similarities is that they accept it as

a complex cognitive process; a cognitive ability (Sternberg, 1997); an enduring cognitive style or trait (Allinson & Hayes, 1996) and a cognitive strategy (Hogarth, 2001; Klein, 2003) and all of them link it to conscious to subconscious level (as cited in Hodgkinson, G. P., & Janice Langan-Fox, E. S.-S., 2008).

Intuition is one of the prominent ways people learn (Vaughan, 1979, Hogarth, 2001, others). As a psychological construct, intuition is commonly regarded to be a way to learn without the help of conscious mental processes or the five senses. It allows us to delve into our subconscious and find deeply ingrained behavioral patterns, resulting in the offering of unexpected solutions or the forecast of unforeseen occurrences. Intuition goes beyond conscious reasoning, relying on senses and emotions to guide our knowledge, decisions, and choices. It is beneficial in settings where individual lack solid information or under complex and uncertain situation.

Emotional Self-Efficacy

Every individual is different in handling emotions and emotional operations, which automatically affect their behavior. The ability to handle emotions is known as emotional intelligence. This concept is closely related to emotional self-efficacy. To comprehend the concept of Emotional Self-efficacy, one must understand the notion of Self-efficacy. The concept of Self-efficacy was given by Albert Bandura (1977); it refers to the belief in one's competencies to pursue one's goals through four main sources performance accomplishment, vicarious learning, verbal encouragement, and emotional states. Emotional self-efficacy is a belief of an individual about his/her emotions and emotional ability to overcome negative emotions and handle positive emotions and inhibit or not be consumed by those emotions. An individual's faith is about the capacity to classify the emotions, negative and positive, and beliefs to handle diverse and difficult situations and their impact on individuals' thoughts. The concept of emotional self-efficacy is related to the effective use of emotions by an individual (Kirk, et al., 2008). Emotional self-efficacy is a multi-dimensional concept and is composed of emotional self-regulation, self-understanding of the emotions of oneself and others, perception of emotions, and use of emotions to support thoughts.

Zulkosky (2009) found that people with higher emotional self-efficacy are linked with a higher stage of goals situated by an individual to himself, which is concerned, with the high level of promise to the goal, and also Hashemi, A. (2014) said it plays a vital role in the formation of effective social interactions, and it generally enables an individual how to manage emotions and relations to reach desired outcomes (as cited in Beri, N., & Akhoun, A. M., 2018). It was concluded that Emotional Self-Efficacy is the belief regarding a person's emotional stability and how a person will manage the emotions (positive and negative) to control in different and challenging environments and have

a sense of surety to manage them in distinct and complex conditions. Also, comprehending others' emotions can help maintain the best way, leading to personal and professional relations success.

What reviewed Literature says so far.

Here, the reviewed literature on Intuition with Emotional Self-efficacy and other closely related variables like Emotions, Emotional Intelligence (EQ), Empathy, and Emotional Management were analyzed, which further explained the association between the variables.

Mälkki, K., & Raami, A. (2022) investigate the relationship between intuition, sensations (particularly edge emotions), and transformative learning. It demonstrates how intuitive wisdom, frequently non-linear and inaccessible through logical reasoning, may question our preconceived meanings and familiar environments. Individuals who acknowledge and deal with these edge emotions could acquire intuitive insights that could challenge their established ways of thinking, leading to transformative learning opportunities. The research contends that combining rational and intuitive knowledge and recognizing and managing edge emotions might improve creativity, open-mindedness, and critical thinking abilities when dealing with complicated challenges.

Turan, N., Aydın, G. Ö., Özsaban, A., Kaya, H., Aksel, G., Yılmaz, A., et al. (2019) in *Intuition and emotional intelligence: A study in nursing students* conducted a descriptive and cross-sectional study on 295 nurses selected randomly. T-test, ANOVA, and correlation were applied to analyze the data collected on two scales. A positive relationship between intuition and emotional intelligence was found. Nursing students demonstrated typical emotional intelligence but lacked insight. There was an advantageous relationship between intuition usage and emotional intelligence subscales. Female students demonstrated better levels of intuition, compassion, and consciousness compared to male students. Additionally, those who chose the profession had higher emotional intelligence ratings.

Kirkeboen, G., & Nordbye, G. H. (2017) in *Intuitive Choices Lead to Intensified Positive Emotions: An Overlooked Reason for "Intuition Bias"?* Confirmed the relationship between emotions and intuition and emphasized that intuition is based on feelings. Humans sometimes exaggerate their intuitions and act upon them, though they should not. This results in several unique intuitive flaws in judging and making choices. Intuitive decisions affect the feeling of selecting results differently than analytic choices. The current findings show that intuitive choices amplify good emotions, both predicted and actual, following successful outcomes compared to bad feelings following failure. When we make decisions, we generally expect advantageous effects rather than negative ones.

Lufityanto, G., Donkin, C., & Pearson, J. (2016). In *Measuring Intuition: Nonconscious Emotional Information Boosts Decision Accuracy and Confidence*, an experimental study of 93 university students conducted four experiments. Subjects receive emotional input while making fully

conscious sensory decisions. Intuition emerged from consistent pairings of two different sources of knowledge, one of which was made unconsciously. The fact that the boost in accuracy improved with time without any performance feedback shows that intuition may be something that can be improved with practice. A t-test was used to analyze and conclude that emotional information at the unconscious level leads to better decisions, helps to understand intuitive cues, and shows the relationship between intuition and emotions.

As observed while reviewing the literature on Intuition and Emotional Self-efficacy, the researcher couldn't find a single study with those variables. Many studies reviewed related to Emotional Self-efficacy and its associated variables. Whereas literature also highlights that both intuition and emotions are internally connected, but the nature of their relationship is not precise (Turan et al., 2019). An intuitive person is more heightened to emotion and understanding and emotional management and emotional signals confirm Intuition (Mälkki, K. & Raami, A., 2022) and Intuitive choices reflect feelings of positive emotions (Kirkebøen et al., 2017). Intuition and emotions worked at a non-conscious level which led to the understanding of intuitive cues by the person (Lufityanto et al., 2016).

While intuition and emotions have historically been seen as distinct from logical decision-making, recent evidence indicates a more complicated and entangled interaction between these cognitive processes. As per Behavioral science writings, rationality and intuition are two coexisting information-processing systems that collaborate but remain autonomous in the human brain (Calabretta et al., 2016). **Intuitive ability can help in developing emotional self-efficacy and emotions help us to recognize the intuitive thoughts of an individual. It was also revealed that Emotional Self-efficacy and happiness have a positive and significant relationship and have an indirect effect on happiness (Dogan et al., 2013).**

Harnessing Intuition, Emotions, and Emotional Self-efficacy in Life

By harnessing emotional intelligence and emotional self-efficacy, individuals can leverage their intuition to make more informed and balanced decisions, ultimately leading to greater personal and professional fulfillment. Intuition and feelings are deeply intertwined, with emotions often serving as the foundation for intuitive judgments and choices taken by the individual. Intuitive judgments are frequently influenced by emotional reactions, such as gut feelings, hunches, or emotional intuition (Vaughan, 1979).

By utilizing emotional intelligence, individuals can effectively tap into their intuition (Kirkebøen et al., 2017 & Turan et al., 2019). These skills enable individuals to recognize and understand their own emotions, as well as the emotions of others, allowing them to make decisions that consider both rational and intuitive thinking which cater emotional needs. Emotionally intelligent individuals are more likely to have a better understanding of themselves and to make conscious decisions based on

a combination of rational and emotion thinking. Ultimately, it leads a person to self-actualization. It also improves interpersonal communication, foster empathy, and promotes effective conflict resolution. Previous research has shown that individuals with higher emotional intelligence often experience fewer career decision-making difficulties, indicating that their ability to understand and manage emotions positively influences their career choices and decision-making processes. Emotions, emotional intelligence, and career decision-making are intricately interconnected, evidences present in researches shows that individuals with higher emotional intelligence tend to face fewer challenges in their career decision-making (Brackett et al., 2011). This may be attributed to their enhanced ability to navigate the emotional aspects of the decision-making process, such as recognizing and regulating their own emotions, as well as understanding the emotional responses of others.

Intuition can be cultivated and developed through various practices, such as mindfulness, meditation, and self-reflection. By tuning in to our inner experiences and becoming more attuned to subtle cues and sensations, we can enhance our intuitive abilities which can also be beneficial in handling and understanding emotions and leverage them in our decision-making processes.

The research indicates that intuition and emotions are crucial in human judgments and decision-making, complementing rational analysis and logic in all aspects of life. By recognizing the interplay between intuition, emotions, and cognition, we can develop a more holistic and effective approach to problem-solving and decision-making, leading to more fulfilling personal and professional outcomes. Intuitive thinking followed by rational thinking leads to more insight during the teaching-learning process (Chopra, A., 2021, Sipman et al., 2021). It allows us to tap into our inner wisdom and make choices that align with our values, desires, and intuition. Therefore, the integration of intuition and emotions in decision-making can result in more authentic and fulfilling outcomes.

In conclusion, intuition and emotions plays a crucial role in decision-making and, when used appropriately, can lead to more insightful and holistic choices. They allow individuals to tap into their inner wisdom and make choices that align with their values and desires while considering their own and others emotions. Mindfulness practices such as meditation or deep breathing can help individuals cultivate greater self-awareness and enhance their intuitive abilities. Seeking out diverse perspectives and experiences can broaden one's understanding and potentially uncovering new intuitive insights (Hogarth, 2001, Raami, 2013 & Sipmana et al., 2019). Embracing a growth mindset, where individuals are open to learn and adapt, which can also support the development of intuitive skills. Individuals who are skilled at utilizing their intuition often report a sense of clarity

and confidence in their decision-making process, as they can tap into a deeper well of wisdom and understanding.

Emotions are not just random and irrational but rather serve as valuable cues and indicators that inform our intuition. Emotions are integral to intuition, offering insights and signals that shape our intuitive decisions. Leveraging intuition and acknowledging emotional influences can improve our decision-making skills, allowing us to tackle challenges with increased clarity and assurance. Intuition is thus a critical asset for humans, as circumstances evolve and significantly impact individuals. By tapping into our intuition and acknowledging the role of emotions, we can access a deeper level of understanding, which can reflect in individuals behavior and their life choices. Intuition and emotions are powerful forces that shape our decision-making process (Lerner et al., 2014). Understanding both the concept of intuition and emotions can revolutionize decision theories, and comprehending the association between the two can lead to significant utilization of these concepts and their integrated way of utilizing those.

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