

## Emotional Intelligence as a Predisposition to Pursue the Teaching Profession

### Abstract

One of the significant predispositions of the teacher is the ability to cope with emotions, which is recognized as emotional intelligence.

The study was conducted among the students of the Academy of Physical Education in Wrocław (263 individuals). In a group of students some were selected who declared their intention to work as teachers (95 people); the remaining students were the control group.

According to the collected data, emotional intelligence of most of the students is average, and the belief concerning the level of this competence is overestimated in many cases. This result is particularly unsatisfactory for those associating their future with the teaching profession, for they are expected to have better interpersonal skills.

Keywords: *emotional intelligence, professional predisposition, teacher, student*

### Introduction

Psychological competence of the teacher as an important determinant of the quality of teaching and education is an interesting and important subject of scientific reflection and empirical research (Kobylecka, 2005; Barberrry, 1990; Żukowska, 1970). These competences can be developed and strengthened by the teacher at every stage of their professional life, with conscious work and various forms of education. However, it should be remembered that the competences are based on more stable, and thus more difficult to train, individually different psychological dispositions that