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SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF THE RELATIONSHIP BETWEEN VALUES AND EMOTIONAL INTELLIGENCE

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Abstract: This article examines the socio-psychological characteristics of the relationship between values and emotional intelligence. The study analyzes the connection between an individual's value system and emotional intelligence, as well as their influence on personal development and social relationships. The findings indicate that a higher level of emotional intelligence contributes to the development of positive values, effective communication, empathy, and psychological well-being.

Keywords: values, emotional intelligence, social psychology, personality, empathy, emotion regulation, moral values.

Introduction. In the current conditions of globalization, a person's spiritual world, moral views and emotional stability are one of the important factors in the development of society. In particular, the formation of a healthy worldview of the younger generation, the development of national and universal values in them, and the improvement of emotional intelligence are among the urgent tasks of today.

Values are an internal criterion that determines a person's attitude to life, goals and everyday behavior. Each person makes decisions based on their values, establishes relationships with others and chooses priorities in life. Therefore, values play an important role in the socialization and spiritual development of a person.

Emotional intelligence, on the other hand, represents a person's ability to understand and manage their own emotions, understand the emotions of others and communicate effectively with them. People with developed emotional intelligence are able to make the right decisions in complex situations, resolve conflicts peacefully and effectively organize social relations.

Although values and emotional intelligence have been widely studied as separate areas in psychology today, there is still a need for a comprehensive study of their interrelationship. Especially in the case of students, studying the interaction of these factors is important in terms of improving the quality of education and personal development. The purpose of this study is to scientifically substantiate the relationship between values and emotional intelligence and to shed light on their socio-psychological characteristics. The issue of values has been studied in psychology and sociology for many years. Shalom Schwartz interpreted values as universal principles governing human activity and divided them into ten main types. According to his theory, values directly affect human decision-making, behavior, and relationships in society. The concept of emotional intelligence was introduced into scientific circulation by Mayer and Salovey. In their opinion, emotional intelligence is a person's ability to perceive, understand, use and manage emotions. Later, Daniel Goleman developed this theory and substantiated the importance of emotional intelligence in successful professional activity, leadership and effective communication. Modern research shows that emotional intelligence is inextricably linked to psychological well-being, stress management and interpersonal relationships. It has also been observed that people who adhere to values such as humanity, responsibility, honesty and tolerance have higher emotional intelligence indicators. This indicates a strong connection between these two concepts. This study was carried out on the basis of theoretical analysis. The methods of

analysis, comparison, generalization and systematic approach of scientific literature were used in the research process. The scientific works of domestic and foreign scientists were studied, existing scientific views on the relationship between values and emotional intelligence were analyzed. The obtained data were summarized and scientific conclusions on the topic were formed.

Results and discussion. The analysis of theoretical sources showed that values and emotional intelligence are important and inextricably linked components of personal development. While values determine a person's worldview, behavior, and life goals, emotional intelligence helps to manifest these values in practical activities. Skills such as managing emotions, empathy, self-awareness, and effective communication contribute to the formation of positive values. The analysis shows that individuals with high emotional intelligence correctly understand the feelings of others, maintain composure in conflict situations, and are inclined to cooperate. Such individuals also have highly developed values such as honesty, responsibility, tolerance, justice, and humanity. On the contrary, individuals with insufficient emotional intelligence have difficulty managing emotions, which can cause various problems in social relationships.

Today, in higher education institutions, the development of not only professional knowledge, but also the emotional competencies of students is an important task. A student with developed emotional intelligence effectively manages stress during his studies, demonstrates teamwork skills, and is distinguished by social activity. This has a positive effect on his personal and professional development. Psychological research shows that training and activities aimed at developing emotional intelligence serve to strengthen the positive values of a person. In particular, a healthy psychological environment can be formed through the development of empathy, self-control, and social responsibility. Therefore, it is urgent to introduce special programs aimed at developing emotional intelligence into the educational process. The results of this study once again confirm the interrelationship of values and emotional intelligence. The higher a person's spiritual values, the more developed his ability to manage emotions, understand others, and communicate effectively. Therefore, these two factors are important psychological factors that complement each other in the harmonious development of a person.

Based on the results of the study, the following recommendations were developed:

- organize trainings aimed at developing emotional intelligence in higher education institutions;
-increase spiritual and educational activities that serve to strengthen national and universal values among young people;
- wide use of methods for assessing and developing emotional intelligence in psychological services;
- establishment of advanced training courses to improve the emotional competencies of teachers and psychologists.

Conclusion. Values and emotional intelligence are one of the most important socio-psychological factors of personality development. The results of the study showed that there is an inextricable link between these two concepts. Positive values such as humanity, responsibility, tolerance, cooperation and justice are more strongly manifested in individuals with developed emotional intelligence. This ensures their social adaptation, communication culture and mental stability. The study also showed that it is possible to strengthen the spiritual values of young people by developing emotional intelligence in the education system. Therefore, it is advisable to widely introduce modern pedagogical technologies and psychological programs aimed at developing emotional intelligence in educational institutions. In the future, it is recommended to conduct empirical research on this topic with the participation of representatives of different age groups, professions and cultural environments, and to conduct a statistical in-depth analysis of the interaction between values and emotional intelligence.

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