



IQ vs EQ

Introduction

Human intelligence is marvellously complex. For centuries, researchers and philosophers have attempted to define it. In the modern era, researchers have relied on Intelligence Quotient (IQ) tests to measure both what people know and how quickly they can solve problems using reasoning. But IQ tests alone don't necessarily account for the full range of your thinking abilities. IQ tests don't always predict success in school, life, or business, either.

So, in recent decades, researchers have expanded the definition of intelligence to include a wider set of skills. In the last 20 years, the concept of Emotional Intelligence (EI) has emerged as a way to describe another set of thinking skills. Emotional intelligence refers to your ability to recognize and regulate emotion, and to use social awareness in problem-solving.

Together, IQ tests and EQ tests may give researchers a fuller picture of human intelligence.

Definition

According to the University of New Hampshire psychology department, emotional intelligence is the "ability to validly reason with emotions and to use emotions to enhance thought." EQ refers to an individual's ability to perceive, control, evaluate, and express emotions. While Intelligence quotient or IQ is a score received from standardized assessments designed to test intelligence. IQ relates directly to intellectual pursuits such as the ability to learn as well as understand and apply information to skill sets.

IQ vs EQ History

The theory of EQ only dates back to 1985. Wayne Payne proposed the theory in his doctoral thesis "A Study of Emotion: Developing Emotional Intelligence." The idea of EQ became more widely known with Daniel Goleman's 1995 book Emotional Intelligence: Why It Can Matter More Than IQ.

The idea of quantifying intelligence dates back to 1883. English statistician Francis Galton's wrote about the idea in his paper "Inquiries into Human Faculty and Its Development." French psychologist Alfred Binet developed a test in 1905. This first IQ test was an attempt to classify school children in France based on intellectual ability.

IS ONE MORE IMPORTANT THAN THE OTHER?

Historically, scores on IQ tests have been linked to better academic performance, higher salaries, and better job performance. Newer studies have raised questions about those conclusions, though.

Emotional intelligence has been linked to job success and more satisfying relationships. There's also evidence that emotional intelligence may help you handle stress. A 2019 study concluded that emotional intelligence can help you recover more quickly from acute stress.

Understanding and developing both kinds of intelligence may be your best bet for increasing your odds of success in all areas of your life.



How to measure IQ and EQ

Common IQ Tests:

- Stanford-Binet Intelligence Scale
- Woodcock-Johnson III Tests of Cognitive Abilities
- Wechsler Adult Intelligence Scale
- Wechsler Individual Achievement Test

IQ tests break intelligence into two categories. Common IQ tests tend to measure:

- Crystallized intelligence. This is a measure of your knowledge and verbal ability. Usually, it improves as you age.
- Fluid intelligence. This is your reasoning ability, as well as a measurement of abstract thinking and problem-solving. Fluid intelligence covers how good you are at solving problems in areas you have little-to-no previous knowledge of.

Common EQ Tests:

You can measure emotional intelligence with several tests:

- Mayer-Salovey-Caruso Emotional Intelligence Tests
- Situational Tests of Emotional Management
- Situational Tests of Emotional Understanding
- Diagnostic Analysis of Nonverbal Accuracy

There are five key areas of emotional intelligence that EQ tests tend to measure:

- self-awareness
- self-regulation
- motivation
- empathy
- social skills

