

Enhancing Emotional Intelligence through Non-Verbal Communication Training in Higher Education Exchange Programs: A Longitudinal Study

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Abstract : This study investigates the impact of non-verbal communication training on enhancing the emotional intelligence (EI) of participants in higher education exchange programs. Recognizing the vital role EI plays in academic and professional success, particularly in multicultural environments, this research aims to explore the interplay between non-verbal cues and EI. Utilizing a longitudinal mixed-methods approach, the study will assess EI development over time among international students and faculty members. Participants will undergo a comprehensive non-verbal communication training program, covering modules on recognizing and interpreting emotional expressions, understanding cultural variations, and using non-verbal cues to manage interpersonal dynamics. EI levels will be measured using established instruments such as the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and the Emotional Quotient Inventory (EQ-i), supplemented by qualitative data from interviews and focus groups. A control group will be included to validate the intervention's effectiveness. Data collection at multiple time points (pre-training, mid-training, post-training, and follow-up) will enable tracking of EI changes. The study hypothesizes significant improvements in participants' EI, particularly in emotional awareness, empathy, and relationship management, leading to better academic performance and increased satisfaction with the exchange experience. This research aims to provide insights into the relationship between non-verbal communication and EI, potentially influencing the design of exchange programs to include EI development components and enhancing the effectiveness of international education initiatives.

Keywords : emotional intelligence, higher education exchange program, non-verbal communication, intercultural communication, cognitive linguistics

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