

## **A Challenge of the 3<sup>rd</sup> Millenium: The Emotional Intelligence Development**

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**Abstract :** The analysis of the positive and negative effects of technology use and abuse in Generation Z comes as a necessity in order to understand their ever-changing emotional development needs. The article quantitatively analyzes the findings of a sociological questionnaire on a group of students in social sciences. It aimed to identify the changes generated by the use of digital resources in the emotional intelligence development. Among the outcomes of our study we include a predilection for IT related activities - be they social, learning, entertainment, etc. which undermines the manifestation of emotional intelligence, especially the reluctance to face-to-face interaction. In this context, the issue of emotional intelligence development comes into focus as a solution to compensate for the undesirable effects that contact with technology has on this generation.

**Keywords :** digital resources, emotional intelligence, generation Z, students

**Conference Title :** ICEEPS 2018 : International Conference on Education, Psychology, Economics and Society

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** May 10-11, 2018