

Over the past decade, emotional intelligence has emerged as a key construct in post-modern psychology, appearing as one of the most widely discussed aspects of intelligence in current literature. The emphasis in education has traditionally been on the strengthening of cognitive skills, including the sub-skills of acquiring knowledge, recalling learned information, applying information, reasoning and solving problems. Although these skills are crucial to academic success, the question that comes to mind is whether these skills are adequate for ensuring success after school. Do we equip our learners with the intrapersonal and interpersonal skills needed to relate to others, perform in their future occupations and cope with a wide variety of daily challenges?

I have recently conducted a pilot research study which will form part of the larger research project that proposes to describe the influence of outdoor adventure education on the facilitation of emotional intelligence during adolescence. **The research study will consequently endeavor to discuss the impact of “The Journey” on the emotional and social functioning of Grade 10 boys, paying close attention to areas of interpersonal and intrapersonal abilities, stress management, adaptability and general mood, as measured by the BarOn Emotional Quotient Inventory: Youth Version (BarOn EQ-i:YV™).** As part of collecting data for the pilot study, the BarOn EQ-i was implemented pre- and post- Journey with a random sample of 28 learners. **Preliminary results show a statistically significant increase with regards to total EQ, general mood, stress management, adaptability and intrapersonal skills.** There was however not a statistically significant increase with regards to interpersonal skills. A description of these follow in the table below:

Total EQ	EI is an array of non-cognitive abilities, competencies and skills that influence one’s ability to succeed in coping with environmental demands and pressures.
Intrapersonal skills	Intrapersonal skills concern your ability to know and manage yourself. Refer to inner self – being in touch with feelings and feeling good about self, positive about what you are doing, independent and confident in conveying ideas and beliefs.
Interpersonal skills	Interpersonal skills concern your “people skills” – your ability to interact and get along with others.
Stress management	Stress management concerns your ability to tolerate stress and control impulses.
Adaptability	Adaptability involves your ability to be flexible and realistic, and to solve a range of problems as they arise.
General mood	General mood concerns your ability to enjoy life, overall outlook on life and feeling of contentment.