

Mindfulness And Emotional Intelligence -New Consciousness with Ai

Dr. Bhavna L. Trivedi

*Assistant Professor of English, School of Humanities and Social Sciences, Dr. Babasaheb Ambedkar
Open University, Ahmedabad, Gujarat 382481*

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Abstract—In this world of ICT, where we are found closer to artificial intelligence and similar mechanical devices, it has been very important for us to balance our intellect and empathy. Though we cannot deny the interference of technology in each and every sphere of our life, we need to prioritise our wellbeing over our professional acquisitions. Mindfulness and emotional intelligence (EI) are increasingly recognized as complementary psychological constructs that play a vital role in enhancing personal well-being, interpersonal relationships and professional effectiveness. And we can say, that the need of an hour is to cultivate such a practice very consciously. The growing interest in emotional and social competencies has led to increased exploration of mindfulness and emotional intelligence (EI) as pivotal constructs influencing human behaviour and interpersonal relationships. Along with hard skills, the cultivation of emotional intelligence is a new consciousness, that has been indispensable for today. This paper discusses the interrelationship between mindfulness, emotional intelligence (EI), and empathy, emphasizing how these psychological constructs collectively contribute to enhance emotional and social functioning.

Index Terms—Mindfulness, Emotional Quotient, Consciousness, ICT, Empathy, Competence. Emotional Intelligence, Self -Regulation, Emotional Regulation I, Intellect

I. INTRODUCTION

Amidst the world of AI, it has been quite essential for us to integrate our emotional, ethical and self-reflective being to make the use of AI the most responsible and explainable one. By doing this we empower ourselves with both soft and hard skills that foster critical thinking and discernment. Mindfulness and emotional intelligence (EI) are increasingly recognized as complementary psychological

constructs that play a vital role in enhancing personal well-being, interpersonal relationships and professional effectiveness. “Mindfulness is the act of paying purposeful attention to the present moment, without judgement. The growing interest in emotional and social competencies has led to increased exploration of mindfulness and emotional intelligence (EI) as pivotal constructs influencing human behaviour and interpersonal relationships. This paper discusses the interrelationship between mindfulness, emotional intelligence (EI), and empathy, emphasizing how these psychological constructs collectively contribute to enhance emotional and social functioning, that can shower the new consciousness in this age.

II. MINDFULNESS AND EMOTIONAL INTELLIGENCE

Mindfulness, defined as a state of present-moment awareness and nonjudgmental attention, fosters greater self-awareness and emotional regulation—core dimensions of emotional intelligence. Emotional intelligence, in turn, enables individuals to recognize and manage their own emotions while understanding those of others, forming the foundation for empathetic behaviour. Drawing on various researches, the study examines how mindfulness practices enhance emotional awareness and self-regulation, thereby strengthening cognitive and affective empathy. The intersection of artificial intelligence and emotional intelligence represents a transformative frontier in the digital era. As AI continues to evolve, it has been the need of an hour to balance our emotions and intellect and true leadership in an AI-driven world hinges on a delicate balance: leveraging AI's computational power while preserving the empathy and ethical insight that

define human intelligence. In a world increasingly dominated by algorithms and automation, the leaders of tomorrow will be defined by their ability to connect, empathise, and inspire.

Findings suggest that individuals with higher levels of mindfulness and EI demonstrate greater empathetic concern, improved interpersonal sensitivity, and reduced emotional reactivity. The habit of cultivating mindfulness can serve as a powerful mechanism for developing emotional intelligence and empathy, with significant implications for education, healthcare, leadership, and mental health interventions. By integrating mindfulness-based interventions in educational, organizational, and therapeutic settings to promote emotional competence and holistic development, actually we synergize the human potentials with human spirit. Today, to make life more sustainable, we have to learn how to shape a balanced individual, how to cultivate the synergistic relationship between mindfulness and emotional intelligence in nurturing empathy, highlighting the transformative potential of mindfulness-based practices for personal growth and social harmony. By fostering self-awareness, emotional regulation, and compassionate understanding, mindfulness and EI together serve as foundational pathways to developing empathy and enhancing human connection in diverse personal and professional settings.

III. COGNITIVE COMPETENCE

The contemporary world often equates intelligence with cognitive proficiency. In the present age dominated by technological progress and cognitive competition, intellect alone no longer guarantees well-being, leadership success, or social harmony. The 21st century is characterized by unprecedented access to information and an increasing emphasis on intellectual capability. However, while cognitive intelligence (IQ) has traditionally been considered a predictor of success; growing evidence suggests that emotional intelligence (EI) and mindfulness are equally crucial in determining personal and professional effectiveness.

Emotional intelligence (EI), a term popularized by Goleman (1995), encompasses the capacity to recognize, understand, and manage one's emotions and those of others. Similarly, mindfulness, as defined by Kabat Zinn (1990), is the ability to maintain

moment-to-moment awareness with openness and acceptance. Together, these constructs promote psychological well-being and ethical behaviour, bridging the gap between rational intellect and emotional sensitivity. In a world increasingly driven by intellectual achievement and technological advancement, the human dimensions of empathy, awareness, and emotional regulation often take a secondary role. The mindfulness and EI are to converge to cultivate a balanced individual—one who integrates intellect with empathy. The aim is to see how the mindful management of emotions can enhance human connection, ethical decision-making and psychological well-being.

Several studies have explored the relationship between mindfulness and emotional intelligence, consistently showing a positive association between the two constructs. The interplay between these two has garnered significant attention for its role in cultivating empathy and enhancing both personal and professional outcomes. Mindfulness, characterized by non-judgmental awareness of the present moment, facilitates emotional regulation and self-awareness, foundational components of emotional intelligence. Goleman (1998) and Mayer, Salovey, and Caruso (2004) emphasized that individuals with higher EI experience greater social adaptability and life satisfaction. Chu (2010) demonstrated that mindfulness-based interventions significantly improved emotional awareness and regulation among university students, highlighting its role in enhancing EI. Similarly, Schutte and Malouff (2011) found that individuals with higher mindfulness reported greater emotional clarity, empathy, and emotion regulation abilities, suggesting that mindfulness fosters key components of emotional intelligence. Brackett and Rivers (2014) further noted that EI promotes emotional stability and resilience, improving both personal relationships and workplace performance. Bajaj and Pande (2016) reported that mindfulness was positively correlated with self-awareness and self-regulation, and indirectly predicted psychological well-being through emotional intelligence. In a study on adolescents, Kaur and Singh (2019) found that mindfulness was positively associated with emotional intelligence, life satisfaction, and positive affect, while negatively related to stress and negative emotions. Lu et al. (2020) found that emotional intelligence

mediated the relationship between mindfulness and perceived stress among nurses, emphasizing the protective role of mindfulness in emotionally demanding professions. Golden et al. (2021) demonstrated that trait mindfulness was positively correlated with emotional intelligence, including empathy, suggesting that mindfulness may enhance one's ability to understand and manage emotions, thereby fostering empathetic responses. Similarly, Di Fabio and Saklofske (2021) proposed a model where emotional intelligence mediates the relationship between mindfulness and positive emotional characteristics, including empathy. They found that mindfulness contributed to emotional intelligence, which in turn was associated with increased empathy and other positive emotional traits.

IV. CONCEPTUAL FRAMEWORK OF MINDFULNESS:

Awareness in Action is Mindfulness and it has its roots in ancient contemplative traditions but has gained empirical recognition in psychological research as a method for enhancing emotional regulation and reducing stress. It involves consciously observing one's thoughts, feelings, and bodily sensations without immediate reaction or judgment. It is the practice of being fully present and aware of your thoughts, feelings, bodily sensations, and surroundings without judgment. It involves a moment-to-moment awareness that is often cultivated through meditation but can also be integrated into everyday activities. The goal is to observe experiences without getting overwhelmed or reacting automatically, which can help reduce stress and improve wellbeing. Mindfulness enables individuals to respond to situations thoughtfully rather than impulsively. Studies indicate that regular mindfulness practice improves concentration, reduces stress, and enhances emotional stability (Kabat-Zinn, 2003). Neuroscientific findings indicate that mindfulness strengthens the prefrontal cortex and reduces activity in the amygdala, thereby improving focus and emotional balance (Davidson & Kabat-Zinn, 2004). Emotional Intelligence: The Architecture of Empathy Emotional intelligence (EI) is a multifaceted construct that encompasses the ability to recognize, understand, and regulate one's own emotions as well as those of others. In simple terms, emotional intelligence (EI) is the ability to be "smart with

feelings"—both your own and those of other people. It involves recognizing, understanding, and managing your emotions, as well as using that understanding to navigate social situations, communicate effectively, and build better relationships. Introduced and popularized by Daniel Goleman (1995), emotional intelligence includes five interrelated components: self-awareness, self-regulation, motivation, empathy, and social skills. Among these, empathy is considered the cornerstone that connects emotional understanding with interpersonal effectiveness. These competencies allow individuals to navigate interpersonal relationships effectively and manage emotional challenges. EI contributes to interpersonal success, leadership, teamwork, and conflict resolution. According to Daniel Goleman (1995), EI consists of five key components: 1. Self-awareness – Recognizing one's emotions and their effects. 2. Self-regulation – Managing emotions in healthy ways. 3. Motivation – Using emotions to achieve goals and persist through challenges. 4. Empathy – Understanding the emotions and perspectives of others. 5. Social skills – Building positive relationships and effective communication. Empathy: Heart of Emotional Intelligence Empathy is the ability to "understand and share the feelings of another person". It involves putting yourself in someone else's place—emotionally and cognitively. In simple words empathy is the ability to understand and share the feelings of another person, essentially "putting yourself in their shoes". It means trying to see the world from their perspective and feeling their emotions, even if you haven't experienced the same situation. It enables individuals to sense and respond to others' feelings with sensitivity and compassion. While emotional intelligence provides the framework for understanding and managing emotions, empathy provides the connection that allows people to relate to one another deeply and meaningfully.

Within the framework of emotional intelligence, empathy functions as the essential mechanism that bridges emotional awareness and social behaviour. Emotionally intelligent individuals are adept at interpreting emotional cues, managing interpersonal relationships, and communicating effectively. Without empathy, emotional intelligence would lack the moral and relational depth necessary for constructive social interaction. It is empathy that transforms emotional awareness into ethical and compassionate action. In

essence, empathy represents the emotional core of emotional intelligence. While emotional intelligence provides the cognitive and regulatory framework for understanding emotions, empathy supplies the affective depth that enables authentic connection and humanistic interaction. Developing both empathy and emotional intelligence is therefore essential for personal well-being, ethical leadership, and the cultivation of emotionally healthy societies.

V. THE INTERACTION OF MINDFULNESS AND EMOTIONAL INTELLIGENCE - SELF AWARENESS AND EMOTIONAL CLARITY

Mindfulness sharpens self-awareness—the cornerstone of EI. Through mindful attention, individuals learn to observe their emotional states with curiosity rather than suppression. This heightened awareness, which we can call the new consciousness allows for early recognition of stressors and emotional triggers, leading to more adaptive responses. Neuroscientific research has shown that mindfulness meditation increases activity in the prefrontal cortex, the brain region responsible for self-regulation and emotional control. Self-Regulation and Resilience Mindful individuals are better equipped to regulate their emotional impulses. They develop what psychologists call ‘response flexibility’—the ability to pause before reacting. Such regulation fosters emotional balance and resilience, preventing overreaction in stressful situations. In professional settings, this translates to more thoughtful leadership and improved workplace relationships. Empathy and Compassionate Understanding Empathy is both a cognitive and affective process—understanding another’s perspective while sharing their emotional experience. Mindfulness nurtures empathy by cultivating non-judgmental awareness and compassionate attention. Research indicates that mindfulness-based training enhances activity in the insula and anterior cingulate cortex—regions associated with empathy and prosocial behaviour (Davidson & Kabat Zinn, 2004). This synergy supports ethical decision-making, reduces cognitive bias, and promotes inclusive behaviour. People who embody this balance are more adaptable, innovative, and compassionate—qualities essential for sustainable success in complex global environments. Implications for Educational Institutions The reviewed literature

establishes a strong empirical link between mindfulness and emotional intelligence, emphasizing their collective role in fostering empathy, self-awareness, emotional regulation, and psychological well-being. These findings hold significant implications for educational institutions at all levels—schools, colleges, and universities—where the development of emotional and social competencies is as vital as academic achievement. First, the integration of mindfulness practices into the educational curriculum can serve as a powerful strategy to enhance students’ emotional intelligence. Research demonstrates that mindfulness training promotes self-awareness, emotional regulation, and empathy—core components of emotional intelligence

VI. PEDAGOGICAL SIGNIFICANCE

Educational institutions can incorporate brief, structured mindfulness activities such as guided breathing, mindful reflection, or gratitude exercises into daily classroom routines. These practices help learners cultivate focused attention, manage stress, and respond thoughtfully rather than react impulsively. Second, teacher education and professional development programs should include modules on mindfulness and emotional intelligence. Educators who practice mindfulness are more likely to model calmness, empathy, and emotional balance, thereby creating emotionally supportive classrooms. As Kaur and Singh (2019) and Lu et al. (2020) indicated, mindfulness not only enhances emotional understanding but also reduces stress and negative affect—outcomes equally beneficial for teachers coping with the emotional demands of their profession. Third, institutional policies and wellness initiatives should prioritize emotional well-being alongside cognitive development. Mindfulness-based emotional intelligence training programs have been shown to improve students’ empathy, motivation, and interpersonal communication (Sharma & Gupta, 2022). Educational institutions can establish mindfulness and social-emotional learning (SEL) centres that promote holistic well-being through workshops, counselling sessions, and peer-support activities. Such initiatives foster inclusive and empathetic campus cultures. Fourth, curricular and co-curricular interventions should emphasize the development of empathy as an educational goal.

Studies by Golden et al. (2021) and Di Fabio and Saklofske (2021) demonstrated that mindfulness enhances empathy through its positive influence on emotional intelligence. Classroom activities such as reflective journaling, cooperative learning, and perspective-taking discussions can nurture empathetic understanding and social responsibility among learners. These experiences prepare students to engage constructively with diversity and global citizenship challenges. Finally, educational institutions should encourage research and evidence-based practice on mindfulness and emotional intelligence to continuously refine pedagogical approaches. Collaborative studies involving educators, psychologists, and policymakers can further illuminate the mechanisms through which mindfulness contributes to emotional growth, resilience, and empathy.

VII. CONCLUSION

Mindfulness and emotional intelligence represent two sides of the same human coin—awareness and empathy. Together, they enable a profound balance between intellect and emotion, thought and feeling, analysis and compassion, and all these paves a way for the new consciousness for this new world, where a human being is being humanised for more human challenges. In an age where artificial intelligence and automation redefine human capability, it is the mindful, emotionally intelligent individual who will lead with wisdom and heart. Cultivating these qualities in our schools, organizations, and societies is not just a psychological endeavour but a moral imperative—one that redefines what it truly means to be intelligent. In conclusion, the integration of mindfulness and emotional intelligence within educational settings offers a transformative approach to nurturing empathetic, self-aware, and emotionally balanced individuals. By embedding mindfulness into the ethos of teaching and learning, educational institutions can create environments that promote not only academic excellence but also emotional and ethical maturity and that is the only and new consciousness.

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