

**The Impact of Medical Students' Emotional Intelligence
on the Development of Foreign Language Communicative Competence
in Blended Learning During Martial Law in Ukraine**

Iukhno N.V.

teacher of the Department of Foreign Languages

Kharkiv National Medical University

Kharkiv, Ukraine

e-mail: nv.yukhno@knu.edu.ua

With the advancement of modern medicine, the need for physicians capable of effective communication has grown, not only with colleagues and patients but also in foreign languages. This is driven by the integration of Ukrainian medical professionals into the international scientific community, an increase in the number of foreign patients, and participation in global medical projects. At the same time, modern challenges require healthcare professionals to possess not only linguistic competence but also a high level of emotional intelligence (EI). Emotional intelligence, which includes the ability to recognize, understand, and manage emotions, plays a key role in communication processes, particularly in healthcare [5].

In the context of blended learning, which combines traditional classroom learning with online technologies, the development of foreign language communicative competence among medical students takes on new dimensions. In addition to mastering linguistic structures and professional vocabulary, students must be able to effectively apply this knowledge in real communicative situations, which are often associated with complex emotional states [3; 4].

- *Emotional Intelligence and Foreign Language Communicative Competence*

Emotional intelligence is a crucial factor in interpersonal communication, especially in foreign language interaction. It is the ability to understand one's own emotions and the emotions of others, adapting communication to the emotional state of the interlocutor. For medical students, EI not only helps them better understand patients, who may express their needs in a foreign language, but also cope with

communication difficulties, stress, and unfamiliar situations during the learning process. Research shows that students with high EI adapt better to new learning conditions, confidently use foreign languages in practice, and are more successful in developing foreign language communicative competence. They are particularly adept at overcoming language barriers, establishing interaction in foreign language environments, and receiving feedback effectively.

- *Blended Learning as a Tool for Developing Foreign Language Communicative Competence*

Blended learning combines the best practices of traditional and online learning, allowing students to utilize various sources of information and participate in simulation practices and discussions that model real clinical situations. A significant advantage is the ability to develop not only the cognitive component of communicative competence but also emotional sensitivity through interactive formats of interaction. For medical students, this form of learning provides opportunities to practice communication skills in situations close to reality, facilitating the integration of emotional intelligence with professional language practice. For example, during simulations or video discussions, students learn to quickly respond to emotional cues from interlocutors, use polite conversation strategies, and consider cultural aspects of communication.

- *The Importance of Emotional Intelligence in Blended Learning*

Since blended learning requires a high level of independence and self-regulation, students with well-developed EI achieve better results. This is because they manage their emotions more effectively during tasks, are not afraid to make mistakes in the learning process, and efficiently solve communication problems. Moreover, the ability to empathize, understand others' needs, and resolve conflicts makes these students successful communicators. Studies show that EI positively correlates with motivation for learning, adaptability, and productivity in blended learning formats. For instance, students who use emotional self-regulation handle

deadline pressure, complex tasks, and online learning demands better, which directly impacts their progress in learning foreign languages [1; 2; 6].

- **Practical Recommendations for Developing EI During Wartime to Enhance Foreign Language Skills**

The development of emotional intelligence among medical students during wartime in Ukraine is a crucial element of both personal and professional growth. EI helps not only to cope with stressful situations and psychological burdens but also contributes to improving foreign language communicative competence, which is essential for international medical practice. Below are practical tips for medical students on how to develop their EI during the war and enhance their foreign language proficiency.

- 1. Stress Management Through Self-awareness*

How it affects foreign language communication: During war, students experience elevated stress levels. It is important to learn to recognize one's emotions and monitor how they affect communication in a foreign language. Developing self-awareness is the first step in better controlling emotions during communication with patients or colleagues. Practical tip: Keep a journal where you record your emotions throughout the day. Analyze how stress affects your ability to speak a foreign language and interact with others.

- 2. Developing Empathy Through Volunteering*

How it affects foreign language communication: Empathy is the foundation of effective communication, including in a foreign language. The war creates numerous opportunities to participate in volunteer projects, where you can interact with people of different social statuses, cultures, and languages. Practical tip: Participate in volunteer projects that involve working with refugees or foreign organizations. This will help you develop empathy and simultaneously improve your language skills while working with international partners.

- 3. Emotional Self-regulation Exercises*

How it affects foreign language communication: Effective emotional management during stressful situations improves concentration and confidence during foreign language communication. Practical tip: Use breathing techniques, meditation, or progressive muscle relaxation to reduce anxiety. Before language practice or exams, perform short breathing exercises to lower emotional tension.

4. Maintaining Connections with International Medical Communities

How it affects foreign language communication: Communication with colleagues from abroad helps students develop intercultural competence and language skills. Participation in international conferences, webinars, or online courses enhances professional-level communication in foreign languages. Practical tip: Seek opportunities to join international student medical communities through social media, online platforms, or educational programs. This will allow you to improve your foreign language competence and share experiences with foreign colleagues.

5. Emotional Adaptation Exercises for Crisis Situations

How it affects foreign language communication: In wartime, it's important to be prepared for sudden crises where rapid communication in a foreign language is needed. Emotional flexibility helps to remain effective in such conditions. Practical tip: Organize training or simulations of crisis situations where quick reactions and foreign language communication are required, for example, simulating medical assistance during emergencies.

6. Enhancing Active Listening Skills

How it affects foreign language communication: Active listening helps better understand the interlocutor, which is especially important in foreign language communication. In emotionally challenging situations, related to war, it is important to listen carefully and respond appropriately to emotional cues from patients or colleagues. Practical tip: During foreign language communication, pay attention to non-verbal signals (gestures, facial expressions) of the interlocutor and try to understand their emotional state. Practice paraphrasing what you've heard to ensure proper understanding of the message.

7. Collaborating with Psychologists and Counselors

How it affects foreign language communication: Regular consultations with a psychologist or emotional intelligence development coach can help better understand your emotions and develop emotional resilience in stressful conditions. This will positively impact your ability to communicate in foreign languages in medical contexts. Practical tip: Seek out a psychologist or emotional intelligence development consultant for individualized recommendations on managing emotions in crisis situations.

8. Maintaining Physical Activity

How it affects foreign language communication: Regular physical activity helps reduce stress and anxiety, improves concentration and attention, which positively influences foreign language communication. Practical tip: Incorporate regular physical exercises into your daily routine. These can include short runs, yoga, or muscle-strengthening exercises. Physical activity will help maintain harmony with your body and better control your emotional state.

The influence of emotional intelligence on the development of foreign language communicative competence among medical students is undeniable. Blended learning creates optimal conditions for students to apply their knowledge in real or simulated situations, bringing them closer to professional activity. EI serves as a key success factor in this learning format, as it promotes not only the development of language skills but also the understanding of emotional and cultural aspects of communication. Emotional intelligence is an important component of medical students' professional success, especially in wartime conditions.

Developing EI not only promotes psychological resilience but also helps students improve their language skills and effectively communicate with international colleagues and patients. Implementing these practical recommendations will help students adapt to the challenges of modern reality and succeed in both their studies and professional careers.

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