Chapter 14
The Effect of Emotional Intelligence Applications on the Lifestyle of the Elderly

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ABSTRACT

Today, many changes have been seen in the life of people in society with the development of new technologies. For example, developing various new communication platforms and applications such as social networks has been able to affect the lifestyle and communication of people in different age groups. The elderly are one of the most important sections of society, and other age groups have been affected by new applications and social networks in recent years. One of the important issues that should be considered for the elderly people is to provide a suitable environment to improve their quality of life because they are one of the most vulnerable groups in society who, due to old age and various diseases, don't have this power to do their daily routine, and this affects their moods. So, designing new intelligence applications for improving their emotional intelligence can play an important role to facilitate their work and communications. In this chapter, the authors discuss new artificial intelligence applications that can control the emotional intelligence of the elderly.

INTRODUCTION

The ability to think in the elderly is reduced due to disorders in their minds, so it can be provided as a way to understand the feelings of older people using intelligent patterns and identify their decisions by analyzing. Recognizing their facial expressions can improve their quality of life. It can help them to

make decisions by using deep learning algorithms. Also, cognitive science algorithms with the help of using artificial intelligence applications can help to identify their emotions.

The purpose of this chapter is to take a broader view of these people and to introduce and identify their abilities, emotions, and differences from other groups, as well as their inability to do their own thing, which leads to low self-esteem and self-confidence. Providing programs and applications that can provide an easier life for these people are discussed. By examining their problems, it will introduce and provide solutions to solve their problems.

In the following sections, the researchers will discuss the impact of emotional intelligence on culture and mood and intelligent tools that can detect different conditions of the elderly with artificial intelligence techniques and work in different situations that need help. The important issue that is mentioned in this chapter is the effect of emotional intelligence on the mental and emotional condition of people. Older people have problems with their daily activities due to old age and lack of concentration. It is examined how emotional intelligence can help to increase concentration and strengthen their mental and emotional condition. Some issues have also been discussed and the role of emotional intelligence in controlling pandemic conditions has been investigated. In general, this chapter has been able to examine the various factors that cause changes in the living conditions of the elderly and by providing solutions to researchers to remind them that this can be done by designing special programs and applications to improve living conditions for the elderly. In the future, researchers can determine the positive or negative points of the presented models in the future by accurately implementing the mentioned cases. By implementing the mentioned models, the intensity of the influence of various factors such as age or gender may be effective. Therefore, new models and new applications can be designed and built according to the specific conditions of each elderly person. The problems and trends presented in each chapter are expressed by examining its positive or negative points. Each topic is presented according to the age and geographical conditions that can affect the elderly.

At the end of the chapter, it is concluded that different methods and programs of artificial intelligence can improve the lifestyle of different sections of society, especially the elderly, by controlling emotional intelligence applications.

Emotional Intelligence

Emotional intelligence (EQ) and intellectual ability are two important factors in the success of people in life. Each of these factors alone is not enough to achieve success. Having an intelligence quotient (IQ) helps to succeed in exams, but it is possible to control stress and overcome challenges in life, as well as to establish effective communication between people with no intelligence at all. Making informed decisions is due to emotional intelligence. It seems that with proper training and education, two criteria of EQ and IQ should be strengthened in people. Weakness is one of these criteria can cause problems in people's lives. The elderly are no exception to this condition, and strengthening their emotional intelligence will play a significant role in their lives.

Emotional Intelligence, Well-Being and Self-Aware

High emotional intelligence can help to better understand the environment and increase well-being. On the other hand, using intelligence and practical models can help to increase people's emotional intelligence. Increasing emotional intelligence changes the ability to understand and make better decisions

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