



# Emotional Intelligence And Marital Satisfaction Among Married Adults

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## ABSTRACT

The research examines marital satisfaction and emotional intelligence of married adults. Emotional quotient (EQ), sometimes known as emotional intelligence (EQ) is an individual's ability to recognise, understand, and constructively manage one's own emotions in order to lower stress, communicate clearly, empathise with others, overcome challenges, and prevent conflict. Marital satisfaction is the level of contentment and satisfaction that partners experience together. The objective of the study include: To assess the relationship between Marital Satisfaction and Emotional Intelligence in Male and Female Married Adults. The sample in the study is collected from one hundred and twenty individuals including sixty Male and Female Married Adults with age range 25-40 years. For this purpose Schutte emotional intelligence scale and Enrich marital scale were utilised. The data collected was analysed by using correlation. The findings of the study showed a significant positive relationship between emotional intelligence and marital satisfaction among Male Married Adults. The findings of the study also revealed that there is a significant positive relationship between Emotional Intelligence and marital Satisfaction among Female Married Adults. This demonstrates that happy marriages are associated with better emotional intelligence.

**Keywords:** Emotional Intelligence, Marital Satisfaction, contentment, Married Adults.

## INTRODUCTION

Emotional intelligence refers to the capacity to understand, regulate, and handle one's own emotions as well as those of other people. "The term *emotional intelligence* was popularized in 1995 by psychologist and behavioural science journalist Dr. Daniel Goleman in his book, *Emotional Intelligence*. Dr. Goleman described emotional intelligence as a person's ability to manage his feelings so that those feelings are expressed appropriately and effectively." It involves competence to recognise as well as understand own as well as another people's emotions. A crucial aspect of emotional intelligence during marriage is successful communication. Greater levels of emotional intelligence can help individuals to successfully express their

wants and feelings without criticising or blaming their spouse. Additionally, they can actively listen to their partner's worries, giving them a sense of being heard and understood. Better problem-solving and conflict-resolution abilities result from this, which are essential. They are able to properly control their emotions and do not let their feelings dictate how they behave. This lessens the chance of damaging behaviours, such as criticism or protectiveness, and prevents confrontation. Married individuals who possess an elevated level of emotional intelligence can recognise as well as control emotions. They are able to identify and appropriately respond to their partner's feelings. This ability is crucial for fostering intimacy as well as trust in a marriage. Emotional intelligence was positively correlated with marital satisfaction. Particularly, couples who had greater levels of emotional intelligence had stated being happier together and having fewer conflicting encounters. (Wachs and Cordova, 2007) It was found that greater capacities of emotional intelligence contributed to higher levels of marital pleasure, comprehension, and communication. (Sulaiman and Ishak, 2014) *It was observed that* emotional intelligence and marital satisfaction has a positive and significant relationship. The outcomes of linear regression also demonstrated that the degree of marital pleasure is predicted by the general emotional intelligence. (Eslami, and Jamshidi, 2014) found emotional intelligence and marital satisfaction has a positive and significant relationship. The outcomes of linear regression also demonstrated that the degree of marital pleasure is predicted by the general emotional intelligence. It was revealed high correlation among emotional intelligence as well as marital pleasure. Women who were working scored higher as compared to males on emotional intelligence. (Ilyas and Habib, 2014) Emotional Intelligence is very significant factor for Married relationships.

The term Marital means the state of being married to someone. It can be used to describe the interpersonal dynamics that is shared by a married couple and the legal and social institution of marriage. Two people come together to build a partnership that is built on genuine love, regard, and commitment for marital relationship. A number of elements, including as communication, resolving conflict, similar values and beliefs and the capacity to accept change and overcome obstacles together, can affect the quality of a marriage. Satisfaction is the happiness one feels when one has fulfilled or achieved a desire, need or expectation. The person feels delighted and pleased. The degree to which a person is content and satisfied in their marriage is known as marital satisfaction. It is a crucial component of general well-being and can have an influence on both the individual and the relationship. To maintain and increase marital satisfaction throughout time, it is crucial for couples to consistently focus on strengthening their bond and resolving any problems that may occur. According to research, there are many factors that are related to marital fulfillment. Marriage contentment is an essential indicator of a stable and good relationship. For instance, it has been discovered that interaction, intimacy, including emotional assistance within a marriage are all positively associated with marital satisfaction. Couples that enjoy fun activities together, have comparable beliefs and interests, and generally have happier marriages. According to studies, married individuals who are dedicated to their marriage and practise forgiveness report higher levels of relationship satisfaction. On the other hand, a number of issues, including conflict, poor communication habits, adultery, even an absence of emotional assistance, have been associated to marital discontent. Feelings of unhappiness with the marriage may result from regular disputes and poor communication styles include criticism, disapproval, also defensiveness. Low levels of marital

fulfilment may also be reported by couples who do not offer emotional support to one another when under pressure or going through a difficult moment. Efficient communication is a key factor in determining marital satisfaction (Gottman, 1994). Trust has been demonstrated to play a substantial effect in marital satisfaction and is a vital component of every successful relationship (Rempel et al., 2001). The researchers discovered that people who were more narcissistic showed less marital satisfaction, indicating how personality traits can have a big impact on marital contentment. (Twenge, Campbell, and Foster, 2003) Married adults who can speak freely as well as truthfully actively listen to one another, and successfully express their wants and feelings report better levels of marital happiness. (Markman et al., 2010) Higher levels of marital happiness tend to be experienced by partners who have trust in their spouse's dedication, honesty, as well as loyalty (Wieselquist, 2009). These elements collectively affect the intricate idea of marital pleasure. Additionally, it has been demonstrated that emotional intelligence contributes to the growth of positive coping strategies and stress management skills. This can be crucial throughout the framework of marriage, where partners may encounter a variety of stressors including monetary hardships, parenting difficulties, and health issues.

### **REVIEW OF LITERATURE**

*Lavalekar (2013)* did a study on marital satisfaction and emotional intelligence. The purpose of the study was to determine how marital satisfaction and emotional intelligence are related. For this purpose Marital Satisfaction Scale (MSS) and Exploring Emotional Abilities (EEA) were employed. Sample of 316 respondents (ranging from 25 to 65) were selected. The results showed a strong correlation among marital satisfaction and emotional intelligence. The study investigated how different traits of emotional intelligence interact with marital satisfaction.

*Ilyas and Habib (2014)* did a study on Marital Satisfaction and Emotional Intelligence between various Professionals. The study aimed at finding out the connection between Emotional Intelligence and Marital Satisfaction in individuals who were professionals. Doctors and lecturers from Lahore and Punjab were chosen for the sample. There were fifty men and women in each category of professional of age twenty five to forty five with marriage lasting five to ten years. Emotional Intelligence tests (EIS) by Schutte as well as Dyadic Adjustment Scale by Spanier, (1976) were employed. For statistical analysis independent sample t-test and Pearson product moment correlation were employed. The study's findings showed a strong correlation among emotional intelligence as well as marital satisfaction. Women who were working scored higher as compared to males on emotional intelligence.

*Anghel (2016)* conducted research on marital satisfaction and emotional intelligence. The study's objective was to find the link between emotional intellect and marital satisfaction with adults who were married. For this purpose sixty married adults with at least five years of marriage and age of twenty nine were selected. Marital satisfaction index (IMS) and Scale of emotional intelligence (SIE) (Schutte et al. 1998) were used. The results revealed a strong relation among marital satisfaction and emotional intelligence components involving majorly balancing one's emotions and others.

Angusamy, Kuppusamy and Anantharaman (2017) conducted a research on marital satisfaction of females from Malaysia. For this purpose two hundred females using survey method for gathering data. The findings show a considerable difference in marital happiness between employed and non-employed women. Women who don't work are reported to be happier in their marriages. Depending on the kind of household and the location of settlement, there is no variation in marital happiness between populations. According to the findings, marital satisfaction varies greatly depending on race, spouse education, and career.

Safitri and Sari (2019) did a comparative research on marital satisfaction across different relationship kinds in the marriage setting. The research was aimed at assessing marital satisfaction with individuals who were married. For this purpose sixty two couples from Jakarta with a median age of 25.35 years. The data were gathered using the Relational Dimensions Instrument as well as the Revised Dyadic Adjustment Scale. The findings indicate that there is a significant difference in relationship satisfaction between couple types in general, and especially among husbands. Yet, among wives, marital pleasure is unaffected by the type of couple. Gender appears to have an impact on this relationship

Bahrami , Armanmehr , Rezaeian , Alami and Kharazmi (2021) did research on marital satisfaction for Iran adults. The study examined marital satisfaction with population of individuals from Iran. Sample of Seven hundred seventy adults from were chosen. The research was conducted with individuals from Gonabad. For the purpose of the research ENRICH marriage satisfaction scale was employed. The findings revealed that males are around twice as compared to women to be happy in marriage. The current research demonstrated that gender and family wealth had a favourable impact on marital contentment.

## METHODOLOGY

### **HYPOTHESES:**

H1: There will be significant relationship between Marital Satisfaction and Emotional Intelligence among Married Male Adults.

H2: There will be significant relationship between Marital Satisfaction and Emotional Intelligence among Married Female Adults.

The sample in the research involves married adults. The participants are in the age range of 25-40years. Participants were mostly from nuclear families. A sample of 120 individuals were in investigation (60 males and 60 females) adults who were married. The beginning of the questionnaire contained a question about whether participants voluntarily offered their approval to be a part of the study, and everyone gave their consent. The participants were from both nuclear and joint families. The participants of this study were from urban areas. The data was collected by employing Schutte Self Report Emotional Intelligence Test (SSEIT 1998) and ENRICH Marital Satisfaction Scale (FOWERS & OLSON, 1993)

## RESULTS AND DISCUSSION

**Table 4.1 Correlation (r value) Emotional intelligence and Marital Satisfaction among Male Married Adults**

Variables	N	r	p
Emotional Intelligence	60	.411	Sig***
Marital Satisfaction	60		

Significant at 0.05 and 0.01 levels

**Table 4.2 Correlation (r value) Emotional intelligence and Marital Satisfaction among Female Married Adults**

Variables	N	r	p
Emotional Intelligence	60	.757	Sig***
Marital Satisfaction	60		

Significant at 0.05 and 0.01 levels

The research titled '*Emotional Intelligence and Marital Satisfaction among married male adults*' was conducted to understand the relationship between two variables under study i.e. Emotional intelligence and Marital Satisfaction in the context of married adults with age range of 25-40 years. The population consisted of 120 individuals (60 males and 60 females) Married adults. First variable in the study is Emotional Intelligence. Emotional quotient (EQ), sometimes known as emotional intelligence is the ability to identify, comprehend, as well as constructively handle one's own emotions in order to lower stress, communicate clearly, empathise with others, overcome challenges, and prevent conflict. The second variable in the study is Marital Satisfaction. "Marital satisfaction is defined as the degree to which spouses feel fulfilled, content, and happy with their relationship." This multidimensional construct encompasses various aspects of marital

life, such as communication, emotional intimacy, sexual satisfaction, and trust. It is an essential factor for a successful and lasting marriage and has been extensively studied in psychological and sociological research. Schutte emotional intelligence scale and Enrich marital happiness scale were the two instruments used to collect data. The collected data was analysed by using correlation.

Results indicated that there is a significant positive relationship between Emotional Intelligence and Marital Satisfaction among Male Married Adults. It was proved that there exists significant positive relationship between Emotional Intelligence and marital Satisfaction among Female married adults. This suggests that better emotional intelligence is associated with higher marital satisfaction. The results are in line with the findings of *Johnson and Johnson (2013)*, among the male individuals, emotional intelligence strongly predicted marital satisfaction. Higher emotional intelligence, according to the authors, is linked to improved conflict-resolution abilities, psychological assistance, overall general marital satisfaction. *Smith et al. (2016)* emotional intelligence with marital satisfaction was positively associated, meaning that people with greater emotional intellect were prone to have happier marriages. *Davoodi, Fathi-Ashtiani, and Vaezi (2017)* observed relationship between emotional intelligence and marital satisfaction in women professors. According to the study, there's a significant relationship among emotional intelligence as well as marital satisfaction, indicating that having higher emotional intelligence makes marriages more satisfying. Study conducted by *Ilyas and Habib (2014)* revealed high correlation among emotional intelligence and marital satisfaction. Women who were working scored higher as compared to males on emotional intelligence. *Eslami, Hasanzadeh and Jamshidi (2014)* found emotional intelligence and marital satisfaction has a positive significant relationship. The outcomes of linear regression also demonstrated that the degree of marital pleasure is predicted by the general emotional intelligence. To conclude, this study measures the relationship between Emotional Intelligence and Marital Satisfaction among Male and Female Married adults. It was found that a significant positive relationship between emotional intelligence and marital satisfaction, highlighting the essential part that emotional intelligence serves in marital fulfilment. The first hypotheses (There will be a significant relationship between Marital Satisfaction and Emotional Intelligence among Male Married Adults) is accepted and proved. The second hypotheses (There will be a significant relationship between Marital Satisfaction and Emotional Intelligence among Female Married Adults) is confirmed and proved. It indicates that Higher the Emotional Intelligence higher the marital Satisfaction. On the basis of these results, it is recommended that future studies emphasize the implementation of culturally-sensitive interventions, training in emotional intelligence programmes, and education in order to raise awareness of the key role of emotional intellect in marital satisfaction. The findings can be helpful for relationship counsellors and therapists, as they may be able to integrate training in emotional intelligence into the therapeutic interventions to assist couples in improving communication, empathy, as well as emotional regulation, thereby increasing marital satisfaction. Future research should also look at a variety of populations, modify for any influencing variables, and explore the link across emotional intelligence with marital satisfaction in other types of marriages. By examining the significance of emotional intellect to satisfaction with marriage, this study will help to develop preventative measures to lessen the possibility of relationship break up, like

separation or divorce, through the development of emotional intelligence abilities. It posits the possibility that raising emotional intelligence in married people could result in improved degrees of marital satisfaction. Couples, especially those going through marital troubles, may benefit from educational programmes and workshops aimed at improving emotional intelligence. Practitioners as well as researchers can help create and put into practise efficient interventions that support happy, healthy marriages by taking these suggestions into consideration.

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