

Emotional Intelligence and Life Satisfaction of Married People in Relation to Demographic Variable

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ABSTRACT

Psychological research shows that success in life and the level of emotional intelligence and life satisfaction in other mental areas of life have a significant influence. The purpose of the present study is to study the emotional intelligence and life satisfaction of married individuals at the level of gender and education. Emotional intelligence and life satisfaction are important for living a happy life. Here is a scientific attempt to find out how and which factor leads to improved well-being in a person. A sample of 166 married women and men was considered for the study. 83 women and 83 men were taken in it. Out of them, 71 married people with low educational levels and 95 married people with high educational levels were selected. The Emotional Intelligence Scale and Life Satisfaction Scale were used to collect data for the study. Pearson correlation and independent sample T-test were used for statistical analysis of data. Research has concluded that there is a moderately strong relationship between emotional intelligence and life satisfaction. Significant differences between emotional intelligence and life satisfaction in married people. There was a difference in emotional intelligence in terms of the level of education but no significant difference in terms of life satisfaction. This has been discussed in detail.

Keywords: *Emotional Intelligence, Life Satisfaction, Married People, Relation, Demographic Variable*

It has long been believed that success in life and in other mental spheres of life depends on the level of intelligence reflected in academic achievements, exams, marks passed, etc. However, in real life, we need some mental resources other than common sense to deal effectively with certain psychological conditions. One such tool is known as emotional intelligence, which is a different way of being smart (e.g. Goleman, 1995). Goleman (1995) argues that being able to control our own emotional behaviors (such as aggression, fear, and jealousy) and to communicate successfully with others on an emotional level is a form of intelligence. He cites the fact that many successful people do not score high on standard IQ tests, but instead succeed. Because they have successfully managed their own and others' emotions. Researchers and professionals in the field of marital counseling suggest the potential role of emotional intelligence in maintaining a healthy and satisfying relationship.

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Emotional intelligence

The term "emotional intelligence" (EI) was coined by Salovey and Meyer in the early 1990s and was conceived to include a group of mental abilities, such as evaluation and expression of emotion, regulation of emotion, and use of emotion. Definitions of emotional intelligence cover emotional, social, and personal abilities, emotional qualities, mood, personality, and social orientation in both personal and interpersonal contexts. Others define emotional intelligence as the ability to generate emotions, the ability to understand one's own feelings, and the ability to understand and express emotional knowledge, including the ability to understand the feelings of others (Meyer et al., 2004). Goleman Ilin defines that everything that does not fall into intellectual intelligence as emotional intelligence. Meyer et al. (2004) define emotional intelligence as "the ability to reason and to think about emotions. It includes the ability to properly understand emotions, to use and produce emotions. Ability to understand emotions and emotional knowledge and to control emotions in a reflective way to promote emotional intellectual development. "

The partners of an emotionally intelligent couple are more capable of understanding, respecting, and honoring each other as well as their marriage. Emotional intelligence theories describe an emotionally intelligent partner as someone who knows when he or she is feeling something and accurately identifies the nature of the realization. An emotionally gifted person takes note when other people are experiencing emotions and can recognize emotions exactly. People change their ability to properly understand and recognize emotions. Some people are exceptionally sensitive to the feelings of others, find their partner immediately, people have to be completely sensitive to the feelings of their partner. They may have an idea, for example, being angry, sad, or jealous (Fitness, 2001) Emotionally intelligent couples have very complex and fine-tuned emotional knowledge. They suffer from related feelings such as anger and hatred, shame and guilt, jealousy and envy. (Fitness, 2001).

Life Satisfaction

Life is a little more complicated than it seems. The term is also sometimes used for pleasure, but it is actually two different concepts. Satisfaction of life is the evaluation of one's own life, not just the level of happiness of one's present. There are several different functional definitions of life satisfaction, including well-being and life satisfaction researcher Ed Diener. "Life satisfaction is an overall assessment of feelings and attitudes about life from negative to positive at a given time" (Butell, 2006). Another popular definition of life satisfaction is given by another satisfying life scholar Ruth Winhawen: "Life satisfaction is a level at which one A person evaluates the overall quality of his life positively. In other words, how much a person likes the life he lives"(1996). Allison and colleagues define life satisfaction as: "The underlying cognitive assessment is thought to be relatively coherent and influenced by social factors" (1989). Life satisfaction refers to a person's overall feelings about his life. In other words, life satisfaction is There is a universal evaluation.

The main expectation of human life is life satisfaction. People try to achieve life satisfaction throughout their lives. Life satisfaction is different in different stages of human life. (Doyle and Forehand, 1984) According to Erickson (1963), people go through eight stages of mental development throughout their lives (Ann and Cooney, 2006). Human life depends on a person's functions, needs, goals, and resources. Which is in their hands or in the hands of the people. In general, people feel satisfied until they achieve their goals. Achieving goals, self-concept, ability to cope with everyday life, satisfaction in relationships, and mood well-being (Harkins, 2003, cited in Rogers, 2013). Life goals, needs, and resources vary

Emotional Intelligence and Life Satisfaction of Married People in Relation to Demographic Variable

according to individuals, societies, and cultures that, in the long run, form the basis for determining individual standards and norms. Desires, expectations, and possessions also have standards and criteria for evaluating one's life. However, living standards and norms have different meanings for different people and they play an important role in determining their level of satisfaction. Diner et al. (1985) conceived life satisfaction as a cognitive assessment of one's own life. Life satisfaction is a cognitive critical process in which a person compares circumstances with expectations to determine the extent to which he or she feels satisfied with his or her life. The cognitive assessment compares what people want and the life they are currently living (Pashchili and Sisosas, 2009).

In the present study, an attempt was made to find out how and to what extent the emotional intelligence of married individuals is related to their life satisfaction, sexuality, and the perceived quality of the partner's condition.

Objectives

- To study of emotional intelligence and life satisfaction among males and females in married peoples.
- To study of emotional intelligence and life satisfaction among low and high levels of education in married peoples.
- To study the relationship between Emotional Intelligence and life satisfaction in married peoples.

Hypotheses

- There will be no significant difference between males and females in Emotional intelligence of married peoples.
- There will be no significant difference between low and high levels of education in Emotional intelligence of married peoples.
- There will be no significant difference between males and females in life satisfaction of married peoples.
- There will be no significant difference between low and high levels of education in life satisfaction of married peoples.
- There will be no significant relationship between Emotional Intelligence and life satisfaction of married peoples.

METHODOLOGY

Sample

For the present study, data were collected from the population of married families in Junagadh city of Gujarat state. Therefore, in the present study, 83 married women and 83 married men with a total of 166 participants were selected. A total of 166 selected participants ranged in age from 32 to 54 years. The research was conducted after seeking the consent of married peoples. Participants were informed about the general, as well as the demographic and personal details, and how to fill out the questionnaire. They were also promised secrecy of their answers and their participation as part of the study. After giving instructions and questionnaire was given. They were requested to choose the option that seemed most appropriate for them. No deadline was set for the tests to be completed, and it usually took about 40 to 45 minutes to answer two questionnaires.

Measures

- 1. Emotional Intelligence Scale:** Emotional Intelligence Scale constructed and standardized by Dr. Arun Kumar Singh and Dr. Shruti Narain (2014), is a self-report scale. It consists of 31 items in total in the scale and all items are into four areas (1) Understanding Emotions, (2) Understanding Motivation, (3) Empathy, (4) Handling Relations. The scale can be administered on 12 years and above aged persons. The respondents are required to answer these statements as either ‘Yes’ or ‘No’. Hyde, Pethe, and Dhar (2001) The reliability (test-retest method) of the Emotional Intelligence scale is 0.86 alfa coefficient and it is significant at 0.01 level. The concurrent validity of the scale is 0.86 and significant at 0.01 level.
- 2. Life Satisfaction Scale:** Satisfaction with life scale (SWLS) was established by Diener, et.al in 1985. It’s one of the commonly used measures for life satisfaction. Satisfaction with life scale is a 7 – point scale ranging from totally agree to totally disagree. The scale consists of 5 items to measure subjective well-being among individuals. The scale has an alpha coefficient of = 0.87. The life Satisfaction scale was translated and re-standardization by Dr. J. A. Jarsania.

Statistical Analysis

In this study ‘t’-test and Pearson’s product-moment correlation coefficient test was used for statistical analysis. After that Following the completion of the data analysis by the above method, discussions and conclusions were made.

RESULT & DISCUSSION

The purpose of the present study is in relation to their gender and level of education in married individuals along with their emotional intelligence and life satisfaction. Moreover, the purpose of the study is to understand the relationship between emotional intelligence and life satisfaction in married individuals. Here the results of the research are discussed and tried to be interpreted as well as possible, and the findings are drawn accordingly and the necessary tables for the presentation of the results are provided.

Table 1: Mean, standard deviation, t-value, and level of significance among Male and female for Emotional Intelligence in married Peoples.

Variable	Groups	N	Mean	SD	t-value	Sig.
Emotional Intelligence	Males	83	24.19	3.72	3.68	0.01*
	Females	83	27.45	4.11		

Table no. 1 shows the mean, standard deviation, t-value, and level of significance among Male and females for Emotional Intelligence in married people. From the table, it is seen that there is a significant difference ($t=3.68$; $p < 0.01$) between males and females. Therefore, the null hypothesis has rejected i.e., the males and females have significant differences in the emotional intelligence of married peoples. Hence, on comparing the means, from this, it can be said that in both groups, women are more capable of recognizing their own feelings as well as the feelings of others than their male married peoples.

Emotional Intelligence and Life Satisfaction of Married People in Relation to Demographic Variable

Table 2: Mean, standard deviation, t-value, and level of significance among low and high levels of education for Emotional Intelligence in married Peoples.

Variable	Groups	N	Mean	SD	t-value	Sig.
Emotional Intelligence	low levels of education	71	25.44	4.23	2.38	0.05*
	High levels of education	95	27.16	5.04		

Table no. 2 shows the mean, standard deviation, t-value, and level of significance low and high levels of education for Emotional Intelligence in married people. From the table, it is seen that there is a significant difference ($t=2.38$; $p < 0.05$) between low and high levels of education in married peoples. Therefore, the null hypothesis has rejected i.e., the low and high levels of education have significant differences in the emotional intelligence of married peoples. Hence, on comparing the means, from this, it can be said that in both groups, high-level education is more capable of recognizing their own feelings as well as the feelings of others than their low levels of education in married peoples.

Table 3: Mean, standard deviation, t-value, and level of significance among Male and female for life satisfaction in married Peoples.

Variable	Groups	N	Mean	SD	t-value	Sig.
life satisfaction	Males	83	22.17	3.67	3.79	0.01*
	Females	83	24.43	4.01		

Table no. 1 shows the mean, standard deviation, t-value, and level of significance among Male and females for life satisfaction in married people. From the table, it is seen that there is a significant difference ($t=3.79$; $p < 0.01$) between males and females. Therefore, the null hypothesis has rejected i.e., the males and females have significant differences in the life satisfaction of married peoples. Hence, on comparing the means, Thus, it can be said that in both groups, women are generally happier in their own lives than men.

Table 4: Mean, standard deviation, t-value, and level of significance among low and high levels of education for life satisfaction in married Peoples.

Variable	Groups	N	Mean	SD	t-value	Sig.
life satisfaction	low levels of education	71	23.06	3.16	0.94	NS
	High levels of education	95	23.53	3.23		

Table no. 1 shows the mean, standard deviation, t-value, and level of significance among low and high levels of education for life satisfaction in married people. From the table, it is seen that there is not significant difference ($t=0.94$; $p > 0.05$) between low and high levels of education in married peoples. Therefore, the null hypothesis has accepted i.e., the low and high levels of education have no significant differences in the life satisfaction of married peoples. Hence, on comparing the means, Thus, it can be said that in both groups are generally same happier in their own lives.

Table 5: Correlation between Emotional Intelligence and life satisfaction of married people.

Variable	Pearson Correlation N	Emotional Intelligence	life satisfaction
Emotional Intelligence	166	0.391	0.05 *
life satisfaction	166		

Table no 5 shows the correlation between Emotional Intelligence and life satisfaction of married Couples. From the table, it is seen that Emotional Intelligence has a positive correlation with life satisfaction at 0.05 levels. This means that as Emotional Intelligence increases, life satisfaction will also increase.

CONCLUSION

The purpose of the present study is to study the emotional intelligence and life satisfaction of married individuals in terms of gender and education levels. The results reveal that there is a significant difference between female and men in married individuals, respectively, in emotional intelligence and life satisfaction. However, there is a significant difference in life satisfaction among married peoples with low and higher education in emotional intelligence. But do not see a significant difference between men and female. Married women have a high proportion of both emotional intelligence and life satisfaction.

Women are closely associated with each other for the ability to understand the feelings of themselves and their spouses which helps to improve the quality of marital relationships and family life. The feeling of contentment in one's overall life is also high as the marital life is good. Emotional intelligence is useful in understanding and managing the feelings of oneself and their family members as it helps in improving the quality of life and successful married life. This is supported by Fitness (2006).

Emotional intelligence and life satisfaction play an influential role in the quality of relationships in a person's life. Therefore, the need to understand the feelings of the family member, to accept, to understand the family members is fulfilled. Bits of help reduce the stress caused by the problems of daily life as well as reduces the likelihood of future problems. Family members treat each other with more empathy and compassion.

We can conclude that emotionally intelligent individuals experience more life satisfaction in their lives. As a result, they will try to be more accommodating and understand their family members and also value their relationships. To reduce the rate of mental problems, family members of married persons and society should play an important role.

Implication of the study

The results of the present study suggest that emotional intelligence and life satisfaction are important for living a happy life. According to the findings of the study, there is a special difference between sexuality in emotional intelligence and life satisfaction. This study sheds light on the fact that emotionally intelligent female men will have a higher rate of life satisfaction. These findings have implications for various individuals as well as parents who need to facilitate emotional intelligence from childhood regardless of social and economic status and education of family members as it is the most crucial aspect of a person's life. How to increase emotional intelligence and life satisfaction must be taught from childhood as it helps to be successful in all aspects of life. People who are satisfied with life will have a healthy understanding and help a person to live a happy life.

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Conflict of Interest

The author(s) declared no conflict of interest.

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