

## Review of Correlates of Emotional Intelligence of Married Couples

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### ABSTRACT

Married life is one of the most important part and researched period of human life. This is time of transitions in terms of family responsibilities, physical health changes, social interests and hobbies, etc. During this time couples relationship and adjustment also sees ups and downs. Till now many researchers have conducted studies on marital adjustments and life satisfaction of married couples. This literature review is an attempt to examine the correlates which play important role in married couple's adjustment, emotional intelligence and life satisfaction.

**Keywords:** *Emotional Intelligence, Marriage, Love marriage, Arranged marriage, and Married couples.*

Our nation now stands on the threshold of the 21st century whether the nation can face the internal and external challenges successfully will decide the quality of the citizen's life tomorrow. Education is the most effective instrument to meet the challenges. Education plays an important role in developing society. In today's highly stressful world the satisfaction of the married life has been decreasing. Marital instability affects both spouses and their children in many ways. It has a great impact on mental health as well as physical health. Couples in maladjustment experience great stress and anxiety. Sometimes the end of this marital instability in divorce, use of alcohol and drug abuse and even suicide. Children who experience parental separation are more likely to have emotional problems and engage in antisocial behaviors as compared to other children of a stable family.

Hence, the present study focuses on how emotional intelligence is the important factors for making sense of the relationship of married couples.

The study would further help in designing premarital education programs, marital counseling programs, in constructing tools for marriage match making and develop rational thinking about marriage through community programs.

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### *Studies on emotional intelligence:*

Pasupathi, Monisha et.al (1999) carried a research on behaviour of married couples. The sample consisted of 79 young and old, happily and unhappily married couples for the research. They coded listening practices characteristic of consideration and getting (responsiveness) just as those demonstrating feelings. It was normal that more old wedded couples would show lower frequencies of responsive listening mentalities than middles. The result provides a conditional support for this hypothesis.

The study by Schutte, Malouff et.al (2001) was on married couples with respect to emotional intelligence and marital satisfaction. The results revealed that couples with high emotional intelligence have higher marital satisfaction.

Fitness (2001) studied about the importance of emotional intelligence in marriage. The results concluded that emotional perception, understanding and reasoning about emotions and regulating or managing emotions are important in marriage.

Brackett, Warner and Bosco (2005) studied on emotional intelligence of married couples. Results showed that if one of them possess higher emotional intelligence then maintain greater positive relationships.

The research by Bricker (2005) was on the association between emotional intelligence and marital satisfaction. The results indicated that overall emotional intelligence is significantly correlated with marital satisfaction. The study also reported that interpersonal skills are needed to resolve conflict. Foster intimacy between partners seems to be important in determining successful marital outcome.

Emotional intelligence acts as an indicator in determining the quality of marital relationship and adjustment (Batool and Khalid, 2009).

The study by Joshi and Thingujam (2009) was on the emotional intelligence of couples. It was reported that emotionally intelligent couples can handle their marital life in a better way. They are better able to understand spoken and unspoken words. Their ability to effectively deal with their own and other's emotions make them able to manage their conflicts. They seem to create happiness for their spouse by utilizing emotions.

Nicola (2010) also carried out a research on the emotional intelligence in couples. The research concluded that the participants with partners described as having emotional intelligence were expected to have greater satisfaction in relationships.

In recent research by Adhikari and Tresa (2012) association between emotional intelligence and marital quality of married couples was studied. This study examined the relationship between emotional intelligence and marital quality of couples and analysed which domain of the emotional intelligence was the best predictor of marital quality among husbands and wives. The sample consisted of 44 couples from Bangalore city, India. Mangal emotional intelligence inventory (2009) and Marital quality scale by Shah (1995) were used to measure emotional intelligence and marital quality respectively. Pearson's correlation coefficient method and regression model were used to analyse the data. The results indicated a positive correlation between emotional intelligence and marital quality among couples. The results indicated a positive correlation between emotional intelligence and marital quality among couples. Among all the subdomains of emotional intelligence, intrapersonal awareness was

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the single most predictor of perceived marital quality of both husbands and wives. This study might open the discourse on the relationship of emotional intelligence and marital quality in Indian context and it might as well be relevant in emphasizing the role of emotional intelligence in marital quality.

According to Dildar, Saadia, et.al (2012), there are observations that couples with higher emotional intelligence are more adjusted in their marital lives.

The correlational study on the relationship between emotional intelligence, health and marital satisfaction by Eslam, Hasanzadeh and Jamshidi (2014) concluded that there was a significant and positive relation between emotional intelligence and marital satisfaction. The results of linear regression also showed that the general emotional intelligence predicts the quality of marital satisfaction.

### CONCLUSION

This paper was on a brief review of literature, related to the emotional intelligence of married couples. It is noticeable that, in different countries, researcher's interest has been raised in the psychological study of married couples. The studies reviewed in this paper shows that, marital life is strongly linked with the research variables i.e., emotional intelligence.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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