

Research Paper

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

Tanya Tripathi<sup>1\*</sup>, Dr. Kalpana Randhawa<sup>2</sup>

### ABSTRACT

This research examines the correlation between emotional intelligence, Depression, and marital satisfaction among married couples residing in the urban area of Bangalore. The study aimed to examine the impact of emotional intelligence and Depression on the level of marital satisfaction experienced by couples. A sample size of 384 married individuals was selected using Cochran's formula for sample size calculation, and a purposive sampling method was used. The study uses a primary data collection method to gather the data. Primary data is collected through a closed-ended questionnaire with a "5-point Likert scale" to measure participants' emotional intelligence, depression levels, and marital satisfaction. Cronbach's Alpha, Composite Reliability (CR), Average Variance Extracted (AVE), The Kaiser-Meyer-Olkin (KMO) Test, and Communalities are used to prove the reliability and validity of the questionnaire. The collected responses were then subjected to statistical analysis using Excel and SPSS (Statistical Package for Social Science). ANOVA was employed to investigate significant differences in marital satisfaction levels based on emotional intelligence and Depression. Additionally, regression analysis was conducted to examine the predictive ability of emotional intelligence and Depression on marital satisfaction. The findings of this study will provide valuable insights into the role of emotional intelligence and Depression in shaping marital satisfaction among married couples in Bangalore. The results will contribute to the existing literature on marital relationships and may have implications for therapeutic interventions and counseling services to improve marital satisfaction and overall well-being.

**Keywords:** *Emotional Intelligence, Depression, Marital Satisfaction, Married Couples, Bangalore*

Marriage is perhaps the most significant social phenomenon since it serves as the foundation upon which new families and new generations are built (Javanmard & Garegozlo, 2013). Individual and societal well-being are both improved as a consequence of peace, growth, and the satisfaction of sexual and psychological needs (Taghizadeh & Kalhori 2015). Despite the benefits of marriage, many married couples struggle to build and maintain healthy, fulfilling relationships with one another (Ghofranipour et al., 2017), leading to an alarmingly high divorce rate (Zineldin 2019).

<sup>1</sup>Research Scholar, Suresh Gyan Vihar University, Jaipur, Rajasthan, India

<sup>2</sup>Assistant Professor, Suresh Gyan Vihar University, Jaipur, Rajasthan, India

\*Corresponding Author

Received: September 21, 2023; Revision Received: December 27, 2023; Accepted: December 31, 2023

## **To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore**

Several studies have shown that marital and sexual unhappiness is among the many elements that might impact couples' relationships and, in certain cases, increase the likelihood of divorce (DeLongis & Zwicker 2017). Happiness and contentment in marriage are regarded as indicators of marital fulfillment (Molaei 2016). According to Kaplan and Maddux (2002), a couple needs to go no farther than themselves to get the marital bliss they've been seeking. The level of marital contentment influences the growth of this idea. They think that each couple's marital happiness is unique and founded on their own set of expectations and principles (Gharibi et al. 2016).

### **Marital Satisfaction**

In the early years of marriage, marital happiness is precarious and the bond between the spouses is vulnerable; thus, the pair must work together to obtain marital contentment (Gorbanzadeh et al., 2013). When a married couple's relationship lives up to their expectations, they feel happy (LM & Leila, 2013). Marriage is an alliance between two individuals who are quite different from one another (Mohammadzadeh et al., 2008). According to Claxton, individuals must go beyond superficial attributes when evaluating a potential mate for a long-term, healthy love relationship (Claxton et al. 2012). Higher levels of marital happiness may be predicted by a variety of characteristics, incorporating “socioeconomic position, education, age, ethnicity, religion, physical beauty, Intelligence Quotient, and personal values and views” (Chehreh et al., 2017).

### **Emotional Intelligence**

Self-awareness and social awareness are essential components of emotional intelligence (Karibeeran & Mohanty). The capacity to recognize and label one's own emotions, channeling those feelings into fruitful psychological actions like “planning and problem” solving, and controlling one's personal and others' emotional answers in tense circumstances are all components of emotional intelligence (Jassal 2021). Peter Salovey and John D. Mayer invented the concept of “emotional intelligence” in the 1990s, and Daniel Goleman popularized it for the general public (Singh et al. 2022). Emotional intelligence, or EQ as it's often called, is a widely accepted notion. Some psychologists, however, contend that EQ's lack of explanatory power stems from the fact that it cannot be measured in the same way that other traits, such as IQ, can (MacCann et al. 2020).

### **Depression**

Depression, or major depressive illness, affects many people. It's characterized by persistent feelings of sadness or a lack of enthusiasm for formerly pleasurable activities (Chand et al. 2021). Depression is distinct from the normal ups and downs of emotional experience. Family, friends, and community ties aren't the only things that might be impacted. Issues at work and school may emerge as a direct consequence. Everyone is susceptible to Depression. Abuse survivors, those who have experienced significant loss, and survivors of other traumatic life experiences are at a higher risk of developing Depression. Depressive disorders are more common in women than in males (Chand et al., 2021). Social, psychological, and biological variables all have a role in contributing to Depression. Depressive symptoms are more common among those who have experienced hardships in life (such as unemployment, loss of a loved one, or traumatic experiences) (Chand et al. 2021). A depressed person's living condition and Depression may both deteriorate as a result of the additional stress and dysfunction brought on by the Depression.

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

### REVIEW OF LITERATURE

The review of the literature has been divided into three parts as per the objectives, which are written below:

- “Emotional Intelligence and Marital Satisfaction”
- “Depression and Marital Satisfaction”
- “Emotional Intelligence, Depression, and Marital Satisfaction on the Basis of Gender and Age”

#### Emotional Intelligence and Marital Satisfaction

**Anghel, T. C. (2016)** defined emotional intelligence and the link between the two in terms of marital happiness. Subcomponents of emotional intelligence, such as self-regulation and social awareness, were shown to have strong associations with marital contentment. The greatest approach to keeping a relationship going strong is for both partners to work on themselves as individuals and become emotionally intelligent. **Abbasi, A. R. K., et al. (2016)** looked at how a person's attachment style and emotional quotient influenced how happy they were in their marriage. The findings suggested that attachment styles and emotional intelligence have a significant role in marital happiness by mitigating conflict and fostering constructive exchanges between partners. **Čikeš, A. B., et al. (2018)** looked at whether or not self- and partner-reported emotional intelligence explained differences in marital satisfaction. Self-reported measures of emotion control and management strongly predicted one's own, and one's partner's satisfaction with the marriage, and the capacity to control one's personal and others' sentiments was a major predictor of both. The effects of emotional intelligence training on women's marital happiness, sex lives, and mental health were studied and analyzed by **Milani, A. S., et al. (2020)**. Training in emotional intelligence improved women's happiness in marriage.

#### Depression and Marital Satisfaction

Stress and coping in stepfamilies as indicators of marriage quality and divorce were evaluated by **DeLongis, A., and Zwicker, A. (2017)**. Stepfamily stress affects marital stability in two ways: via Depression and marital distress, with parenting pressures being especially powerful drivers of divorce. Research by **Goldfarb, M. R., and Trudel, G. (2019)** looked at the correlation between marital satisfaction and Depression across heterogeneous age groups, as well as the correlation between marital quality and Depression in old age. An overview of the correlation between unhappy marriages and mental illness was provided. Although there seems to be strong cross-sectional evidence between marital quality and Depression, longitudinal studies and studies of mediators/moderators have shown mixed results. This is especially true with regard to older people, for whom there is a dearth of research. **Odinka, J. I., et al., (2018)** examined the correlation between postpartum Depression and anxiety and marital satisfaction in low-risk women living in Enugu, South-Eastern Nigeria. Nursing moms in Enugu had significant rates of marital unhappiness, postpartum Depression, and anxiety, but these conditions were poorly diagnosed. Early diagnosis, prevention, and therapy are crucial for postpartum Depression and anxiety due to their detrimental consequences on the mother, her marital connection, and her newborn. The prospective, bidirectional relationships between depression symptoms and marital satisfaction were evaluated using a dyadic analytic method by **Jenkins, A. I., et al. (2020)**. The outcomes showed that both husbands and wives were more probable to report a reduction in their own and their partner's marital satisfaction if they were experiencing depressive symptoms. The women's depressed symptoms predicted relative decreases in their husbands' marital happiness, according to moderation analyses, when the

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

wives reported “higher levels of racial centrality.” When women reported lower levels of racial centrality, however, there was no correlation between their depressed symptoms and their husbands' levels of happiness. Fathers' postpartum Depression was studied by **Barooj-Kiakalae, O., et al. (2022)**, together with maternal postpartum Depression, prenatal Depression, and marital satisfaction. Prenatal time is great for dads to enhance their mental health because of the impact that marital satisfaction and mother sadness have on paternal postpartum Depression.

### Emotional Intelligence, Depression, and Marital Satisfaction on the Basis of Gender and Age

**Hajihassani, M., and Sim, T. (2019)** studied married women in Iran to learn more about their levels of happiness, emotional intelligence, and religious beliefs. The findings indicated that both “emotional intelligence and age at marriage” were significant predictors of marital happiness among females in Iran who were married off at a young age. **Heidari, M., et al. (2017)** developed an emotional intelligence-based model to predict marital happiness in postmenopausal women. An adequate level of emotional intelligence is a crucial structural component in a happy marriage because of the positive correlation between the two. University students' levels of self-esteem and emotional acuity were studied by **Bibi, S., et al. (2016)**. A statistically insignificant gender gap in self-esteem was not discovered among university students, but the results did show a positive association between self-esteem and emotional intelligence. Females were shown to be more emotionally intelligent than men. **Gomez-Baya, D., et al. (2017)** examined gender variations in how emotional intelligence and Depression develop in the middle years of adolescence. Depression symptom disparities across assessments in the research were partly explained by differences in emotional repair, and the pace of change in emotional clarity was linked to the “rate of change” in depressive symptoms.

### Objectives of the Study

- To explore the correlation between emotional intelligence and marital satisfaction among married couples in Bangalore.
- To explore the correlation between depression and marital satisfaction among married couples in Bangalore.
- To compare the levels of emotional intelligence, depression, and marital satisfaction among married couples on the basis of their gender and Age in Bangalore.

### The Hypothesis of the Study

- There is a positive correlation between emotional intelligence and marital satisfaction among married couples in Bangalore.
- There is a positive correlation between depression and marital satisfaction among married couples in Bangalore.
- Emotional intelligence, depression, and marital satisfaction are differently affected by demographic factors (gender, Age, Education, and Income).

## METHODS AND METHODOLOGY

Bangalore is known as the silicon valley of India. Which makes it one of the busiest cities in India. People have less time for each other as they are focused on work and have a trendy lifestyle. To have marital satisfaction, people need to understand each other better. This makes Bangalore the best place for exploring “the correlation between emotional

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction  
in Married Couples in the City of Bangalore**

intelligence and depression on marital satisfaction in married couples.” The study used a primary data collection method. For this purpose, 384 married people were taken as samples with the help of Cochran’s formula of sample size, and a purposive sampling method was used to collect the sample. The primary data collection was collected using a closed-ended questionnaire that utilized the “5-point Likert scale.” The responses collected using a questionnaire were then analyzed using statistical tools like Excel and SPSS (Statistical Package for Social Science). Cronbach's Alpha, Composite Reliability (CR), Average Variance Extracted (AVE), The Kaiser-Meyer-Olkin (KMO) Test, and Communalities are used to prove the reliability and validity of the questionnaire, and Mean, Correlation, ANOVA, and Regression are used to prove the Hypothesis.

**RESULT AND ANALYSIS**

**Demographic Profile of the Respondents**

*Table 1: Demographic Profile*

S No.	Demographic Characteristics	Category	N	%
1	Gender	Female	175	45.60%
		Male	209	54.40%
2	Age group	23-30 years	155	40.40%
		31-37 Years	118	30.70%
		38-45 years	60	15.60%
		Above 45 years	51	13.30%
3	Education	Primary Education	45	11.70%
		Secondary Education	36	9.40%
		Graduate	131	34.10%
		Post-Graduate	103	26.80%
		Ph.D.	26	6.80%
4	Occupation	Others	43	11.20%
		Housemaker	43	11.20%
		Unemployed	62	16.10%
		Self-Employed	87	22.70%
		Servicemen	133	34.60%
5	Monthly Income	Others	59	15.40%
		Nil	104	27.10%
		less than 20,000	33	8.60%
		20,000-40,000	25	6.50%
		40,001-60,000	111	28.90%
		60,001-80,000	83	21.60%
6	Type of Marriage	More than 80,000	28	7.30%
		Arranged marriage	224	58.30%
7	Years of Marriage	Love Marriage	160	41.70%
		less than a year	75	19.50%
		1-5 years	153	39.80%
		6-10 years	75	19.50%
		11-15 years	43	11.20%
8	Family Type	More than 15 years	39	9.90%
		Joint family	166	43.20%
		Nuclear family	218	56.80%

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction  
in Married Couples in the City of Bangalore**

Table 1 shows “the Demographic Characteristics of the respondents” in the context of their Gender, Age group, Education, Occupation, Location, Social Status, College/University, Father and Mother's Education, Monthly Income, Type of Marriage, Years of Marriage, and Family Type of respondents. According to table 1, out of 384 respondents, 54.40% are male and 45.60% are females which belong to Bangalore city. The maximum number (155) of respondents are from the age group of 23-30 years i.e., 40.40%. The maximum number (131) of respondents are graduates, i.e., 34.10%. The further table shows the maximum number (133) of respondents who have the occupation of servicemen i.e., 34.60%. And the maximum number (111) of respondents has a monthly income of 40,001-60,000 i.e., 28.90%. The further table shows that the maximum number (224) of respondents have done Arranged marriage i.e., 58.30%. And maximum number (218) of respondents live in a Nuclear family i.e., 56.80%.

**Pre-Testing and Face Validity of Questionnaire**

The viability of a questionnaire is assessed at the pre-testing phase of its development. The pretest is conducted before sending the real survey to the demographic of interest. This word refers to the development of a questionnaire or other measurement instrument for use in a survey or experiment (Green et al., 1988), which acts as a practice run for real research (Hunt et al., 1982). A pre-test and face validity were performed before the final data collection. The questionnaire for this study has 23 questions, 8 of which are demographic and the rest 15 are variable. The questions in this study are on a Likert scale. The content validity of the questionnaire was first investigated. Following the distribution of the questionnaire, two academics and one professional were consulted for input. These officials were polled to gather their thoughts on the questionnaire. According to their input, the questions for data collection were correctly phrased.

**Reliability and validity of the Questionnaire**

*Table 2: Reliability and Validity Analysis*

Construct	Items	Cronbach's Alpha	Composite Reliability (CR)	Average Variance Extracted (AVE)	KMO Value	Communalities
<b>Emotional Intelligence</b>	<b>EI1</b>	0.812	0.949	0.869	0.785	.867
	<b>EI2</b>					.838
	<b>EI3</b>					.837
	<b>EI4</b>					.832
	<b>EI5</b>					.833
<b>Marital Satisfaction</b>	<b>MS1</b>	0.807	0.787	0.751	0.823	.531
	<b>MS2</b>					.598
	<b>MS3</b>					.605
	<b>MS4</b>					.575
	<b>MS5</b>					.520
<b>Depression</b>	<b>D1</b>	0.919	0.921	0.904	0.904	.760
	<b>D2</b>					.776
	<b>D3</b>					.778
	<b>D4</b>					.733
	<b>D5</b>					.731

Cronbach's Alpha (CA), Composite Reliability, and Average Variance Extracted are computed with The Kaiser-Meyer-Olkin (KMO) Test and Communalities to determine the

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore**

questionnaire's reliability and validity. Cronbach's Alpha (CA) is a popular method for determining the reliability of measurement equipment (Cronbach, 1971). Internal consistency is assessed using Cronbach's Alpha and Composite Reliability. Table 2 displays Cronbach's alpha and Composite Reliability (CR) values. Cronbach's alpha values ranged from 0.807 to 0.919, while Composite Reliability values ranged from 0.787 to 0.949. Both statistical construct dependability measures are more than 0.70 (Hair et al., 2011), demonstrating that construct dependability exists. According to Fornell and Larcker (1981), AVE is the moment at which the AVE of a construct equals or surpasses 0.5. Examining the measuring model's AVE value assists in assessing its Convergent Validity. The measurement model has good convergent validity, as shown in Table 2, with AVE ranging from 0.751 to 0.904. Table 2 shows the results of the KMO test of sample adequacy, with KMO values ranging from 0.785 to 0.904. The proportion of an observable variable's variation that may be explained by latent components is defined as a community. A commonality of at least 0.40 is an appropriate metric for factor analysis. (Field, 2013). Table 2 shows the communalities of several items, and all items have communalities of 0.5 or above. This means that the extracted components explain the observed variable adequately, implying a significant alignment between the observed variable and the underlying structures. The questionnaire's reliability and validity are confirmed as a consequence of the findings.

**Findings based on Hypothesis**

**H1: “There is a positive correlation between emotional intelligence and marital satisfaction among married couples in Bangalore.”**

*Table 3: Correlation Analysis*

Hypothesis	Factor			Correlation		Hypotheses Supported
		Mean	SD	Pearson Correlation (r)	Sig value	
<b>H1</b>	Emotional Intelligence	23.7995	2.08411	.108*	0.034	<b>Supported</b>
	Marital Satisfaction	22.2318	3.71307			

\*. Correlation is significant at the 0.05 level (2-tailed).

Emotional intelligence and marital satisfaction showed a favorable and statistically significant Pearson association ( $r = .108, p < .05$ ). H1 is therefore supported. This demonstrates that higher levels of emotional intelligence would result in happier marriages among Bangalore's married population.

**H2: “There is a positive correlation between depression and marital satisfaction among married couples in Bangalore.”**

*Table 4: Correlation Analysis*

Hypothesis	Factor			Correlation		Hypotheses Supported
		Mean	SD	Pearson Correlation (r)	Sig value	
<b>H2</b>	Marital Satisfaction	22.2318	3.71307	.020	0.696	<b>Unsupported</b>
	Depression	15.3411	6.45254			

\*. Correlation is significant at the 0.05 level (2-tailed).

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore**

It is shown that there is a positive and statistically significant Pearson association between emotional intelligence and marital satisfaction ( $r = .020, p > .05$ ). H2 not supported as a result. This demonstrates that more emotional intelligence will boost marital satisfaction among Bangalore's married population.

**H3: “Emotional intelligence, depression, and marital satisfaction are differently affected by demographic factors (gender, Age, Education, and Income).”**

**Gender**

*Table 5: ANOVA Analysis*

Hypothesis	Variables	Factor			Anova		Hypotheses Supported
		Gender	Mean	SD	F	Sig value	
<b>H3.1</b>	Emotional Intelligence	Male	23.9474	23.9474	2.317	.029	<b>Supported</b>
		Female	23.6229	23.6229			
	Marital Satisfaction	Male	22.0622	22.0622	0.956	.329	<b>Unsupported</b>
		Female	22.4343	22.4343			
	Depression	Male	15.5885	15.5885	0.673	.412	<b>Unsupported</b>
		Female	15.0457	15.0457			

The hypothesis tests if the Emotional Intelligence, Marital Satisfaction, and Depression of Married people differ across different genders. “People were divided into two groups (Group 1: Male; Group 2: Female).” The ANOVA results suggest that the Emotional Intelligence scores of the groups differ significantly ( $F = 2.317, p < .05$ ), the Marital Satisfaction scores of the groups differ insignificantly ( $F = 0.956, p > .05$ ), and the Depression scores of the groups differ insignificantly ( $F = 0.673, p > .05$ ).

**Age group**

*Table 6: ANOVA Analysis*

Hypothesis	Variables	Factor			Anova		Hypotheses Supported
		Age group	Mean	SD	F	Sig value	
<b>H3.2</b>	Emotional Intelligence	23-30 years	23.8581	2.09959	2.107	.032	<b>Supported</b>
		31-37 years	23.7203	2.02500			
		38-45 years	23.8333	2.39467			
		Above 45 years	23.7647	1.81756			
	Marital Satisfaction	23-30 years	22.5419	3.70720	.681	.564	<b>Unsupported</b>
		31-37 years	21.9068	3.89167			
		38-45 years	22.1500	3.63982			
		Above 45 years	22.1373	3.41186			
	Depression	23-30 years	14.9290	6.27312	2.738	0.30	<b>Supported</b>
		31-37 years	15.8814	6.77876			
		38-45 years	14.8500	6.03893			
		Above 45 years	15.9216	6.73155			

The hypothesis tests if the Emotional Intelligence, Marital Satisfaction, and Depression of Married people differ across different Age Groups. “People were divided into four groups (Group 1: 23-30 years; Group 2: 31-37 years; Group 3: 38-45 years; Group 4: Above 45



**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore**

years).” The ANOVA results suggest that the Emotional Intelligence scores of the groups differ significantly ( $F = 2.107, p < .05$ ), the Marital Satisfaction scores of the groups differ insignificantly ( $F = 0.681, p > .05$ ), and the Depression scores of the groups differ significantly ( $F = 2.738, p < .05$ ).

**Education qualifications**

**Table 7: ANOVA Analysis**

Hypothesis	Variables	Factor			Anova		Hypotheses Supported
		Education	Mean	SD	F	Sig value	
<b>H3.3</b>	Emotional Intelligence	Primary Education	23.1111	3.35899	2.629	.015	<b>Supported</b>
		Secondary Education	23.7500	2.06155			
		Graduate	23.7863	1.81026			
		Post-Graduate	23.8447	2.04727			
		Ph.D.	24.3462	1.12933			
		Others	24.1628	1.52644			
	Marital Satisfaction	Primary Education	22.4444	3.48083	0.385	.859	<b>Unsupported</b>
		Secondary Education	22.5556	3.53306			
		Graduate	22.3282	3.67202			
		Post-Graduate	21.8155	3.98465			
		Ph.D.	22.2308	3.75561			
		Others	22.4419	3.64693			
	Depression	Primary Education	14.2667	6.08799	1.025	.403	<b>Unsupported</b>
		Secondary Education	15.2778	6.33183			
		Graduate	14.9008	6.36801			
		Post-Graduate	16.0680	6.80147			
		Ph.D.	14.5769	6.04763			
		Others	16.5814	6.53646			

The hypothesis tests if the Emotional Intelligence, Marital Satisfaction, and Depression of Married people differ across different Educational qualifications. People were divided into six groups (“Group 1: Primary Education; Group 2: Secondary Education; Group 3: Graduate; Group 4: Post-Graduate; Group 5: Ph D.; Group 6: Others”). The ANOVA results suggest that the Emotional Intelligence scores of the groups differ significantly ( $F = 2.692, p < .05$ ), the Marital Satisfaction scores of the groups differ insignificantly ( $F = 0.385, p > .05$ ), and the Depression scores of the groups differ insignificantly ( $F = 1.025, p > .05$ ).

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction  
in Married Couples in the City of Bangalore**

**Income**

**Table 8: ANOVA Analysis**

Hypothesis	Variables	Factor			Anova		Hypotheses Supported
		Income	Mean	SD	F	Sig value	
<b>H3.4</b>	Emotional Intelligence	Nil	23.1111	3.35899	1.629	.015	<b>Supported</b>
		less than 20,000	23.7500	2.06155			
		20,000-40,000	23.7863	1.81026			
		40,001-60,000	23.8447	2.04727			
		60,001-80,000	24.3462	1.12933			
		More than 80,000	24.1628	1.52644			
	Marital Satisfaction	Nil	22.4444	3.48083	0.385	.859	<b>Unsupported</b>
		less than 20,000	22.5556	3.53306			
		20,000-40,000	22.3282	3.67202			
		40,001-60,000	21.8155	3.98465			
		60,001-80,000	22.2308	3.75561			
		More than 80,000	22.4419	3.64693			
	Depression	Nil	14.2667	6.08799	1.025	.043	<b>Supported</b>
		less than 20,000	15.2778	6.33183			
		20,000-40,000	14.9008	6.36801			
		40,001-60,000	16.0680	6.80147			
		60,001-80,000	14.5769	6.04763			
		More than 80,000	16.5814	6.53646			

The hypothesis tests if the Emotional Intelligence, Marital Satisfaction, and Depression of Married people differs across different income. “People were divided into six groups (Group 1: Nil; Group 2: less than 20,000; Group 3: 20,000–40,000; Group 4: 40,001-60,000; Group 5: 60,0001-80,000; Group 6: More than 80,000).” The ANOVA results suggest that the Emotional Intelligence scores of the groups differ significantly ( $F = 1.629, p < .05$ ), the Marital Satisfaction scores of the groups differ insignificantly ( $F = 0.385, p > .05$ ), and the Depression scores of the groups differ significantly ( $F = 1.025, p < .05$ ).

**DISCUSSION**

This study's goal was to investigate the effects of emotional intelligence, Depression, and marital satisfaction among married couples living in Bangalore. Emotional intelligence and marital satisfaction were shown to have a positive and statistically significant Pearson association ( $r = .108, p < .05$ ). H1 was therefore supported. This demonstrates that higher levels of emotional intelligence would result in happier marriages among Bangalore's married population. Additionally, a favorable and statistically significant Pearson association between emotional intelligence and marital satisfaction was discovered ( $r = .020, p > .05$ ). H2 was thus not supported. This demonstrates that higher levels of emotional intelligence would result in happier marriages among Bangalore's married population. However, the results of the third hypothesis show that there is a statistical difference between emotional intelligence with gender because its significance value is less than 0.05 (i.e., 0.029), but that there is no statistically significant difference between the mean group of marital satisfaction and Depression with gender. Additionally, there is a statistically significant difference between emotional intelligence and Depression with age group because its significance value is less than 0.05 (i.e., 0.032, and 0.30), but there is no such difference between the mean group of marital satisfaction. Additionally, there is a statistically significant difference between emotional intelligence and educational

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

qualification because its significance value is less than 0.05 (i.e., 0.015), but there is no such difference between the mean group of marital satisfaction and Depression. Additionally, there is a statistical difference between emotional intelligence and Depression with income since its significance value is less than 0.05 (i.e., 0.015, and 0.043), although there is no statistical difference between Marital Satisfaction with income in the mean group. Studies by “Batool & Khalid (2009), Lavalekar et al. (2010), Schutte et al. (2001), and Stevens & Stevens (2006) found a positive significant association between emotional intelligence and marriage satisfaction, supporting the beneficial function of emotional intelligence in marital satisfaction.” Although Rauer and Volling (2005) discovered a favorable association between emotional expressiveness and marital happiness in women, they did not discover a similar relationship in males. The study outcomes showed no connection between religious affiliation and marital happiness among women who married young. The finding was at odds with what the majority of research found. Previous research (Yeganeh & Shaikhmahmoodi, 2013; Rasouli & Soltani, 2012; Dudley & Kosinski, 1990; Olson et al., 2015) had demonstrated a favorable association between religious inclination and marital satisfaction. By considering the sample group's age, it could be possible to explain this contradiction. Also, necessary consideration must be given to the socioeconomic standing of the ladies interviewed. According to Amato and Previti's research from 2003, marriage happiness is influenced by issues like poverty and addiction in lower socioeconomic classes, whereas in “upper socioeconomic classes, the difference in values plays a part in marital dissatisfaction and, consequently, divorce.” Given that the majority of the sample group is from lower socioeconomic levels and that the city of Bangalore has a low standing in terms of both culture and economy, it can be concluded that conflicts over values, particularly “spiritual and religious values, have not been a big problem for the group.” Additionally, in another justification, perhaps we might point to our ignorance about the sample group's other personality and mental characteristics. According to Sullivan (2001), religion has a detrimental impact on neurotic relationships. If couples are less neurotic, it would appear that religious orientation has greater advantageous effects. To provide a more precise explanation of current findings, it is advised that future studies look at “the personal characteristics of the sample group as well as the spouses' religious preferences.” The current study concentrated on how crucial “emotional intelligence and religious orientation are to marital pleasure.” The findings demonstrated how “emotional intelligence impacts marital satisfaction” in several manners. Programmers of premarital counseling will benefit significantly from this research. For instance, empowering couples to evaluate their “emotional intelligence before marriage” and, as necessary, providing the necessary instruction. The present study's findings also indicated that among “the demographic factors, the age at marriage has a significant direct association with marital happiness.” This outcome is consistent with the findings of the majority of investigations (Jose & Alfons, 2007; Lee, 1977). People who marry later in life often have better levels of emotional maturity and behavioral emotional skills, employ more successful coping mechanisms to deal with disputes and challenges, and hence report higher marital happiness.

### CONCLUSION

People with greater Emotional Intelligence have stronger interpersonal interactions, according to a previous study. Married couples that are emotionally knowledgeable are more able to comprehend, value, and respect their partners' sense of self-respect. This shows that emotionally competent married couples experience higher levels of marital adjustment. A person is described as emotionally intelligent if they can comprehend their partner's emotions according to the many EI theories (Pandey & Anand, 2010). Different people have

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

varying capacities for correctly perceiving and identifying emotions. Some people have a remarkable sensitivity to other emotions and can recognize their partners from the slightest nonverbal cues, like a frown, for example. Others could have a complete disregard for their spouse's emotions. They can be unaware that their spouse is upset, envious, or furious, for instance. Finally, they can manage and regulate their own emotions as well as those of others, which allows them to behave in a specific way. According to the model developed by Mayer et al. (2004), a combination of the four branches is necessary to be able to regulate, comprehend, and manage one's emotions. Therefore, higher marital happiness was linked to EI when other factors like IQ and personality were taken into consideration. Analyzing the fundamental skills needed for adapting and experiencing marital fulfillment can help you understand this.

### REFERENCES

- Abbasi, A. R. K., Tabatabaei, S. M., Sharbaf, H. A., & Karshki, H. (2016). Relationship of attachment styles and emotional intelligence with marital satisfaction. *Iranian journal of psychiatry and behavioral sciences, 10*(3).
- Amato, P. R., & Previti, D. (2003). People's reasons for divorcing: Gender, social class, the life course, and adjustment. *Journal of family issues, 24*(5), 602-626.
- Anghel, T. C. (2016). Emotional intelligence and marital satisfaction. *Journal of Experiential Psychotherapy, 19*(3), 14-19.
- Barooj-Kiakalae, O., Hosseini, S. H., Mohammadpour-Tahmtan, R. A., Hosseini-Tabaghdehi, M., Jahanfar, S., Esmaili-Douki, Z., & Shahhosseini, Z. (2022). Paternal postpartum Depression's relationship to maternal pre and postpartum Depression, and father-mother dyads marital satisfaction: A structural equation model analysis of a longitudinal study. *Journal of Affective Disorders, 297*, 375-380.
- Batool, S. S., & Kbalid, R. (2009). Role of emotional intelligence in marital relationships. *Pakistan Journal of Psychological Research, 43-62*.
- Bibi, S., Saqlain, S., & Mussawar, B. (2016). Relationship between emotional intelligence and self-esteem among Pakistani university students. *Journal of Psychology & Psychotherapy, 6*(4), 1-6.
- Chand, S. P., Arif, H., & Kutlenios, R. M. (2021). Depression (nursing).
- Chehreh, H., Ozgoli, G., Abolmaali, K., & Nasiri, M. (2017). The relationship between personality traits and marital satisfaction is based on five factors model of personality: A systematic review. *Scientific Journal of Kurdistan University of Medical Sciences, 22*(5), 121-132.
- Čikeš, A. B., Marić, D., & Šincek, D. (2018). Emotional intelligence and marital quality: Dyadic data on Croatian sample. *Studia psychologica, 60*(2), 108-122.
- Claxton, A., O'Rourke, N., Smith, J. Z., & DeLongis, A. (2012). Personality traits and marital satisfaction within enduring relationships: An intra-couple discrepancy approach. *Journal of Social and Personal Relationships, 29*(3), 375-396.
- DeLongis, A., & Zwicker, A. (2017). Marital satisfaction and divorce in couples in stepfamilies. *Current opinion in psychology, 13*, 158-161.
- Dudley, M. G., & Kosinski Jr, F. A. (1990). Religiosity and marital satisfaction: A research note. *Review of Religious research, 78-86*.
- Gharibi, M., Sanagouymoharer, G., & Yaghoubinia, F. (2016). The relationship between quality of life with marital satisfaction in nurses in social security hospital in Zahedan. *Global Journal of Health Science, 8*(2), 178.
- Ghofranipour, F., Aminshokravi, F., & Torkashvand, R. (2017). The relationship between demographic factors and marital satisfaction of couples intended to divorce referred

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction  
in Married Couples in the City of Bangalore**

- to family Judicial Complex in Borujerd county. *Iranian Journal of Health Education and Health Promotion*, 5(1), 43-50.
- Goldfarb, M. R., & Trudel, G. (2019). Marital quality and Depression: A review. *Marriage & Family Review*, 55(8), 737-763.
- Gomez-Baya, D., Mendoza, R., Paino, S., & de Matos, M. G. (2017). Perceived emotional intelligence as a predictor of depressive symptoms during mid-adolescence: A two-year longitudinal study on gender differences. *Personality and individual differences*, 104, 303-312.
- Gorbanzadeh, F., Gahari, S., Bagdasarian, A., Mohamadi Arya, A., & Rostaie, A. (2013). Marital satisfaction, personality traits, and love component. *Soc Psychol Res Quarterly*, 9(3), 95-109.
- Hajihassani, M., & Sim, T. (2019). Marital satisfaction among girls with early marriage in Iran: Emotional intelligence and religious orientation. *International Journal of Adolescence and Youth*, 24(3), 297-306.
- Heidari, M., Shahbazi, S., Ghafourifard, M., & Sheikhi, R. A. (2017). Prediction of marital satisfaction based on emotional intelligence in postmenopausal women. *Journal of Menopausal Medicine*, 23(3), 196-201.
- Jassal, N. (2021). Relationship Between Academic Stress and Emotional Intelligence in High School Students. *Psychology Cognitive Sciences Open Journal*, 7(1), 30-35.
- Javanmard, G. H., & Garegozlo, R. M. (2013). The study of relationship between marital satisfaction and personality characteristics in Iranian families. *Procedia-social and behavioral sciences*, 84, 396-399.
- Jenkins, A. I., Fredman, S. J., Le, Y., Sun, X., Brick, T. R., Skinner, O. D., & McHale, S. M. (2020). Prospective associations between depressive symptoms and marital satisfaction in Black couples. *Journal of Family Psychology*, 34(1), 12.
- Jose, O., & Alfons, V. (2007). Do demographics affect marital satisfaction?. *Journal of Sex & Marital Therapy*, 33(1), 73-85.
- Kaplan, M., & Maddux, J. E. (2002). Goals and marital satisfaction: Perceived support for personal goals and collective efficacy for collective goals. *Journal of Social and clinical Psychology*, 21(2), 157-164.
- Karibeeran, S., & Mohanty, S. (2019). Emotional Intelligence among Adolescents. *Online Submission*, 7(3), 121-124.
- Lavalekar, A., Kulkarni, P., & Jagtap, P. (2010). Emotional intelligence and marital satisfaction. *Journal of Psychological Research*, 5(2), 185-194.
- Lee, G. R. (1977). Age at marriage and marital satisfaction: A multivariate analysis with implications for marital stability. *Journal of Marriage and the Family*, 493-504.
- LM, J. J. M., & Leila, Y. (2010). The relationship between personality characteristics and marital satisfaction among employed women in Kazeroon. *J Women Soci*, 2, 143-61.
- MacCann, C., Jiang, Y., Brown, L. E., Double, K. S., Bucich, M., & Minbashian, A. (2020). Emotional intelligence predicts academic performance: A meta-analysis. *Psychological bulletin*, 146(2), 150.
- Mayer, J. D., Salovey, P., & Caruso, D. R. (2004). TARGET ARTICLES:" emotional intelligence: Theory, findings, and Implications". *Psychological inquiry*, 15(3), 197-215.
- Milani, A. S., Hosseini, M., Matbouei, M., & Nasiri, M. (2020). Effectiveness of emotional intelligence training program on marital satisfaction, sexual quality of life, and psychological well-being of women. *Journal of education and health promotion*, 9.
- MOHAMMADZADEH, E. A., Jomhari, F., & Borjali, A. (2008). The relationship between similarity and complementarities in personality factors with marital satisfaction.

## To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore

- Molaei, M. (2016). Relationship between marital satisfaction and lifestyle. *Int J Humanit Cult Stud*, 874-84.
- Odinka, J. I., Nwoke, M., Chukwuorji, J. C., Egbuagu, K., Mefoh, P., Odinka, P. C., ... & Muomah, R. C. (2018). Post-partum Depression, anxiety, and marital satisfaction: A perspective from Southeastern Nigeria. *South African Journal of Psychiatry*, 24.
- Olson, J. R., Marshall, J. P., Goddard, H. W., & Schramm, D. G. (2015). Shared religious beliefs, prayer, and forgiveness as predictors of marital satisfaction. *Family Relations*, 64(4), 519-533.
- Pandey, R., & Anand, T. (2010). Emotional intelligence and its relationship with marital adjustment and health of spouse. *Indian Journal of Social Science Research*, 7(2), 38-46.
- Rasouli, R., & Soltane Gerd Faramarz, S. (2012). The comparison and relationship between religious orientation and practical commitment to religious beliefs with marital adjustment in seminary scholars and university students. *Journal of Family Research*, 8(4), 427-439.
- Rauer, A. J., & Volling, B. L. (2005). The role of husbands' and wives' emotional expressivity in the marital relationship.
- Schutte, N. S., Malouff, J. M., Bobik, C., Coston, T. D., Greeson, C., Jedlicka, C., ... & Wendorf, G. (2001). Emotional intelligence and interpersonal relations. *The Journal of social psychology*, 141(4), 523-536.
- Singh, A., Prabhakar, R., & Kiran, J. S. (2022). Emotional Intelligence: A Literature Review of Its Concept, Models, And Measures. *Journal of Positive School Psychology*, 6(10), 2254-2275.
- Stevens, T. G., & Stevens, S. B. (2006). Independent Intimacy (Versus Obligation)—A Basis for Relationship Happiness. California State University.
- Sullivan, K. T. (2001). Understanding the relationship between religiosity and marriage: an investigation of the immediate and longitudinal effects of religiosity on newlywed couples. *Journal of family psychology*, 15(4), 610.
- Taghizadeh, M. E., & Kalhori, E. (2015). Relation between self-esteem with marital satisfaction of employed women in payam-e-Noor university. *Mediterranean Journal of Social Sciences*, 6(6 S6), 41.
- Yeganeh, T., & Shaikhmahmoodi, H. (2013). Role of religious orientation in predicting marital adjustment and psychological well-being. *Sociology mind*, 3(02), 131.
- Zineldin, M. (2019). TCS is to blame: The impact of divorce on physical and mental health. *International journal of preventive medicine*, 10.
- GREEN, PAUL E; TULL, DONALD S & ALBAUM, GERALD (1988). *Research for Marketing Decisions*, 5th ed. New Jersey: Prentice Hall.
- Hunt, S. D., Sparkman Jr, R. D., & Wilcox, J. B. (1982). The pretest in survey research: Issues and preliminary findings. *Journal of marketing research*, 19(2), 269-273.
- Cronbach, L. J. (1971). Test validation. *Educational measurement*.
- Hair, J. F., Ringle, C. M., & Sarstedt, M. (2011). PLS-SEM: Indeed a silver bullet. *Journal of Marketing Theory and Practice*, 19(2), 139-152.
- Fornell, C., & Larcker, D. F. (1981). Structural equation models with unobservable variables and measurement error: Algebra and statistics.
- Field, A. (2013). *Discovering Statistics Using IBM SPSS Statistics*. SAGE.

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

**To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction  
in Married Couples in the City of Bangalore**

***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Tripathi, T. & Randhawa, K. (2023). To Explore the Correlation between Emotional Intelligence and Depression on Marital Satisfaction in Married Couples in the City of Bangalore. *International Journal of Indian Psychology*, 11(4), 3059-3073. DIP:18.01.289.20231104, DOI:10.25215/1104.289