

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

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ABSTRACT

The purpose of this review is to present a comprehensive analysis of the research on the relationship between emotional intelligence and marital adjustment. A complicated interpersonal relationship based on shared life experiences, emotional closeness, and mutual support is represented by marriage. Emotional intelligence, or emotional quotient, or EQ is defined as the capacity to recognize, utilize, and control your own emotions to reduce stress, communicate clearly, sympathize with others, overcome obstacles, and diffuse conflict. The process of knowing one another and functioning as partners rather than as two separate people is known as marital adjustment, which is how married couples adapt to their newly defined roles. This study clarifies the complex relationship between emotional intelligence and marital adjustment by thoroughly examining empirical research, theoretical frameworks, and practical consequences. It takes a complex effort and a variety of elements, including differences in emotional intelligence, to achieve marital satisfaction and adjustment. Research has shown that individuals with higher emotional intelligence tend to have better marital adjustment. The study emphasizes how emotional intelligence improves empathy, effective communication, and conflict resolution in couples. The findings' implications for couples looking to enhance their marital adjustment are also covered.

Keywords: *Emotional Intelligence, Marital Adjustment, Marriage, Relationship Satisfaction*

Marriage represents a complex interpersonal relationship characterized by emotional intimacy, mutual support, and shared life experiences. Achieving marital satisfaction and adjustment is a multifaceted endeavor influenced by numerous factors, including individual differences in emotional intelligence. Marriage is the primary social institution that makes up the basic community of humans, according to Landis (1975). When two people of different sexes are drawn to one another by an enigmatic compulsion of love, they dedicate completely and freely to one another to create a creative unit known as a family. According to Stephens (1971), marriage is a legally recognised sexual union that is announced publicly and entered into with the expectation that it will last. It is also implied by a more or less formal marriage contract that outlines the rights and responsibilities of both parties, including any children who may be born as a result of the union. Therefore, marriage entails absolute commitment, complete donation of self, and accepting responsibility that

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Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

contributes to well-being of both. Marriage is greater than only physical attachment, biologically union, and social integration.

In today's evolving world, marriage is a complex affair. There are a variety of reasons for why people get married. In addition to love and sexual attraction, which are the main factors, other factors that may influence a person's disposition for marriage include financial wellness, companionship, safeguarding, emotional safety, dissipating from solitude and an unhappy residence scenario, the adventure of shared interests, and having children. Some psychologists discuss homogamy in relationships. They contend that people have a tendency to automatically falling in love with and marrying who satisfies the wants.

EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is the ability to recognize, understand, express, control, and make use of emotions in interpersonal communications and relationships. The ability to identify, understand, and manage one's own emotions is vital, but so is the ability to recognize, understand, and react to those of others.

Emotional intelligence (EI) is a kind of intelligence that was proposed by Peter Salovey in 1958 and John D. Mayer in 1953. It is the ability to interpret emotional information and apply it to various cognitive processes.

"The ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions" is what Salovey and Mayer (1990) define as emotional intelligence.

"A range of non-cognitive (emotional and social) capacities, competencies, and skills that influence one's ability to succeed in coping with environmental demands and pressures" is defined as emotional intelligence (Reuven Bar-On, 1996).

"Emotional intelligence is the capacities to create optimal results in your relationships with yourself and others," said Six Seconds Team (1997).

Significance of Emotional intelligence:

- At school or at work- Having a high level of emotional intelligence may help you succeed in your profession, lead and inspire others, and negotiate the social complexity of the workplace. In fact, many firms increasingly use emotional intelligence (EQ) testing before to recruiting, ranking EQ as highly significant as technical skills when evaluating job prospects.
- Physical Health- You're probably not handling your stress either if you can't control your emotions. Serious health issues may result from this. Unmanaged stress accelerates aging, boosts blood pressure, weakens the immune system, increasing the risk of heart attacks and strokes, and leads to infertility. The first step in developing emotional intelligence is learning stress management techniques.
- Mental health- Stress and unrestrained emotions can also have an adverse effect on your mental health, increasing your susceptibility to anxiety and despair. Building solid connections will be difficult if you are unable to comprehend, accept, or control your emotions. This might worsen any mental health issues you may have and make you feel even more alone and alone.
- Relationships- You can communicate how you're feeling and comprehend how others are feeling more effectively if you have a better knowledge of your emotions and how

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

to manage them. This makes it possible for you to interact with others more successfully and build deeper bonds in both your personal and professional life.

- Your social intelligence- Having emotional intelligence connects you to other people and the outside world, which is a social good. You can identify a friend from an enemy, gauge their interest in you, de-stress, stabilize your nervous system through social interaction, and experience feelings of love and happiness when you possess social intelligence.
- Contemplating Before Acting- People with emotional intelligence understand that while feelings might be strong, they can also pass. The emotionally sensible course of action would be to wait before responding to a highly charged emotional situation, such becoming upset with a coworker. This enables everyone to control their emotions and consider all the relevant aspects of the disagreement more logically.
- Greater Self-Awareness- In addition to being skilled at imagining others' emotions, emotionally intelligent individuals are also knowledgeable about their own emotions. People that are self-aware are able to take into account the various aspects that go into their feelings.
- Empathy for Others- Being able to consider and sympathize with the feelings of others is a major component of emotional intelligence. This frequently entails thinking about your own reaction in the same circumstance.
- Strong emotional intelligence allows one to take into account the thoughts, feelings, and experiences of others and utilize this knowledge to explain why individuals act in certain ways.

MARITAL ADJUSTMENT

Marital Adjustment is the process through which married couples adjust and alter to their newly defined roles, understanding one other and operating as partners rather than 2 distinct individuals. It's also critical to align interest and beliefs, keep transparent lines of contact, and encourage the presentation of each other's communication.

According to Sinha and Mukerjee (1990)- marital adjustment as "the state in which the spouses have a complete feeling of being happy and fulfilled with the relationship."

The incorporation of a couple with various personality qualities in an association in order to enhance one other in order to attain satisfaction and similar goals is characterised as marital adjustment.

MA is a mental condition in which spouses have overall sense of contentment and being satisfied with their marriage. As a result, it asks for a satisfying connection between spouses that is marked by mutual concern, care, understanding, and acceptance. In one way or another, all marriages aspire for happiness. Most couples marry with a lot of expectations. Some expectations will be realistic, while others will be unrealistic. This is because marriage is complex, and each individual is as intricate as a cosmos. As a consequence, marriage unites two universes. Happiness, contentment, and expectation fulfilment are only achievable via reciprocal modifications that lead to a shared understanding of marriage.

Factors Comprising Marital Adjustment

- Agreement- A good marriage requires couples to agree on fundamental issues. Minor variations in life philosophy, political orientations, and gender roles may broaden their perspectives, but significant differences in life philosophy, political orientations,

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

and gender roles are detrimental to marital adjustment. A good faith agreement on some family-related matters is also essential.

- Cohesion- The dedication of both partner's connections enjoyed marriage is referred to as marital cohesiveness. Both partners work hard to ensure the success of their marriage in a well-adjusted marriage. They also have common interests and participate in cooperative activities.
- Satisfaction- Both partners in a happy marriage should be pleased with the marriage. Marriages that are not happy yet last a long time are not adjusted.
- Affection- In happy relationships, spouses exchange affection, which is manifested as loving behaviour.
- Tension- Finally, the stress in a well-adjusted marriage is limited, and when tension does occur, it is typically addressed peacefully, most likely via dialogue, and the amount of tension and anxiety is mostly low.

METHODOLOGY

Aim: To examine the relationship between emotional intelligence (EI) and marital adjustment.

Sample: The present study includes an in-depth analysis of 27 quality researches from reputed databases like PubMed, Shyodhganga, PsycINFO, Sage journal and Research gate. The following inclusion and exclusion criteria were adhered to ensure reliability of the findings.

Inclusion Criteria

The research includes analysis of the studies from 2010 to 2023. Marital Adjustment, Marital Satisfaction, Emotional Intelligence, Components of Emotional Intelligence and Healthy Marriage are the only variables studied under the present research.

Exclusion Criteria

No studies before 2010 were included.

Separated and Live-In relation partners were not taken as samples in this research.

General Characteristics of Included Studies

The quoted studies were done on participants who had been married for at least 2 years and were on an average more than 20 years of age.

Research Design

The present study is a qualitative and systematic analysis of 27 research studies taken from various reputed databases. It attempts to analyse the relationship between emotional intelligence and marital adjustments. The research was completed in a time of 3 months. Each research was analysed in depth to ascertain the impact of emotional intelligence in having a healthy and happy married life.

Data Analysis

The researches included in this present study were compared to understand the implication of emotional intelligence in fostering adjustment among married couples. Each study included in this research was compared against the other studies to reach a concrete understanding of the relationship between the variables included in this study.

Procedure

A systematic review of empirical studies published in referred journals is used as a research design. Databases including Academic Search Complete, PsycINFO, and PubMed, with keywords such as "emotional intelligence," "marital adjustment," and "relationship satisfaction" were utilised. For Inclusion Criteria, Studies focusing on the relationship between EI and marital adjustment, written in English, and employing quantitative, qualitative, or mixed-methods designs were taken. Different studies were compiled based on design, sample characteristics, and key variables, and results synthesizing findings to identify patterns and discrepancies.

OVERVIEW OF THE RESULT

A correlational study was conducted on 2023 by Nandini Bharadwaj and Roopali Sharma on the relationship between marital satisfaction and emotional intelligence. The study was conducted on 120 married individuals (60 male and 60 female) between the age group of 25-40 years. The data for the study was collected using Schutte Emotional Intelligence Scale and Enrich Marital Scale. The study concluded that there exists a significant positive relationship between marital satisfaction and emotional intelligence of married individuals thereby affirming that a happy marriage requires good level of emotional intelligence.

Dr. Aditya Farsole (2023) conducted a study on the relationship between marital satisfaction and emotional intelligence. The study consisted of 60 men and 60 women between the ages of 35-45 years. The data for the research was collected using ENRICH Marital Satisfaction Scale and Trait Emotional Intelligence Questionnaire and the result was analysed using SPSS Software. The result of the study concluded that there exists a statistically significant relationship between Marital Satisfaction and Emotional Intelligence.

The study explored emotional intelligence as one of the correlates of marital stability among 400 married couples who were selected using multi-stage sampling procedure. The study gathered data using Emotional Intelligence Scale and Marital Stability Scale. The data was analysed using Pearson's Product Moment Correlation and Three Way Anova. Though no significant relationship was obtained between gender, age and length of year in marriage but there existed a significant positive relationship emotional intelligence and marital stability. The finding concludes that emotional intelligence is a significant predictor of marital stability (Temitayo et.al., 2023).

In 2022, a study was conducted to explore the relationship between marital satisfaction and emotional intelligence by Nasim Darband. The study employed Bar-On Emotional Intelligence Questionnaire and the Enrich Marital Satisfaction Scale. The data was analysed using F-test and Pearson Product Correlation. The results show that there is positive correlation between emotional intelligence and marital adjustment among the participants. The study further asserted that emotional intelligence is a fundamental requirement to maintain an effective marital relationship.

Siddiq & Majeed (2021) looked at the relationships between dual-earner couples' marital adjustment, emotional intelligence, coping mechanisms, and perceived stress. 75 dual-earner couples (n = 150) with ages ranging from 25 to 45 were found in Lahore for this cross-sectional research. The results showed a large positive association ($r=0.46$, $p=0.000$) between emotional intelligence and coping strategies ($r=0.15$, $p=0.033$), but a substantial negative correlation ($r=-0.25$, $p=0.001$) between perceived stress and marital adjustment. Marital Adjustment was shown to be significantly predicted by emotional intelligence ($R^2=0.22$).

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

Mitra Heider (2021) conducted a study to investigate the relationship between Marital Satisfaction and Emotional Intelligence among 304 married couples from various states of India using the TEIQue-SF and ENRICH-SF. The statistical analysis of the study was determined using the Chi-square, Kruskal-Wallis, and Mann-Whitney U tests. The study concluded that participants with better emotional intelligence had higher marital satisfaction.

Dr. Jayendra Jarsaniya (2021) conducted a study on the relationship between Emotional Intelligence and Marital Adjustment of Married couples. The study investigates the relationship between emotional intelligence and marital adjustment using 120 participants and 60 heterosexual couples who have completed at least seven years of marriage from women and men from Gujarat. The study was conducted using the emotional intelligence scale developed by Singh and Narayan, and the marital arrangement questionnaire by Kumar and Rohatgi. The collected data was analysed using major descriptive statistics, T-tests, and Pearson Product Moment correlation analysis. The test concludes that emotional intelligence and marital adjustment have significant correlation with each other.

In 2021 a study was conducted by Mohammad Samad on the relationship between Emotional Intelligence, Marital Relationship and Satisfaction among 142 married individuals. The survey included self-designed questionnaire on emotional intelligence, relationship satisfaction and marital satisfaction. The correlational analysis of the data shows that there is a significant positive relationship between emotional intelligence and marital and relationship satisfaction as it helps in successful conflict resolution and facilitates healthy communication among individuals.

Khalid and Latif (2020) investigate the influence of stress appraisal and emotional intelligence on marital adjustment among mental health professionals. They also look at the link between these factors and marital adjustment. The study design employed was correlational. One hundred fifty people in all were gathered using a purposive sample technique. The factors under investigation were measured using the Marital Adjustment Test, the Stress Appraisal Measure, and the Emotional Intelligence Scale. Among mental health professionals, correlational analysis revealed a highly significant positive link between emotional intelligence and marital adjustment and a strong positive association between stress appraisal and marital adjustment.

In 2020, Milani et al., conducted a research to find out how emotional intelligence training affects women's marital happiness, sexual quality of life, and psychological well-being. The current study is an experimental study that was conducted on 70 women who attended the community health facilities of Shahid Beheshti University of Medical Sciences in 2019. It is concluded that Women's marital satisfaction, sexual quality of life, and psychological well-being can all benefit from emotional intelligence training.

Ankita Pritamani and Dr. Madhu Rai (2020) undertook a research on the relationship between emotional intelligence, relationship satisfaction and anger. The study included 150 participants of the age group 25 - 60. The participants were supposed to provide their data using Assessing Emotions Scale, The Anger Discomfort Scale and The Relationship Satisfaction Scale. The data was analysed using Spearman's rho. The findings of the study conclude that there exists a positive correlation between satisfaction in the relationship and emotional intelligence of the couples. The study further states that a negative correlation exists between emotional intelligence, anger and relationship satisfaction and anger.

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

At a public university in the northern regions of Iran, Balalami et al. (2019) examined the impact of EQ-based education on the marital adjustment of recent college graduates, while simultaneously accounting for the factors influencing interpersonal connections within the family. The participants' emotional intelligence skills development course, grounded on cognitive psychology, resulted in a notable improvement in their marital adjustment. This demonstrates that, in comparison to nonparticipants, training participants experienced a statistically significant and noteworthy increase in marital adjustment.

Review Research was conducted by Amrita Sidhu (2019) to understand the impact of emotional intelligence in fostering Quality of romantic relationship thereby ensuring marital adjustment. The result of the research clearly depicts that emotional intelligence significantly impacts the quality of the relationship between two individuals. The study states that emotional awareness and stability are the important factors that ensures the quality of the relationship.

In 2019 a study was conducted by Lely Setyawati to explore the connection between Marital Decision and Emotional Intelligence and concluded that people with high emotional intelligence were found to be 3.5 times easier to feel satisfied in their marriage when compared with those with low EI. Hence in order to foster marital adjustment it is advised that couples should be provided with premarital classes.

In one research, married public officials in Oyo, Oyo State, had their marital happiness examined in relation to psychosocial characteristics. 300 public servant couples—120 men and 180 women—were included in the study. They were selected by simple random selection. Utilized were the Schutte EI, the Rosberg self-esteem scale, and the Hudson indicator of marital satisfaction. The t-test statistical method was utilized for the analysis of the data. The results of the study indicate that among married public officials, self-concept, emotional intelligence, and religion have a significant impact on marital satisfaction. This implies that the three variables are useful indicators of marital satisfaction (Olukayode, 2019).

The finding of the study by Bhalla Sidhu and Ali (2019) concludes that emotional intelligence is a significant factor in ensuring the quality of the relationship between married couples. It further states that when both of the partners are high on emotional intelligence, they become more committed and stable in their marital relationship. It is further stated that the enhanced level of commitment is because of the increased emotional awareness and emotional availability which leads to intimate bonding.

Eze Ogbonnia (2018) conducted a study on the various predictors of emotional intelligence. The sample comprised of 120 married couples between 25-70 years. Data for the research was collected using Rosenberg Self Esteem Scale, Schutte Self-Report Emotional Intelligence and Enrich Marital Satisfaction Scale. The result of the regression analysis showed the positive prediction of emotional intelligence and self-esteem on marital satisfaction.

A study conducted by Dr. Bruno (2017) on finding the correlates of marital stability. The correlational study explored the relationship of emotional intelligence as a correlate of marital stability. A sample of 420 married couples was selected using simple random sampling technique. The data for the research was collected using Couples Emotional Intelligence Questionnaire and Couples Marital Stability Questionnaire and the data was analysed using

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

multiple regressions. The result of the study concluded that emotional competence, maturity and sensitivity had positive relationship with marital stability.

A study was conducted by Anghel (2016) on the relationship between marital satisfaction and emotional intelligence. The study attempted to find the link between emotional intelligence and marital satisfaction among 60 married adults with at least 5 years of marriage. The test employed Marital satisfaction index (IMS) and Scale of emotional intelligence (SIE) for data collection. The study concluded that a strong relation exists among marital satisfaction and emotional intelligence components majorly involving balancing one's emotions and that of others.

The study aimed to investigate the relationship of attachment styles (AS) and emotional intelligence (EI) with marital satisfaction (MS). In this cross-sectional research, 450 married people (226 male, 224 female) were selected using multistage sampling method in Mashhad, Iran. Subjects completed the attachment styles questionnaire (ASQ), Bar-On emotional quotient inventory (EQ-i) and Enrich marital satisfaction questionnaire. The study found that attachment styles and emotional intelligence significantly impact marital satisfaction (Abbasi et al., 2016).

Eslami, A. A., Hasanzadeh, A., & Jamshidi, F. (2014) had conducted a comparative analysis on the relationship between emotional intelligence and marital satisfaction. The research design was descriptive-analytic comparative study which was conducted on 226 people who were selected through cluster random sampling. The data was collected using Bar-On and Enrich Marital Satisfaction Scale. The correlation analysis of the data collected proves that there is a positive significant correlation between marital satisfaction and emotional intelligence. Further the findings of the regression analysis shows that quality of the marital satisfaction is predicted by general emotional intelligence.

Ilyas and Habib (2014) conducted a study on the impact of emotional intelligence on the level of marital satisfaction of married couples of different professions. The sample consisted of Doctors and lecturers from Lahore and Punjab with marriage lasting five to ten years. The study was conducted by employing Emotional Intelligence tests (EIS) by Schutte as well as Dyadic Adjustment Scale by Spanier and the data was analysed using independent sample t test and Pearson product moment correlation. The study revealed that a strong correlation exists between emotional intelligence and marital satisfaction.

A study was conducted by Lavaleakar (2013) on the relationship between marital satisfaction and emotional intelligence on 316 married people between the age group of 25-65 years. The data was collected using Marital Satisfaction Scale and Exploring Emotional Abilities Scale. The result of the study concluded that there exists a strong correlation between marital satisfaction and emotional intelligence.

The 2013 study by Jalil & Muazzam examines the relationship between emotional intelligence and marital adjustment in both fertile and infertile women. There were 120 diagnosed infertile women and 120 fertile women in the research sample. The two groups' marital adjustment was evaluated using the Marital Adjustment Questionnaire. On the other hand, the participants' emotional intelligence was evaluated using an Urdu translation of Schutte's (1990) Emotional Intelligence Scale. Fertile women adjusted better to marriage than infertile women, according to the study, which indicated emotional intelligence as a predictor. Fertile women also showed a strong favorable link with marital adjustment.

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

A study was conducted by Mahnaz Dehkordi (2012) to investigate the impact of emotional intelligence on marital satisfaction of the couples. The study included 500 married couples of Tehran and was sampled using random stratified sampling. The data was collected using Petrides and Furnham's Emotional Intelligence Scale and Najarian Family Assessment Tool. The data was analyzed using Pearson's Product Correlation and Multivariate Regression. The study concluded that in order to lead a happy married life one must practice to control one's emotion and regulate it in a manner that fosters strength in the marriage.

In a Pakistani context, Batool and Khalid (2011) investigated the function of emotional intelligence in predicting the quality of marriage. A sample of 170 couples, or 85 pairs, was gathered. They were married for three to ten years, and their ages ranged from 21 to 40. The following instruments were used: the Conflict Resolution Questionnaire (Kousar & Khalid, 2003; McClellan, 1993), the Marital Adjustment Questionnaire (Kousar & Khalid, 2003), and the Scale of Emotional Intelligence (Batool & Khalid, 2009a). The results of the study's variable analyses showed a strong positive correlation between emotional intelligence and measures of marital quality, such as conflict resolution and adjustment.

Pandey, R., & Anand, T. (2010) looked at the relationship between EI and spouse health and marital adjustment. Thirty-two married couples answered a battery of questions about their well-being, health, marital adjustment, and self-evaluation of emotional intelligence. The MA showed a positive association with both general health and well-being metrics based on Pearson's coefficients of correlation. A measure of subjective well-being was shown to be significantly correlated with EI scores over a wide range of variables. It was also discovered that a spouse's high EI was positively correlated with their partner's and their own marital adjustment.

DISCUSSION

It has documented that emotional intelligence and marital adjustment are positively correlated. People with high emotional intelligence are able to sympathize with their partners, communicate well, and adjust to the changing dynamics of their relationship. In particular, emotional intelligence promotes constructive conflict resolution by making partners more capable of handling conflicts, assertively expressing their wants, and negotiating win-win agreements. Additionally, when partners feel understood, accepted, and supported in their emotional experiences, emotional intelligence promotes intimacy and connection in married partnerships.

Implications of Good Emotional Intelligence in Marital Adjustment:

The dynamics, contentment, and length of married relationships are all impacted by emotional intelligence (EI), which has significant consequences for how well marrieds adjust to each other. When it comes to adjusting to married life, having high emotional intelligence has the following important implications:

- **Effective Communication:** Having strong emotional intelligence makes a partner more capable of having productive communication in a partnership. They can listen intently to their spouse's worries, communicate their ideas and feelings clearly and concisely, and attend to their needs with empathy. This makes it easier to communicate honestly and openly, which is crucial for addressing problems, resolving disagreements, and promoting understanding between parties.
- **Resolving Conflicts:** Although marital disputes are unavoidable, how a couple handles and settles them has a big influence on how happy they are in their relationship. People who possess high emotional intelligence are skilled at managing

Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

disagreements in a positive way. They possess the ability to control their emotions, maintain composure under duress, and handle disagreements with compassion and understanding. This makes it possible for them to come to compromises, find solutions that work for both of them, and keep the partnership harmonious.

- **Improved intimacy:** Intimacy and emotional reconnection between spouses are promoted by emotional intelligence. People who are emotionally aware of both themselves and their partner can build a strong bond based on vulnerability, empathy, and trust. This emotional intimacy deepens the couple's relationship, makes them feel more connected, and improves their marriage.
- **Higher Level of Relationship Satisfaction:** Higher degrees of relationship pleasure are typically experienced by couples that have strong emotional intelligence. Their partner makes them feel appreciated, understood, and supported, which improves their general level of pleasure and fulfillment in the marriage. Together, with emotional intelligence, partners may effectively negotiate obstacles, attend to each other's emotional needs, and sustain a satisfying relationship over time.
- **Resilience in Adversity:** There will always be ups and downs in marriage, but people with strong emotional intelligence are better able to ride out the rough patches as a couple. They possess the resilience and elegance to handle stress, overcome obstacles, and adjust to shifting situations. Couples that possess resilience are able to overcome obstacles, forge deeper bonds as a team, and maintain their devotion to one another in trying circumstances.
- **Good Parenting:** The advantages of emotional intelligence extend beyond marriage to the dynamics of family rearing. Emotionally intelligent parents may better understand their children's needs, give loving and supportive parenting, and provide an example of appropriate interpersonal practices for their children. This enhances the wellbeing of parents and kids and helps to create a pleasant family atmosphere.

PRACTICAL IMPLICATIONS

Interventions targeted at improving emotional intelligence can have a substantial positive impact on couples' relationships because of the critical role that emotional intelligence plays in marital adjustment. Emotionally intelligence training combined with couples therapy can help partners become more aware of their own and their spouse's feelings, enhance communication, and foster empathy and understanding in their relationship. Furthermore, mindfulness-based interventions- like meditation and relaxation exercises- can improve stress management and emotional control, which will strengthen and improve the resilience and satisfaction of marriages.

Mental health practitioners can customize their treatments and therapy strategies to target individual emotional regulation as well as relationship dynamics among couples if they are aware of the connection between emotional intelligence and marital adjustment. Therapists may help clients feel more resilient, satisfied, and well-being in their relationships by implementing techniques that improve emotional intelligence and support marital adjustment. Through the detection of early indicators of relational distress or emotional dysregulation, therapists can take proactive measures to prevent conflict from worsening and reduce the likelihood of marital issues. To build marital skills and resilience before problems worsen, this may entail giving couples therapy, teaching coping mechanisms, or conducting psychoeducational sessions.

Strategies and Interventions

Developing one's emotional intelligence in a married relationship calls for self-awareness, skill development, and constant practice. Couples can use the following techniques and programs to raise emotional intelligence and, as a result, improve marital adjustment:

Activities for Emotional Awareness:

- Practice mindfulness techniques to develop self-awareness and emotional clarity, such as deep breathing exercises or meditation.
- Keep a notebook to record your feelings throughout the day and analyze them, looking for trends and triggers that affect your attitude and actions.
- Apply the "STOP" method, which is stopping what you're doing, taking a breath, noticing your thoughts and feelings, and moving forward consciously.

Techniques for Regulating Emotions:

- Accurately identify and categorize your emotions by developing a language that captures the subtleties of your inner experiences.
- Establish healthy coping strategies, such as relaxation exercises, physical activity, or reaching out to others for support, to help you manage stress and control strong emotions.
- Challenge negative thought patterns and reframe things in a more positive or balanced way to engage in cognitive reappraisal.

Activities to Develop Empathy:

- Engage in active listening when speaking with your partner, paying attention to comprehending their viewpoint without passing judgment or becoming defensive.
- Practice perspective-taking by putting yourself in your partner's position and considering their motives, feelings, and opinions.
- Develop empathy by showing your partner warmth and compassion, acknowledging their feelings, and providing help when required.

Training in Communication Skills:

- Participate in couples therapy or communication seminars to acquire skills in employing "I" statements, active listening, and nonverbal cues—all of which are important communication techniques.
- Show assertiveness by being open to your partner's criticism and worries and by communicating your ideas and feelings in an honest and courteous manner.
- Schedule frequent check-ins with your partner to talk about key subjects, work out misconceptions, and resolve any issues or disputes that may come up.

Methods of Conflict Resolution:

- Acquire positive conflict resolution techniques, such as compromise, problem-solving, and negotiation, to handle conflicts and bring people together amicably.
- When disagreements get heated, take a moment to calm down and achieve emotional balance before moving the conversation further in a more constructive direction.
- Rather of winning or proving a point at the expense of the relationship, put your attention on creating solutions that meet the needs and interests of both parties.

Activities to Enhance Relationships:

- Take part in activities that foster emotional closeness and connection between you and your partner, such as date evenings, retreats for couples, or sharing interests or hobbies.
- Show your spouse that you appreciate and are grateful for all of their good traits and contributions to the marriage.
- Establish rituals of connection, such as regular greetings and farewells, to improve the emotional ties that bind couples together and to provide a feeling of safety and acceptance.

Limitations and Suggestions for Future Research

Examining the connection between emotional intelligence and marital adjustment has limitations. These include possible biases in sample selection, the use of self-report emotional intelligence assessments, and cross-sectional designs that restrict causal inference. More varied and representative samples are required, as is research on how emotional intelligence and relationship dynamics vary across cultural contexts, as well as a look at potential moderators and mediators of the association between emotional intelligence and marital adjustment. Longitudinal studies, experimental designs, and multi-method methods would be advantageous for future study to clarify the causal pathways and processes behind the observed relationships. Further studies might examine the effectiveness of therapies aimed at improving emotional intelligence abilities in order to improve resilience and marital satisfaction.

CONCLUSION

Emotional intelligence is a strong predictor of how well a marriage adjusts, impacting several areas of relationship functioning such as communication, conflict resolution, satisfaction, and general quality. The results highlight how crucial it is to develop emotional competency in both individuals and couples in order to support resilience and marital well-being. Through the integration of practical interventions and therapeutic techniques with insights gleaned from research on emotional intelligence, therapists and practitioners may augment the capacity of couples to effectively manage obstacles and foster durable and happy marriage partnerships.

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Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

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Exploring the Role of Emotional Intelligence in Marital Adjustment: A Comprehensive Review

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Conflict of Interest

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