

Influence of Emotional Intelligence on Conflict Resolution Styles in Middle Adulthood Marriages

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ABSTRACT

The following themes were found to be essential for a successful and long-lasting marriage: patience, compatibility, taking the good in things, spending time getting to know one another, and giving the partnership time. The role of the husband was also noted, including that of a friend and companion, one of support and responsibility sharing, a man of commitment, open and honest communication, and patient listening. This category also included age and maturity, children, respect for parents, space, complementarily, joint families, adjustment and compromise, time spent connecting, sexual fulfillment, and complementarily. Different backgrounds and problematic expectations (unrealistic expectations, resistance to change, trouble accepting difference and making comparisons, maintaining relationship) were highlighted as variables that can be detrimental to a healthy marriage. Apart from what was previously mentioned, other factors that were discussed included ego, finances, women's economic independence, work-life balance stress, extramarital affairs, parental influence and control, and loyalty to the family of origin. Positive emotions such as respect, emotional security and trust, understanding, emotional awareness (awareness of one's own feelings, awareness of others' feelings, empathy), using emotions, emotional management (managing one's own emotions, managing emotions of others, anger management), motivation and enthusiasm, personal insight, and taking responsibility were identified as themes that highlight aspects of emotional intelligence in marriage. The study's primary implication is that counselors and therapists can use the results for remedial, preventive, and promotional work, such as supporting troubled couples, providing premarital counseling to individuals, and helping dating couples increase the likelihood of a happy marriage. The study's main drawback was its limited sample size, which restricts how broadly the findings may be applied. Furthermore, a more in-depth analysis of demographic factors and emotional intelligence in relation to married partnerships was not possible. Using qualitative methodologies, future study in the subject of marital relationships should explore the evolving dynamics of Indian marriages.

Keywords: *Emotional Intelligence, Marriages, Marital Quality, Emotions, Quality of Marriage*

Matrimony is usually seen as one of the most important life experiences. Methodical studies of marriage emerged in academia to assist unhappy couples, not happily married ones (Fincham & Beach, 1999). However, in recent decades, marital

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quality or satisfaction has become the main variable in marital relationship research because of its links with both a sharp rise in divorce rates and marital stability (Custer, 2009). There appears to be an increasing interest these days in figuring out what makes marriages successful rather than what makes them fail.

Slightly Emotions

The concept of "emotional intelligence" (EI) originates from a study conducted by Darwin regarding the significance of emotional expressiveness in terms of survival and growth. The ability to comprehend and guide people was described as "social intelligence" by Thorndike and Stein in 1937. Even Wechsler's (1858) classic definition of intelligence, which emphasizes situational adaptation and life management, includes emotional intelligence. However, these social abilities are not assessed using the Wechsler Intelligence Scale. The terms "intrapersonal" and "interpersonal" intelligence were first used by Howard Gardner in his 1983 book *Frames of Mind: The Theory of Multiple Intelligences*.

Emotional Intelligence and Marital Quality

Researchers have examined several emotions and different affective dimensions in pairings and how they might relate to their relationship. Studies have shown that pleasant feelings (Gottman, 1982; Gottman & Levenson, 1992), emotional stability (Kelly & Conley, 1987; Russell & Wells, 1994), self-esteem (Arrindell & Luteijn, 2000; Luteijn, 1994), and secure attachment style (Feeney, 1999) are all associated with partners' assessments of happiness. Several negative emotional traits, such as impulsivity, fearfulness, and depression, are connected with partners' perceptions of maladjustment (O'leary & Smith, 1991). Consequently, theories have been put up regarding potential links between a couple's emotional intelligence (EI) and the caliber of their partnerships (Fitness, 2001; Mayer, Caruso, & Salovey, 1999).

METHODOLOGY

Aim of the Research

The study's objective is to learn more about how emotional intelligence affects middle-aged couples' conflict resolution techniques. This study aims to investigate how middle-aged couples handle and resolve conflict in their marriages based on their emotional intelligence, which includes traits like self-awareness, emotional regulation, empathy, and effective communication. The goal of the research is to shed light on how emotional intelligence affects healthy conflict resolution, improves relationship satisfaction, and benefits couples' general well-being in their middle years of adulthood, which is usually between the ages of 40 and 65.

Objectives

- To Measure and assess middle-aged people's emotional intelligence in relation to their marriages.
- To recognize and evaluate the different conflict resolution strategies used by middle-aged couples, taking into account elements like cooperation, avoidance, compromise, and rivalry.
- To investigate the relationship between emotional intelligence scores and the particular conflict resolution approaches used by people in middle-aged relationships.
- To look into the ways that conflict resolution techniques and emotional intelligence interact to affect middle-aged couples' long-term marital pleasure.

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- To investigate the relationship between married heterosexual couples who are upset and those who are not, in terms of emotional intelligence and conflict resolution techniques.

Research gap and the need for further study

There is a significant information vacuum about the dynamics of emotional intelligence in middle-aged relationships, despite the fact that an increasing amount of research has looked at emotional intelligence and its implications on conflict resolution in numerous circumstances. Fewer studies have examined the unique dynamics and difficulties that middle-aged relationships provide. A lot of research has been done on the association between emotional intelligence and conflict resolution. Given that middle adulthood is a time of secure employment, possible parental concerns, and adjusting to new circumstances, it may have a particular impact on emotional intelligence and interpersonal conflict resolution. Furthermore, there are few thorough research studies that examine certain conflict resolution techniques used in middle-aged relationships by people with different emotional intelligence levels. To improve marriage resilience and satisfaction throughout this stage of life and to contribute to a more sophisticated knowledge of the relationship between emotional intelligence and conflict resolution in middle-aged couples, this research gap has to be filled.

Further research is needed in this important field of study, which is the dynamics of emotional intelligence and how they affect middle-aged couples' dispute resolution techniques. Research on emotional intelligence in a range of contexts and its wider implications for interpersonal relationships has advanced, but there is still a dearth of studies that exclusively address middle-aged adult marriages. Between the ages of 40 and 65, this crucial life period is marked by a variety of adjustments and difficulties, such as coping with changing family dynamics, possible parenting difficulties, and steady work. Therefore, a deeper comprehension of how emotional intelligence affects conflict resolution strategies at this stage could promote happier, longer-lasting marriages.

Rationale

The lack of focus on the unique emotional intelligence shows in middle-aged couples is one facet of this research gap. A number of traits are included in emotional intelligence, such as self-awareness, self-control, empathy, and social skills. There's still a lot to learn about how these emotional intelligence traits appear and function in middle-aged partnerships. People in their middle adult years may, among other things, be reevaluating their personal objectives, changing careers, or taking on the duties of aging parents. Compared to other stages of life, marital relationships are more complex and require emotional intelligence to manage. For this reason, academics should pay more attention to emotional intelligence in marriage.

Research Techniques and Data Sources

A cross-sectional, between-groups, mixed method research design was used in the study. Using purposive sampling, the current study included a community sample of 43 couples (86 individuals) living in Noida who were married to heterosexual people. The study included married couples who were living together for a minimum of a year, between the ages of 20 and 60, had at least 12 years of formal education, and spoke English fluently. In order to be classified as part of the troubled group, the spouses in the non-distressed group had to have scores below 80 on the Marital Quality Scale (MQS), whereas both husband and wife had to have scores of 80 or higher. Exclusion criteria included living apart from one

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another for longer than six months, having severe sensory or motor impairments, having mental disease, and currently attending individual, couples, or family treatment for longer than three sessions.

A demographic data sheet, the Marital Quality Scale (Shah, 1995), the Emotional Intelligence Scale (Schutte, Malouff, Hall, Haggerty, Cooper, & Golden, 1998), the Conflict Resolution Scale (Kurdek, 1994), and a semi-structured interview schedule for qualitative data (prepared by the researcher) were given to the participants after obtaining their informed consent. Every partner completed the sociodemographic information and the inventories were sitting apart to protect confidentiality and prevent one another from influencing their answers.

The Statistical Package for Social Sciences was used to score and code the questionnaire responses in preparation for computer analysis. We computed descriptive statistics. The data was analyzed using Pearson's Product Moment Correlation and the Student's t-test.

The researcher transcribed the data and audio recordings for qualitative analysis. As part of the study, codes had to be created, which required listening to every interview several times, reviewing the transcripts, and identifying themes and codes. As a result, themes were found and analyzed thematically.

Table 1 Means, standard deviations and independent samples t- test of the distressed and non-distressed men on MQS factors

| MQS factors | Group Mean \pm SD | | t-value |
|----------------------------|-----------------------|---------------------------|----------|
| | Non-distressed (N=31) | Distressed (N=12) | |
| Understanding | 7.87 \pm 1.34 | 11.00 \pm 3.07 | 3.40** |
| Rejection | 17.74 \pm 4.17 | 25.00 \pm 3.54 | 5.32** |
| Satisfaction | 5.39 \pm 0.76 | 6.67 \pm 2.10 | 2.06** |
| Affection | 6.94 \pm 1.24 | 9.83 \pm 2.52 | 3.82** |
| Despair | 3.77 \pm 0.88 | 4.58 \pm 1.16 | 2.46** |
| Decision Making | 7.48 \pm 1.46 | 9.83 \pm 2.08 | 4.19** |
| Discontent | 2.45 \pm 0.81 | 4.42 \pm 1.98 | 3.34** |
| Dissolution Potential | 1.06 \pm 0.25 | 1.50 \pm 0.52 | 215.00** |
| Dominance | 5.00 \pm 1.65 | 5.58 \pm 1.38 | 1.08 |
| Self-Disclosure | 3.48 \pm 0.63 | 5.83 \pm 1.64 | 4.82** |
| Trust | 1.00 \pm 0.00 | 1.33 \pm 0.49 | 253.50** |
| Role Functioning | 4.94 \pm 1.26 | 6.92 \pm 1.56 | 4.32** |
| Total | 69.48 \pm 7.20 | 97.25 \pm 9.87 | 10.21** |
| **Significantatthe.01level | | *Significantatthe.05level | |

In Table 1, a test of significant of difference between means show that the men from non-distressed couples and distressed couples differed significantly on understanding, rejection, satisfaction, affection, despair, decision making, discontent, self disclosure, role functioning, dissolution potential and trust; i.e., 11 out of 12 factors of MQS.

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Table 2 Means, standard deviations and independent samples t- test of the distressed and non-distressed women on MQS factors

| MQS factors | Group Mean±SD | | t-value |
|-----------------------|-----------------------|-------------------|----------|
| | Non-distressed (N=39) | Distressed (N=21) | |
| Understanding | 8.06±1.36 | 12.58±4.06 | 3.78** |
| Rejection | 16.74±4.60 | 23.33±3.34 | 4.51** |
| Satisfaction | 5.84±1.39 | 7.42±2.61 | 1.99 |
| Affection | 7.39±1.48 | 10.25±2.45 | 3.79** |
| Despair | 3.71±1.01 | 4.58±1.08 | 2.50* |
| Decision Making | 7.42±1.57 | 10.17±2.89 | 4.03** |
| Discontent | 2.68±1.25 | 4.33±1.97 | 3.30** |
| Dissolution Potential | 1.29±0.69 | 1.67±0.89 | .00 |
| Dominance | 5.00±1.91 | 5.92±1.44 | 1.50 |
| Self-Disclosure | 3.29±0.64 | 5.75±1.96 | 6.27** |
| Trust | 1.00±0.00 | 1.33±0.49 | 124.00** |
| Role Functioning | 4.39±0.67 | 5.83±1.53 | 3.17** |
| Total | 69.13±7.06 | 97.50±14.16 | 6.63** |

**Significantatthe.01level *Significantatthe.05level

Similar to Table 2, Table 3 also shows that a test of significant of difference between means of the women from non-distressed couples and distressed couples differed significantly on all the factors of MQS except is solution potential, dominance and satisfaction.

Table 3 Means, standard deviations and independent samples t-test of the distressed and non-distressed men and women on emotional intelligence

| Emotional Intelligence | Group Mean±SD | | t-value |
|------------------------|-------------------|-----------------------|----------|
| | distressed (N=31) | Non-Distressed (N=12) | |
| Men | 125.±13.03 | 129.32±13.45 | 0.81(NS) |
| Women | 124.83±12.45 | 134.23±11.25 | 2.39(NS) |

**Significantatthe.01level *Significantatthe.05levelNS=Not Significant

Table3 indicates no significant difference between the men from distressed and non-distressed couples on emotional intelligence and the same for the women from distressed and non-distressed couples. Hence, there is insufficient evidence to support the hypothesis, that there will be a significant difference between the distressed and non-distressed married couples with regard to their emotional intelligence.

Table 4 Means, standard deviations and independent samples t-test of the distressed and non-distressed men and women on the subscales of conflict resolution styles

| | Conflict Resolution Styles | Group Mean±SD | | t-value |
|-------|----------------------------|-----------------------|-------------------|---------|
| | | Non-distressed (N=31) | Distressed (N=12) | |
| Men | Conflict Engagement | 6.21± | 9.58±1 | 5.24** |
| | Positive Problem Solving | 15.19±2.22 | 14.08±2.11 | 1.49 |
| | Withdrawal | 8.18±1.98 | 11.33±2.34 | 4.46** |
| | Compliance | 9.26±2.49 | 10.50±1.85 | 1.57 |
| Women | Conflict Engagement | 6.66±1.40 | 9.96±2.30 | 4.64** |
| | Positive Problem Solving | 15.32±2.26 | 13.71±2.06 | 2.15* |
| | Withdrawal | 8.69±2.24 | 10.00±1.95 | 1.77 |
| | Compliance | 9.69±2.21 | 10.58±1.73 | 1.25 |

**Significantatthe.01level *Significantatthe.05level

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As Table 4 shows, men from distressed and non-distressed couples significantly differed on conflict engagement and withdrawal, as assessed through the Conflict Resolution Styles Inventory. The women from distressed and non-distressed couples differed on conflict engagement and positive problem solving styles. Hence, there is sufficient evidence to support the hypothesis, that there will be a significant difference between the distressed and non-distressed married couples with regard to their conflict resolution styles.

FINDINGS AND DISCUSSIONS

The present study contrasted and investigated the emotional intelligence, marital quality, and conflict resolution techniques of troubled and non-distressed couples. In contrast to the wealth of research on these traits in Western individualistic countries, there is comparatively less research on them in India and other collectivistic civilizations. An overview of the results of the current study is provided in this chapter, along with an attempt to place them in the perspective of previous, pertinent research findings.

Analyzing Theory

A married heterosexual pair experiencing distress will not have the same emotional intelligence as a married couple who is not experiencing distress.

The available data refutes this theory. The data analysis showed that there was no appreciable difference in spouses' emotional intelligence between the groups that experienced emotional distress and the ones that did not. Consequently, it appears that marital contentment is unaffected by emotional intelligence (EI). Our results run counter to the previously known positive link between self-reported emotional intelligence and the quality and pleasure of marriage (Brakett, Warner, & Bosco, 2005; Michelle, 2005; Schutte et al., 2001).

The ability to communicate emotions appropriately and consider the opinions of others while making decisions is measured by emotional intelligence (EI), a concept that is becoming more and more prominent among HRD and Organizational Development specialists. EI makes a lot of claims about how it can solve issues, create capable leaders, and strengthen bonds between coworkers. As a result, EI began to be carefully taken into account when selecting the best applicants for positions, promoting current employees, moving them, and firing them. Businesses are starting to take emotional intelligence (EI) more seriously because it may have an impact on a worker's capacity to grow in their position. The majority of the emotions associated with enterprises, especially those that are exclusive to men and include rage, contempt, hostility, and harassment, have been eradicated by organizational cultures that place a high emphasis on self-control. Therefore, expressing these kinds of emotions may result in termination or other bad outcomes. Because of this, there would be less turnover and employee loyalty among individuals with high conflict levels.

Nonetheless, the majority of major disputes between partners arise from the fact that marriage is a close relationship that demands a great deal of closeness, reliance, and commitment.

They are harmful even when said in good faith. Because of the realities of power and position in marriage, men are far more likely than women to experience negative emotions, even in socially acceptable conditions. It might be argued that because men are socialized to be less emotionally aware and do not need to control their emotions, they take emotional

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intelligence (EI) traits for granted in marriage. Moreover, women see it from a fatalist perspective as just another setback in life. This suggests that the survey's average of ten years married couples did not consider emotional intelligence (EI) to be a critical component of their unions. However, married life in India is changing, and younger couples aren't putting up with subpar living conditions, according to Nagaswami (2008)

Examining Qualitative Data

In recent years, Noida has seen a notable rise in the divorce rate (Jathar, 2003). This suggests that couples are finding it more difficult to maintain their marriages as marriage therapy becomes less important. "Becoming better prepared for the overwhelming task of creating a happy, healthy, beneficial relationship" is something that experts should help couples with, according to Bruhm & Hill (2004) (p. 391). The qualitative section of this study set out to analyze the factors that enable couples to maintain stable marriages in order to identify how to give them the resources they need to build effective unions.

Consequently, twenty-seven married couples and sixteen single persons took part in in-person interviews. Twenty couples' interviews were included in the study once the data had been cleansed. The primary research question posed to the participants was, "Given the rise in Noida's divorce rates, what makes some marriages work and continue to endure successfully despite the statistics?" It was based on the most recent divorce data.

We'll explore a wide range of topics in greater detail later on, including the value of emotional intelligence in happy marriages and techniques for resolving conflicts.

Matrimony: Conditions for a Fruitful Cooperative serene

Based on the interviews, participants thought that a good marriage needed a great level of compatibility and that a strong, harmonious link could be built by sharing interests and dislikes. Couples who were not in distress reported that their interests in the activities they used to enjoy together had increased when asked about their challenges in spending time together. On the other hand, disturbed couples reported that it was difficult for them to spend time together and try out new hobbies.

According to Nagaswami (2008), compatibility is one of the most important factors to take into account when choosing a spouse; nevertheless, because there isn't a suitable way to determine compatibility in India, many people still rely on horoscopes and other similar rituals. Consequently, one could argue that a greater compatibility score would promote more understandable communication, reduce conflict, and facilitate the intended connection. These findings are in line with a public survey done by Collins and Coltrane in 1991, which revealed that over 50% of respondents thought a stable marriage required membership in a common interest organization.

Taking into account the benefits

Assad, Donnellan, and Conger (2007) claim that positive people use cooperative problem-solving strategies and take a constructive approach to relationship problems. Consistent with relevant and prior research, the current study found a significant difference in the optimism levels of troubled and non-distressed couples. A 2006 study by Srivatsava, Mc Gonigal, Richards, Butler, and Gross found that pleasant relationships and pleasant people are frequently associated with higher levels of enjoyment.

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Happier couples bring out the best in each other while adjusting as needed and finding practical solutions to issues. Some members of the unaffected group expressed their support for "keeping a positive outlook on the relationship by emphasizing the positive aspects of the other person." Additionally, they felt that dwelling on their partner's shortcomings would worsen their union and intensify their hurt and discontent. These actions eventually lead to an improvement in their marital quality. Interestingly, though, during the interviews, members of the problematic group persisted in having negative thoughts about their wives and their relationships. Thus, optimism plays a critical role in the establishment and upkeep of a fulfilling and long-lasting married relationship, per the qualitative research.

Take some time to get to know each other.

Nagaswami (2008) asserts that while selecting a partner, one should trust their instincts—which are often self-protective mechanisms—and make a marriage or non-marriage decision after spending some time getting to know the other person. He goes on to say that having good or bad intuition is often an indication of misaligned pheromones, which can result in a lack of chemistry and physical attraction—two crucial factors in selecting a partner. Additionally, he argues that prospective couples should spend as much time as possible getting to know one another before deciding to be married and that it's crucial that they discover a certain level of compatibility.

Having patience and allowing the partnership to develop:

A survey of the literature indicates that people frequently find marriage to be a trying time. Newlyweds design their own marriage system after getting hitched, which requires considerable modification based on the phases of the family life cycle. They need to rebuild their friendships and ties with their extended family in order to include the spouse in these exchanges. Studies have indicated that although recently married couples express the highest levels of marital satisfaction, these levels progressively decline over time (White and Booth, 1985). Furthermore, Robinson and Blanton (1993) found that over forty-year-old married couples believed that the secret to a longer and stronger marriage was patience.

Quality of Marriage

Given that it offers the main framework for forming family ties and raising the next generation, marriage has been called the most significant and essential human interaction (Larson & Holman, 1994). People who are in high-quality marriages feel that their lives have purpose and identity (Aldous, 1996). Several studies on the features of happy long-term marriages have been conducted in an effort to determine the mechanism of a happy marriage (Fennel, 1993; Glenn, 1990; Lauer, Lauer & Kerr, 1990; Robinson & Blanton, 1993). The desire to be a good parent, faith in God and spiritual commitment, lifetime commitment to marriage, loyalty to spouse, strong moral values, respect for spouse as a friend, commitment to sexual fidelity, desire to be a good companion to spouse, and willingness to forgive and be forgiven are some of the most significant traits of long-term successful marriages (Fennel, 1993). In addition to marital traits, marital interaction mechanisms including conflict resolution, empathy, and equity also have an impact on marital satisfaction or quality (Mackey & O'Brien, 1995)

Intelligence in Emotions

Scholars have conjectured on plausible associations between Emotional Intelligence (EI) and the quality of relationships within partnerships (Fitness, 2001; Mayer, Caruso, & Salovey, 1999). The ability to accurately express and identify emotions is correlated with reports of marital satisfaction from spouses (Noller, Beach & Osgarby, 1997). Higher EI "may enable

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people to more effectively manage the delicate emotional negotiations involved in seeking and granting forgiveness," according to Fitness (2001) (p. 106). Consequently, improved dispute resolution skills brought about by higher EI may herald reduced conflict and increased relationship satisfaction. The ability to control one's emotions is also crucial for marital fulfillment. When there is a disagreement, happy partners are more likely to contain it rather than take offense (Rusbult, Bissonnette & Arriaga, 1998). Remarkably, research has also shown that when at least one partner possesses higher emotional intelligence, couples tend to have more happy relationships (Brackett, Warner, & Bosco, 2005). Furthermore, there exists a correlation between an individual's emotional intelligence (EI) and marital contentment. Specifically, those who believed that their spouse possessed a higher EI also reported notably higher levels of marital satisfaction (Schutte, Malouff, Bobik, Coston & Greeson, 2001).

Methods of Resolving Conflicts

Similar to all intimate partnerships, marriages inevitably have conflict. Couples experience some of the most severe arguments in their close connection. Communication, money, kids, sex, housework, jealousy, and in-laws are the most common sources of conflict in married relationships (Gottman, 1979). Research on marriage and divorce successfully distinguishes between troubled and non-distressed married couples based on conflict behaviors (Gottman, 1994). In summary, troubled couples exhibit less positivity, engage in more negativity during conflict interactions, and are more prone to become entangled in protracted negative behavior patterns that are difficult to break. Actually, there are actually usually five times as many constructive conflict behaviors in stable couples as bad ones.

A theory of behavioral patterns that predict divorce was put forth by Gottman (1994) based on over two decades of intensive study of marital interactions. These actions are known by Gottman as the "Four Horsemen of the Apocalypse." Frequently complaining and criticizing each other breeds contempt, which in turn breeds defensiveness, which in turn breeds stonewalling in a couple more likely to file for divorce. Both stable and unstable relationships can display criticism, disdain, defensiveness, and stonewalling, yet they are troublesome for relationships when they are: (1) ingrained; (2) reciprocated; and (3) not properly offset by constructive actions. Constructive or destructive conflict management is the most crucial component. Cooperative, pro-social, and relationship-preserving conflict is typically constructive in nature. While destructive disagreement is antisocial, competitive, and detrimental to relationships, constructive acts tend to have a more pleasant emotional tone. Destructive behaviors are characterized by negativity, irritability, and even aggression. The stability and quality of a marriage are correlated with both constructive and destructive conflict behaviors (Deutsch, 1973).

Divorce: An increasing worry

India's marriage to divorce ratio increased from 81: 63 in 1998 to 63: 87 in 2002. This increase is attributed to a number of factors, including the country's rapid economic growth, changing cultural norms, better options for women through education and employment, a loosening of social restrictions on marriage, more lenient divorce laws, a rise in individualism, and a rise in romantic love among recent marriages (Huang, 2005). Given that marital distress and divorce are linked to serious issues with adult mental, physical, and financial health as well as emotional and behavioral issues in children, it is becoming more and more critical to address this concerning situation (Cox & Paley, 1997; Fincham, 1998; O'Leary & Smith, 1991; Stack & Eshelman, 1998). Numerous studies suggest that when a couple demonstrates any of the following, their chances of divorce are reduced and their

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level of marital satisfaction is higher: they are sexually satisfied, older (ages 25 and up) at the time of marriage, more educated, did not live together before marriage, had a happy childhood, show less neuroticism, are not depressed, report less stress, and do not live in poverty. Nevertheless, these conclusions may or may not apply to other populations, as they are mostly based on research with White middle-class couples (Cohan & Bradbury, 2009).

The necessity of this study

According to the research review, there has been a significant rise in divorce rates over the past ten years, and it is becoming more and more crucial to this concerning circumstance. A couple's marital quality is a dynamic and complicated concept that is influenced by a wide range of factors. Despite the large number of studies that have been conducted on it, further research is still required.

The concept of emotional intelligence is relatively new. There has been less research on marriage partnerships and more on leadership and organizational behavior. Since it is said to be significant and enhance interpersonal interactions in workplaces, research on it in intimate relationships like marriage was deemed necessary.

Different conflict resolution styles can strengthen or weaken a marriage. Positive approaches are associated with stable and high-quality marriages. Even in these adopted styles, cultural differences have been noted.

The majority of the study that has been done on these variables comes from western nations. Although there will inevitably be some similarities as well as variations between cultures, this could be one of the explanations for why, despite rising divorce rates, India's divorce rate is still significantly lower than that of the West.

There is a wealth of knowledge about unhappy marriages in the research literature, but it is insufficient to examine the factors that cause marital pain and presume that a happy marriage will result from the reverse. This is partially due to the vast array of variables that might cause couples to experience distress. What makes a person or couple happy in a marriage may be due to what they put into the marriage right from the start, but many studies with distressed couples are based on clinical populations who seek help only after years of damage has been done to the marriage, making it nearly irreparable. since a result, it's crucial to research the elements and trends of successful marriages, since this can aid in treating troubled couples as well as preventing problems with couples who are getting married or are in their early years of marriage. Therefore, it was thought necessary to reevaluate the marital quality of spouses in both happy and unhappy marriages.

Additionally, a lot of research studies have simply used the self-report of single individuals or couples via objective inventories and questionnaires, which can have the well-known drawbacks of presenting oneself, one's partner, or one's marriage exclusively in an exaggeratedly positive or negative way. The current study addresses this problem by combining a quantitative and qualitative method to provide a more comprehensive and deeper picture of happy and successful marriages.

Key Findings

In terms of emotional intelligence, there was no discernible difference between the husbands of disturbed and non-distressed couples and the spouses of distressed and non-distressed couples. Therefore, the first hypothesis—that there would be a notable difference in

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emotional intelligence between married couples in distress and those who are not—was not sufficiently supported by the available data.

In the Conflict Resolution Styles Inventory, husbands from disturbed and non-distressed couples differed significantly in terms of engagement and disengagement from conflict. There were differences in the women's conflict engagement and constructive issue solving approaches between couples in distress and those who weren't. Therefore, the second hypothesis—that there will be a notable difference in the conflict resolution styles of troubled and non-distressed married couples—was sufficiently supported by the available data.

Emotional intelligence of husbands and wives from disturbed couples did not significantly correlate with marital quality. Therefore, there wasn't enough data to back up the third hypothesis, which proposed that troubled married couples' emotional intelligence and marital quality would be significantly correlated.

Among the non-distressed husbands and couples, no correlation was found between emotional intelligence and marital quality. Consequently, the fourth hypothesis—that is, the idea that there will be a substantial correlation between the emotional intelligence of married couples who are not experiencing distress and the quality of their marriage—was not sufficiently supported by the available data.

There was a substantial positive association found between retreat as a conflict resolution style and marriage quality among distressed wives, despite the fact that no significant relationship was found between conflict resolution styles in general and marital quality among the distressed husbands. The fifth hypothesis, which states that there will be a substantial correlation between troubled married couples' conflict resolution styles and the quality of their marriage, was partially supported by the available data.

The sixth hypothesis—that there will be a significant relationship between the marital quality and conflict resolution styles adopted by non-distressed married couples—partially supported by correlations between the quality of non-distressed husbands' marriages and withdrawal, which had a significant positive relationship with their marital quality.

Compliance showed a strong positive link with emotional intelligence, according to the correlation between distressed wives' conflict resolution techniques and emotional intelligence. The worried husband's conflict resolution style and emotional intelligence did not appear to be related. Therefore, there was insufficient data to support the premise that distressed married couples' conflict resolution approaches and emotional intelligence have no meaningful association.

One method of conflict resolution—conflict engagement—was adversely connected with emotional intelligence in non-distressed wives, but positive issue solving was positively correlated. The worried husband's conflict resolution style and emotional intelligence did not appear to be related. Therefore, there was some evidence to refute the theory that there wouldn't be a meaningful connection between the conflict resolution approaches used by married couples who are not experiencing stress and emotional intelligence.

CONCLUSION

The following themes were found to be essential for a successful and long-lasting marriage: patience, compatibility, taking the good in things, spending time getting to know one another, and giving the partnership time. The role of the husband was also noted, including that of a friend and companion, one of support and responsibility sharing, a man of commitment, open and honest communication, and patient listening. This category also included age and maturity, children, respect for parents, space, complementarity, joint families, adjustment and compromise, time spent connecting, sexual fulfillment, and complementarity.

Different backgrounds and problematic expectations (unrealistic expectations, resistance to change, trouble accepting difference and making comparisons, maintaining relationship) were highlighted as variables that can be detrimental to a healthy marriage. Apart from what was previously mentioned, other factors that were discussed included ego, finances, women's economic independence, work-life balance stress, extramarital affairs, parental influence and control, and loyalty to the family of origin.

Positive emotions such as respect, emotional security and trust, understanding, emotional awareness (awareness of one's own feelings, awareness of others' feelings, empathy), using emotions, emotional management (managing one's own emotions, managing emotions of others, anger management), motivation and enthusiasm, personal insight, and taking responsibility were identified as themes that highlight aspects of emotional intelligence in marriage.

The following themes were recommended for handling marital conflicts: create a supportive emotional environment before talking to each other (time matters, listen intently, and understand each other's perspective), negotiate and compromise, let go or give in, agree to disagree, give it some time, release the tension, and remember that couples need to work out their own problems. The quality of a couple's marriage is influenced by both their conflict resolution styles and their emotional intelligence.

The study's primary implication is that counselors and therapists can use the results for remedial, preventive, and promotional work, such as supporting troubled couples, providing premarital counseling to individuals, and helping dating couples increase the likelihood of a happy marriage.

The study's main drawback was its limited sample size, which restricts how broadly the findings may be applied. Furthermore, a more in-depth analysis of demographic factors and emotional intelligence in relation to married partnerships was not possible.

Using qualitative methodologies, future study in the subject of marital relationships should explore the evolving dynamics of Indian marriages.

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Conflict of Interest

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