

Research Paper

Examining The Relationship Between Emotional Intelligence and Conflict Resolution Among Newly Married Couples

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ABSTRACT

This study attempted to find the relationship between emotional intelligence and conflict resolution among newly married couples. It is a quantitative study in which the research design used in this study is “correlation research design”. In this study, emotional intelligence is independent variable which may or may not have an effect on the dependent variable which is conflict resolution. This study involves all type of newly married couples irrespective of their age by using simple random sampling technique which has been done through 100% offline mode and the statistics used were Pearson’s correlation coefficient in order to find if there is any linear relationship between two variables. The independent variable, emotional intelligence is measured by using Anukool Hyde, Sanjyot Pethe, Upinder Dhar’s Emotional Intelligence Scale (EIS-HPD) and the dependent variable, conflict resolution is measured by using Jock McClelland’s Conflict Resolution Questionnaire. The results obtained was that there is a weak positive correlation between emotional intelligence and conflict resolution. Additionally, this study shows that emotional intelligence does have an impact on conflict resolution among newly married couples.

Keywords: *Emotional intelligence, Conflict resolution and newly married couples*

An important turning point in a person's life, marriage brings about changes on an emotional, social, and psychological level. Effective interpersonal skills are necessary to sustain harmony in the partnership as newlyweds frequently navigate a complicated interplay of roles, duties, and expectations. Emotional intelligence (EI) and conflict resolution abilities are two of the most important indicators of relationship quality among the many variables that affect marital pleasure. In order to promote empathy, effective communication, and emotional regulation in married relationships, emotional intelligence—which (Goleman, 1995) defines as the capacity to recognize, comprehend, and regulate emotions—is essential. The ability to handle and resolve conflicts in a constructive manner, on the other hand, lessens unfavourable interactions and improves the stability of relationships. Understanding the dynamics of recently married couples as they acclimate to their new life together requires an awareness of both factors.

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The adjustment to married life frequently involves difficulties in striking a balance between one's own needs and those of one's spouse. Financial strains, communication difficulties, role expectations, and divergent family dynamics are common causes of conflict for newlywed couples (Fincham & Beach, 2010). These issues are often exacerbated by the emotional and psychological adjustments required to coexist with a partner in a shared space. In this context, emotional intelligence becomes a crucial tool for fostering empathy and understanding between spouses. While low emotional intelligence can result in miscommunication, emotional outbursts, and miscommunication, high emotional intelligence is better able to identify their partner's emotional cues, communicate their feelings in a constructive way, and effectively handle stress, all of which lower the risk of conflict escalation (Brackett et al., 2011).

As a supplementary variable to emotional intelligence, conflict resolution further emphasizes the significance of effective interpersonal strategies in preserving marital harmony. According to (Markman et al., 2010), newlywed couples are especially susceptible to conflicts resulting from unfulfilled expectations and misaligned goals. The ability to resolve conflicts constructively entails active listening, mutual respect, and the willingness to compromise. Couples who lack these skills may find themselves in a cycle of unresolved disagreements, which can cause feelings of resentment and emotional detachment. According to research, conflict resolution involves more than just resolving the immediate problem; it also entails developing a constructive pattern of engagement that gradually improves the relationship (Gottman & Silver, 2015). By empowering people to approach issues with a fair and compassionate viewpoint, emotional intelligence improves this process and encourages better communication and problem-solving techniques.

Newlyweds' distinct place in the marital lifecycle makes them an especially pertinent population for our study. Newlyweds are still figuring out their roles and negotiating the complexities of married life, unlike long-term couples who have developed relational patterns. Since emotional sensitivity and susceptibility are frequently elevated during this time, emotional intelligence and conflict resolution skills are crucial in assessing marital satisfaction. High levels of conflict and poor emotional control frequently result in marital discontent and, in certain situations, divorce, according to studies that show how the first few years of marriage predict long-term relationship results (Karney & Bradbury, 1995). Therefore, knowing how conflict resolution and emotional intelligence interact in this population can help one better understand the elements that make a marriage work.

Self-awareness, self-regulation, social awareness, and relationship management are some of the elements that make up the idea of emotional intelligence (Goleman, 1995). As they learn to manage their joint lives, newlywed couples should pay special attention to these characteristics. Self-awareness enables people to identify their feelings and comprehend how these feelings affect their actions. For instance, a spouse can take proactive measures to control their inclination to get defensive during arguments if they are aware of it. Similar to this, self-regulation entails reining in impulsive actions and constructively handling emotions. Strong self-control makes a spouse less inclined to act aggressively or hurtfully during arguments, creating a more encouraging relationship atmosphere. The capacity to understand a partner's point of view and cooperate to settle disputes is further improved by social awareness and relationship management (Mayer et al., 2008). When taken as a whole, these emotional intelligence traits support a happier and more satisfying marriage.

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Contrarily, conflict resolution entails a variety of behavioural and cognitive techniques meant to resolve disputes in a positive way. Both parties must actively listen, clearly communicate their demands, and look for solutions that work for both of them in order to resolve conflicts effectively (Thomas, 1992). These abilities are crucial for handling the inevitable arguments that occur as newlyweds get used to their new roles. Constructive conflict resolution techniques have been linked to increased marital satisfaction and emotional intimacy, according to research (Gottman & Silver, 2015). On the other hand, negative conflict resolution techniques including stonewalling, defensiveness, and criticism are linked to worse relationship quality and a higher chance of breakup. In this situation, emotional intelligence is essential because it allows people to handle disagreements with empathy and emotional control, which lowers the possibility of harmful interactions.

Since it emphasizes the value of emotional and interpersonal abilities in creating a positive marriage, the relationship between emotional intelligence and dispute resolution is especially important for recently married couples. According to studies, people with high emotional intelligence are better able to comprehend their partner's point of view, control their emotions, and communicate clearly, which makes them more skilled at handling disagreements in a positive way (Brackett et al., 2011). Effective conflict resolution and emotional intelligence work together to create a positive feedback loop in which emotional intimacy is increased by effective conflict management and vice versa. This dynamic is crucial for newlywed couples to build a solid foundation for their relationship and lessen the negative effects of early marital conflicts.

To conclude it, conflict resolution and emotional intelligence are crucial factors in comprehending the dynamics of recently married couples. These elements affect the security and contentment of the marriage over the long run in addition to the caliber of interactions between spouses. In light of the particular difficulties that newlyweds encounter, developing their emotional intelligence and conflict-resolution abilities can greatly improve their capacity to handle the intricacies of married life. In order to improve interventions and support programs for recently married couples, this study intends to offer important insights into the elements that lead to a happy and successful marriage by analysing the association between these variables.

Need for the study

Given the increasing rates of marital discontent and divorce, especially in the first few years of marriage, research on emotional intelligence and conflict resolution in recently married couples is crucial. The first few years of marriage are a crucial time for couples to develop relational patterns that can either improve or worsen their union, according to research that has repeatedly shown this (Karney & Bradbury, 1995). Gaining knowledge about how emotional intelligence promotes empathy, good communication, and emotional control can help couples deal with the difficulties of early marriage. Analysing conflict resolution techniques can also provide insight into how couples resolve conflicts and preserve harmony in their relationship.

The value of psychological and emotional competencies in improving the quality of relationships has gained more attention in recent years. Particularly, emotional intelligence has been connected to a number of favourable outcomes, such as increased emotional intimacy, less conflict, and marital happiness (Brackett et al., 2011). Nevertheless, despite its significance, little study has been done expressly on the relationship between emotional

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intelligence and conflict resolution in recently married couples. Examining how these abilities might be used to support a happy and successful marriage is essential because newlyweds frequently encounter particular difficulties with role adjustment, financial strain, and communication hurdles.

Furthermore, relationship education and intervention programs can benefit from the study's practical conclusions. Practitioners can create focused interventions to help couples through this crucial stage of their relationship by determining the precise emotional and interpersonal competencies that lead to marital satisfaction. For instance, to provide couples the skills they need to successfully negotiate the challenges of married life, prenuptial counselling programs could include instruction in emotional intelligence and conflict resolution. By lowering the rate of divorce and marital discontent, these interventions may help to foster stronger, more enduring bonds between spouses.

The shifting socioeconomic variables that affect modern marriages further highlight the need for this study. Emotional intelligence and conflict resolution are more important than ever because of factors including dual-career homes, changing gender roles, and growing individualization that have created new difficulties for couples. This study intends to add to the body of information already in existence and offer practical insights that can improve the quality of marital relationships by examining the interactions between these variables.

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Similar to this, self-regulation entails reining in impulsive actions and constructively handling emotions. Strong self-control makes a spouse less inclined to act aggressively or hurtfully during arguments, creating a more encouraging relationship atmosphere. The capacity to understand a partner's point of view and cooperate to settle disputes is further improved by social awareness and relationship management (Mayer et al., 2008). When taken as a whole, these emotional intelligence traits support a happier and more satisfying marriage.

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To sum up, conflict resolution and emotional intelligence are crucial factors in comprehending the dynamics of recently married couples. These elements affect the security and contentment of the marriage over the long run in addition to the caliber of interactions between spouses. In light of the particular difficulties that newlyweds encounter, developing their emotional intelligence and conflict-resolution abilities can greatly improve their capacity to handle the intricacies of married life. In order to improve interventions and support programs for recently married couples, this study intends to offer important insights into the elements that lead to a happy and successful marriage by analysing the association between these variables.

Purpose and scope of the study

In order to comprehend how these elements affect marital stability and pleasure, this study aims to investigate the relationship between newlywed couples' emotional intelligence and conflict resolution abilities. This study aims to provide empirical evidence on the significance of emotional and interpersonal skills in promoting happy and healthy marriages by examining the interactions between these variables.

The study's specific objectives are to:

1. Evaluate newlywed couple's emotional intelligence levels.
2. Assess the methods these couples use to resolve conflicts.
3. Examine the relationship between emotional intelligence and conflict resolution in relation to marital satisfaction.

Based on the idea that conflict resolution and emotional intelligence are essential skills that help couples deal with the difficulties of early marriage, this study intends to help guide the creation of focused interventions and counselling programs for newlyweds. Additionally, the results of this study are anticipated to add to the body of knowledge on marital dynamics and offer useful suggestions for increasing the success of long-term relationships. Only recently married couples those who have been married for the duration of 1 year are included in the study's scope. Because the early years of marriage are crucial for forming relational patterns and resolving problems that could affect long-term marital satisfaction, this cohort was selected. Since emotional intelligence and conflict resolution are commonly acknowledged as important indicators of relationship quality, the study emphasizes them as crucial variables (Brackett et al., 2011; Goleman, 1995). This study takes a quantitative approach, measuring emotional intelligence and conflict resolution abilities with standardized tools. Demographic variables including age, education, and socioeconomic status are also examined in the study because they may have an impact on how the main variables relate to one another. Self-reported questionnaires will be used to gather data from

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a sample of recently married couples, guaranteeing that the results are trustworthy and applicable to a larger population. The study's conclusions have applications for a range of stakeholders, such as psychologists, marriage counsellors, and legislators. This research can guide the creation of educational initiatives and interventions meant to support wholesome relationships by emphasizing the significance of emotional intelligence and conflict resolution in marital satisfaction. The study also emphasizes the need of early intervention during the crucial premarital period, which helps to achieve the larger objective of lowering divorce rates and marital discontent.

METHODS

Conceptual definitions:

- **Emotional intelligence:** The ability to successfully identify, comprehend, control, and influence emotions in oneself and in relationships with others is known as emotional intelligence (EI). It is a crucial psychological framework that connects the emotional and cognitive facets of human behaviour, empowering people to successfully navigate both their personal and professional lives, form deep connections, and deliberately react to emotional cues (Goleman, 1995).
- **Conflict resolution:** A systematic and cooperative process, conflict resolution seeks to resolve conflicts by determining the underlying reasons, comprehending the viewpoints of all parties, and attempting to reach amicable settlements. In order to reduce tensions, advance understanding, and create enduring connections, it places a strong emphasis on constructive participation (Deutsch, 1973). Fairness, empathy, and respect are the cornerstones of conflict resolution, which strives to produce results that meet the needs and interests of all parties involved (Fisher et al., 1991).

Operational definition:

- **Emotional intelligence:** The quantifiable skills and visible behaviours required to effectively identify, comprehend, control, and influence emotions in oneself and others are referred to as emotional intelligence (EI). Operationally, emotional intelligence (EI) is characterized by particular behaviours and abilities that may be evaluated, cultivated, and used in a variety of settings, including leadership positions, professional settings, and interpersonal connections. These abilities are organized into quantifiable aspects that represent how people view and control their emotions to accomplish desired results.
- **Conflict resolution:** The practice of using particular tactics, measures, and quantifiable interventions to handle, control, and settle disagreements or conflicts between people or organizations is known as conflict resolution. It entails following precisely defined procedures to pinpoint the causes of conflict, comprehend the interests of each party, and put into practice workable solutions that provide win-win results. Operationally, conflict resolution is defined by visible actions and results, guaranteeing a methodical strategy to reduce hostilities and bring peace.

Objectives:

- To assess emotional intelligence among newly married couples.
- To assess conflict resolution among newly married couples.
- To assess the relationship between emotional intelligence and conflict resolution among newly married couples.

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Hypothesis:

There is no significant relationship between emotional intelligence and conflict resolution among newly married couples.

Research design:

In order to investigate the connection between conflict resolution and emotional intelligence in recently married couples, this study uses a quantitative, correlational research approach. Data will be gathered all at once using a cross-sectional survey method.

Sample technique:

I used the purposive sampling technique in my investigation.

Tool Used:

Emotional Intelligence Scale (EIS-HPD), Anukool Hyde, Sanjyot Pethe, Upinder Dhar (2002) and Conflict Resolution Questionnaire (CRQ), Jock McClelland (1997).

Tool Description:

- **Emotional Intelligence Scale (EIS-HPD), Anukool Hyde, Sanjyot Pethe, Upinder Dhar (2002):** The Emotional Intelligence Scale was created and developed by Anukool Hyde, Sanjyot Pethe, and Upinder Dhar (2001) in order to gather data from the respondents. The scale consists of 34 items, with five alternatives—strongly agree, agree, disagree, disagree, and strongly disagree—following each statement. Consequently, a score of 34 is the smallest possible and 170 is the maximum. On this scale, a score below 70 denotes low emotional intelligence, a score beyond 103 denotes strong emotional intelligence, and a score in the middle of 70 to 103 denotes average emotional intelligence. It has 10 factors which are Self-awareness, Empathy, Self-motivation, Emotional stability, Managing relations, Integrity, Self-development, Value orientation, Commitment and Altruistic behaviour. The split-half reliability value of the scale is 0.88. This scale has high content validity with the value of 0.93.
- **Conflict Resolution Questionnaire (CRQ), Jock McClelland (1997):** Members of Jock McClelland created the Conflict Resolution Questionnaire, which is the primary tool used to measure it (1997). There were ten subscales in all: view of conflict, (b) atmosphere, (c) needs, (e) power, (f) future, (g) options, (h) doables, (i) agreements for mutual benefit, and (j) more consideration. The entire scale has 40 items. Rating scales of five points were used to score it. You are more likely to be successful in reaching agreements that satisfy the needs of both parties and strengthen your relationship if you score higher on any given question or survey area. Low scores could point to areas in which you could be more productive. Conflict Resolution has a dependability coefficient of .85.

Procedure:

Purposive sampling was used to choose 150 recently married couples who had been together for no more than a year. An informed consent form outlining the goal of the study, confidentiality, and voluntary participation was given to participants. Two standardized self-report questionnaires were used to gather data: the Conflict Resolution Questionnaire (CRQ) by Jock McClelland (1997) to evaluate conflict resolution styles, and the Emotional Intelligence Scale (EIS-HPD) by Anukool Hyde, Sanjyot Pethe, and Upinder Dhar (2002) to measure emotional intelligence. Paper-based surveys were used to give the questionnaires,

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and participants were told to answer truthfully. The completeness of the responses was checked, and any missing information was eliminated. After that, the completed dataset was loaded into SPSS for additional statistical analysis to look at the connection between conflict resolution and emotional intelligence. Throughout the process, all ethical guidelines were closely adhered to, including participant anonymity, informed consent, and withdrawal rights.

Statistical analysis:

The statistics used for this study is the Pearson correlation. The Pearson correlation coefficient is a measure of linear correlation between two sets of data. It is used to find the relationship between emotional intelligence and conflict resolution, whether there is presence of positive correlation, negative correlation or no correlation.

Inclusion criteria

- The study includes population of married couples.
- It includes couples who have been married for a duration of one year or less.

Exclusion criteria

- The study excluded long-distance married couples.
- The study excluded couples who have been married for over a year.

RESULTS AND DISCUSSION

The current research examines the relationship between emotional intelligence and conflict resolution among newly married couples. SPSS (Statistical Package for Social Science) software was used to calculate the correlation statistics. The study included couples who have been married for a duration of one year or less and used separate questionnaires for two variables.

DESCRIPTIVE STATISTICS FOR VARIABLES

Table 1: Descriptive statistics of emotional intelligence and conflict resolution

VARIABLE	MEAN	STANDARD DEVIATION	N
EI	129.75	11.924	300
CR	127.73	18.272	300

In the above table, it shows the descriptive statistics of samples on Emotional intelligence and conflict resolution. The number of samples collected was 300 in which mean of Emotional intelligence is 129.75 and conflict resolution is 127.73. The standard deviation of Emotional intelligence is 11.924 and conflict resolution is 18.272 respectively.

CORRELATION

A Pearson correlation analysis was conducted to examine the relationship between emotional intelligence and conflict resolution.

Table 2: Correlation between Emotional Intelligence dimensions and Conflict Resolution (Total Score)

Emotional Intelligence Dimensions	r-value	p-value
Self-awareness	.074	.200
Empathy	.135*	.019

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Emotional Intelligence Dimensions	r-value	p-value
Self-motivation	.131*	.023
Emotional stability	.102	.077
Managing relations	.069	.233
Integrity	.085	.144
Self-development	.027	.647
Value orientation	.057	.324
Commitment	.036	.532
Altruistic behaviour	.104	.072

According to the results, self-motivation ($r = .131$, $p = .023$) and empathy ($r = .135$, $p = .019$) have a substantial positive link with total conflict resolution, indicating that couples who are more self-motivated and empathetic are more likely to use effective conflict resolution techniques. Though some patterns were noted, other emotional intelligence characteristics did not significantly correlate with conflict resolution.

Table 3: Correlation between Emotional Intelligence (Total Score) and Conflict Resolution Dimensions

Conflict Resolution Dimensions	r-value	p-value
View of conflict	.066	.254
Atmosphere	.071	.220
Clarification	.093	.109
Needs	.137*	.018
Power	.154**	.007
Future	.057	.328
Options	.112	.053
Doables	.079	.170
Mutual benefit agreements	.125*	.030
Extra considerations	.025	.672

The findings show a significant correlation between emotional intelligence and needs ($r = .137$, $p = .018$), power ($r = .154$, $p = .007$), and mutual benefit agreements ($r = .125$, $p = .030$). This suggests that couples with higher emotional intelligence are more capable at meeting their partner's and their own needs, maintaining a balance of power, and coming up with win-win solutions.

Table 4: Overall Correlation between Emotional Intelligence and Conflict Resolution

		EI	CR
EI	Pearson correlation	1	.141*
	Sig (2-tailed)		.014
	N	300	300
CR	Pearson correlation	.141*	1
	Sig (2-tailed)	.014	
	N	300	300

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

The results indicate a weak positive correlation between emotional intelligence and conflict resolution ($r = 0.141$, $p = 0.014$). Since the p value is less than the significant threshold of

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0.05, the correlation is statistically significant. The correlation coefficient (0.141) suggests very weak relationship between the two variables.

DISCUSSION

The aim of this study was to examine the relationship between emotional intelligence and conflict resolution among newly married couples. Reasons for focusing on newly married couples is because, newlyweds are still getting used to married life, this is an important time to learn how emotional intelligence (EI) affects conflict resolution. Effective conflict resolution techniques are necessary as a result of the extra duties, expectations, and difficulties that come with getting married. Early in a marriage, studying emotional intelligence (EI) and conflict resolution can assist see trends that could cause long-term relationship discontent or even divorce if ignored. Newlyweds are a useful group to examine how Emotional Intelligence (EI) affects conflict resolution techniques because, unlike long-term married couples, they might not yet have established conflict resolution practices. Newlywed's emotional intelligence (EI) may be a significant factor in determining how they handle conflict because they are still emotionally adjusting to their new responsibilities.

The study's findings demonstrate the connection between newlywed couple's conflict resolution techniques and emotional intelligence. The results show that whereas certain aspects of emotional intelligence may not directly affect successful conflict resolution, others may. Overall conflict resolution was found to be substantially linked with both self-motivation and empathy. This implies that couples are more likely to successfully settle disputes if they are able to comprehend and share each other's feelings while staying inspired to handle issues in a positive way. These results are consistent with earlier studies that found adaptive conflict resolution techniques are more frequently used by emotionally intelligent people (Goleman, 1998; Mayer & Salovey, 1997).

Significant relationships between emotional intelligence and key aspects of conflict resolution were discovered by the study, specifically: Needs ($r = .137$, $p = .018$) During disagreements, couples with higher EI are better able to attend to each other's needs. Power ($r = .154$, $p = .007$) High EI couples are better at balancing power dynamics. Mutually Benefit Agreements ($r = .125$, $p = .030$) People with emotional intelligence typically come up with solutions that are advantageous to both parties. These results complement previous research showing that people with emotional intelligence are more likely to use cooperative and problem-solving conflict resolution techniques (Schutte et al., 2001).

There were insufficient relationships between conflict resolution and self-awareness, relationship management, integrity, or altruistic behaviour. This could imply that although these characteristics support interpersonal and personal well-being, they have no direct bearing on how couples resolve disputes. This result runs counter to some previous research that indicated relationship management and self-awareness are important components of conflict resolution (Bar-On, 2000). Future studies could examine if these factors affect how conflicts are resolved later in a marriage as opposed to in the early years.

Table 4 indicates the relationship between emotional intelligence and conflict resolution. To investigate the emotional intelligence and conflict resolution, the null hypothesis was tested. Table 1, descriptive statistics reveals the mean value for emotional intelligence and conflict resolution is 129.75 and 127.73. The findings of this study suggest a statistically significant

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but weak positive correlation between emotional intelligence and conflict resolution among newly married couples. This means that as emotional intelligence increases, conflict resolution slightly increases but the strength of this relationship is minimal.

Since the study was based on the null hypothesis, which states that there is no significant relationship between emotional intelligence and conflict resolution, the results lead to the rejection of the null hypothesis at the 0.05 significance level. This indicates that there is a relationship but it is very weak. Although people's conflict resolution skills are influenced by emotional intelligence, other aspects might be more significant. Personality traits like agreeableness or neuroticism, for instance, can have a big influence on how disagreements are handled. In addition, the function of emotional intelligence (EI) in conflict resolution may be overshadowed by outside pressures including financial hardship, work-life balance, or family intervention. The direct relationship between conflict resolution and emotional intelligence may be weakened as a result.

It's possible that recently married couples haven't yet encountered severe disagreements. Couples are still getting to know one another's routines, expectations, and triggers during the first few months or years of marriage, which is frequently a time of adjustment. As a result, there may be a lesser association because the function of EI in conflict management may not yet be completely apparent or required.

Emotional intelligence might not be the sole or most powerful predictor of conflict resolution, as individuals with varying levels of emotional intelligence might still use different strategies in conflict situations.

Summary

This study looked at the relationship between emotional intelligence (EI) and conflict resolution among recently married couples. With a significance level of 0.014, the Pearson correlation coefficient was determined to be 0.141. Conflict resolution and emotional intelligence have a weakly positive association, according to the r-value of 0.141. This implies that while conflict resolution skills tend to improve along with emotional intelligence, the relationship is weak. The association is statistically significant since the p-value 0.014 is less than the 0.05 significance level. This suggests that the relationship that we have got is due to chance.

CONCLUSION

The study tested the null hypothesis, which presumes that there is no relationship between emotional intelligence and conflict resolution. The results indicate that emotional intelligence does have a significant, yet weak, positive correlation with conflict resolution skills among newly married couples. However, the weak correlation suggests that other factors beyond emotional intelligence may also play a crucial role in conflict resolution. In particular, more effective conflict resolution techniques are influenced by greater degrees of empathy, self-motivation, and power balance. Although not every aspect of emotional intelligence has a direct bearing on conflict resolution, there is still a significant overall association at the 0.05 level ($r = .141$, $p = .014$). These findings emphasize how crucial emotional intelligence training is for couples looking to improve the security and contentment of their marriages. Future research could explore additional variables like communication styles, personality traits, and external stressors to gain a more comprehensive understanding of conflict resolution dynamics in relationships.

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Limitations of the Study

- **Possible Impact of External Factors:** Other factors that affect conflict resolution, such as communication styles, stress levels, cultural background, family upbringing, and financial or external constraints, might not have been taken into consideration in this study.
- **Weak Correlation Strength:** According to the correlation coefficient ($r = 0.141$), there is only a weak connection between conflict resolution and emotional intelligence. This suggests that conflict resolution abilities may be more influenced by other unstudied elements.
- **Problems with generalizability:** Because the study only looks at recently married couples, its conclusions could not hold true for couples who have been dating for a long time or in other cultural contexts.
- **Small Sample Size:** Only a small number of recently married couples participated in the study, the findings might not apply to a wider community. More dependable insights might be obtained from a larger sample.

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