

STUDY ON EMOTIONAL INTELLIGENCE AND MARITAL ADJUSTMENT AMONG MARRIED ADULTS: CORRELATIONAL STUDY

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ABSTRACT

Background: In marriage, emotion perception, understanding, reasoning about feelings, and emotion regulation or managing are all crucial. Joy and compassion determine emotional expressiveness in marriage. It manifests itself in their interpersonal interaction by maintaining warmth, tranquilly, and maturity. Materials and Methods: A total 100 subjects were selected by stratified random sampling technique. Emotional Intelligence Scale (EIS-HPD) to assess emotional intelligence and self-structured tool for marital adjustment were used to collect the data. Results: Study results depicted that among married adults' emotional intelligence and marital adjustment mean score was 142.91 and marital adjustment mean score was 217.92. The value of r was found to be 0.45. It was found that there is positive moderate correlation between emotional intelligence and marital adjustment. Conclusion: Hence, it is concluded that there is positive moderate correlation between an emotional intelligence and marital adjustment.

Keywords: Emotional Intelligence and Marital Adjustment.

INTRODUCTION

Marriage is the action of two people making their relationship official, public and permanent. It is the uniting of two people in a relationship that ideally lasts till death, but is increasingly brought to an end by divorce in reality.¹The basic principle supporting the institution of marriage is that a husband owes it to his wife to support her and that a wife owes it to husband to serve him. Traditionally, this meant that the spouse was primarily responsible for ensuring shelter, paying for basics such as food and clothing, and renting the house.²Changes in society have significantly altered traditional marital roles, as more married women have entered the workforce and more married men have been involved in child rearing.²The more costs a marriage partner imposes on a person, the less adjusted that person is to the marriage and the marriage partner in general. Likewise, the larger the perceived benefits, the more at ease one is in their marriage and with their spouse.³ emotions can have a big impact on how we think and act. The Function and aim of our emotional responses might be influenced by these various factors.⁴

Emotional intelligence is the ability to recognise and name one's own and others' emotions, as well as the ability to apply emotional knowledge to influence one's ideas and behaviours. A person with high emotional intelligence can understand their own emotional condition as well as the emotional states of others, and engage with others in a way that draws them in.⁵ Emotional intelligence and marital adjustment are strongly intertwined. In marriage, emotion perception, understanding, reasoning about feelings, and emotion regulation or management are all crucial. It was believed that unsaid emotional discourse, verbal and non-verbal communication have a key impact in marital satisfaction within a marriage. The fact that when emotion work was balanced, both men and women were most delighted with their relationships.⁶

In 2009, 300 cases were files by young couples who had been married for less than a year. In 2013, three more family courts were opened in Bengaluru, bringing the total number of family courts to 6. In the courts, there are currently 8,600 cases ongoing, with 500 new cases being added each year.⁷

According to the researchers' own observations and analysing other reviews, there are numerous disputes that arise in marriages as a result of various causes such as economic, social, cultural and psychological aspects. Researchers have discovered that emotions have an impact on

relationships. “As a result, the researcher was motivated to investigate the correlation between emotional intelligence and marital adjustment in married adults.”

MATERIALS AND METHODS

The present study was conducted in rural areas Village Dyalpura and Village Nabha and urban areas Adarsh Nagar and Shakti Nagar DeraBassi, Punjab. A Quantitative research approach was adopted to accomplish the objectives of the study. So non experimental correlational research design was adopted.

The target population of study were all married adults. Total 100 married adults (50 males and 50 females) were selected by stratified random sampling technique. Starting from first house number of area researcher did door to door survey in rural areas. The first subject was selected by lottery method from both the lists of males and females separately.

Inclusion criteria taken as who were present at time of data collection, willing to participate in study and able to read and write. Exclusion criteria taken as who had experienced any significant stress in past 1 month like death of any closed relative, loss of job and any illness at time of data collection, were divorced or separated adults or widow and were not living with their spouse in same house due to their work at different areas.

The standardized tool Emotional Intelligence Scale (EIS-HPD) was used to assess emotional intelligence. It's a 5-point Likert scale by Anukool Hyde, SanjyotPethe, Upinder Dhar (EIS-HPD), which includes 34 items and has following “*factors: self-awareness, empathy, self motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour.*” Criteria measure of the tool were 85 and above: high emotional intelligence, 52-84: normal emotional intelligence and 51 and below: low emotional intelligence. Second tool was to assess marital adjustment among married adults, which was self-structured. The tool consisted of total 50 items. The tool was divided into the following three subsections: section I was a Likert Scale which included 46 items. 33 items were positive and 13 items were negative. Section II consisted of three items in which subjects were asked to rate according to approximate time married adults discussed with their partner about divorce, separation, quarreled and regretted that they are married. Section III consisted of one item in which subjects were asked to rate the degree of happiness with their marriage considering all aspects of marital life. Standardized tool i.e. Emotional Intelligence Scale (EIS-

HPD) has been used. The split- half reliability coefficient was 0.88. The reliability of Likert scale to assess the marital adjustment among married adults was determined by split half method, using Spearman’s Brown Prophecy formula. Reliability was found to be 0.88. The tool was administered to subjects in their homes in their free time. Averagely subjects took about 25-30 minutes to fill the tool. Written consent was taken from individual subject before administering the tool.

RESULTS

There were total 100 subjects. It was observed that majority of the subjects (51%) were in the age group of 40-50 years. Half of subjects (50% each) were males and females. 47% were secondary pass and 92% of subjects were Sikh. 56% subjects belongs to nuclear family, 66% were living in rural area, 33% of subjects were self-employed/had business, 66% had monthly family income between Rs.10,000-20,000. [Table 1]

Data related to marriage, partner and children depicts that 98% of subjects had arrange marriage and had children (91%), half of the subjects (50%) had duration of marriage above 15 years. More than half (55%) of the subjects’ partner were in age group 40-50 years. Less than half (35%) of the subjects partner were self-employed. More than half (64.83%) of the subjects were having 2 children.

Table 1: Percentage distribution of sample characteristics

N=100

Characteristics	N	Percentage %
Age (in years)		
18-28	5	5
29-39	32	32
40-50	51	51
Above 51	12	12
Gender		
Male	50	50
Female	50	50

Educational status

Secondary education

Senior secondary education	12	12
Graduation	47	47
Post graduation and above	37	37
	4	4

Religion

Hindu

Sikh	8	8
	92	92

Type of family

Nuclear

Joint	56	56
	44	44

Residential area

Rural

Urban	66	66
	34	34

Occupational status

Government job

Private job	11	11
Self employed/Business	29	29
Homemaker	33	33
	27	27

Monthly family income(in Rupees)

10000-20000

21000-30000	66	66
31000-40000	22	22
More than 41000	10	10

2

2

Table 2 concluded that majority of subjects (98%) had arrange marriage and had children (91%). Half of the subjects (50%) had duration of marriage above 15 years. Majority of subjects' partner (91%) were Sikh. More than half (55%) of the subjects' partner were in age group 40-50 years and had education upto senior secondary. Less than half (35%) of the subjects' partner were self employed and had own business. More than half (64.83%) of the subjects were having 2 children. Less than half (42.86%) subjects had both male and female children and less than half (40.12%) of the children were in age group 11-20 years.

Table – 2
Percentage Distribution of Sample Characteristics related to Marriage, Partner and Children

N= 100		
Characteristics	N	Percentage %
Type of marriage		
Arrange	98	98
Love	2	2
Duration of marriage		
1-5 years		
6-10 years	19	19
11-15 years	15	15
Above 16	16	16
	50	50
Age of partner (in years)		
18-28		
29-39	5	5
40-50	26	26
Above 51	55	55
	14	14

Educational status of partner

Secondary education	8	8
Senior secondary education	55	55
Graduation	37	37

Occupational status of partner

Government job	6	6
Private job	25	25
Self employed/ Business	35	35
Homemaker	34	34

Religion of partner

Hindu		
Sikh	9	9
	91	91

Have children or not

No	9	9
Yes	91	91

No. of children (n=91)

1	30	32.97
2	59	64.83
3 and Above	2	2.20

Gender (n= 91)

Only male children	29	31.87
Only female children	23	25.27
Both male and female children	39	42.86

Age of children (in years) (n=157)

1-10	52	33.12
11-20	63	40.12
More than 21	42	26.76

Figure 1 Percentage Distribution of Married Adults according to Frequency of Times discussed about Divorce, Separation or Terminating Relationship

Figure 1 depicts that among married adults 67% had never, 32% had rarely and 1% had occasionally discussed about divorce, separation and terminating their relationship.

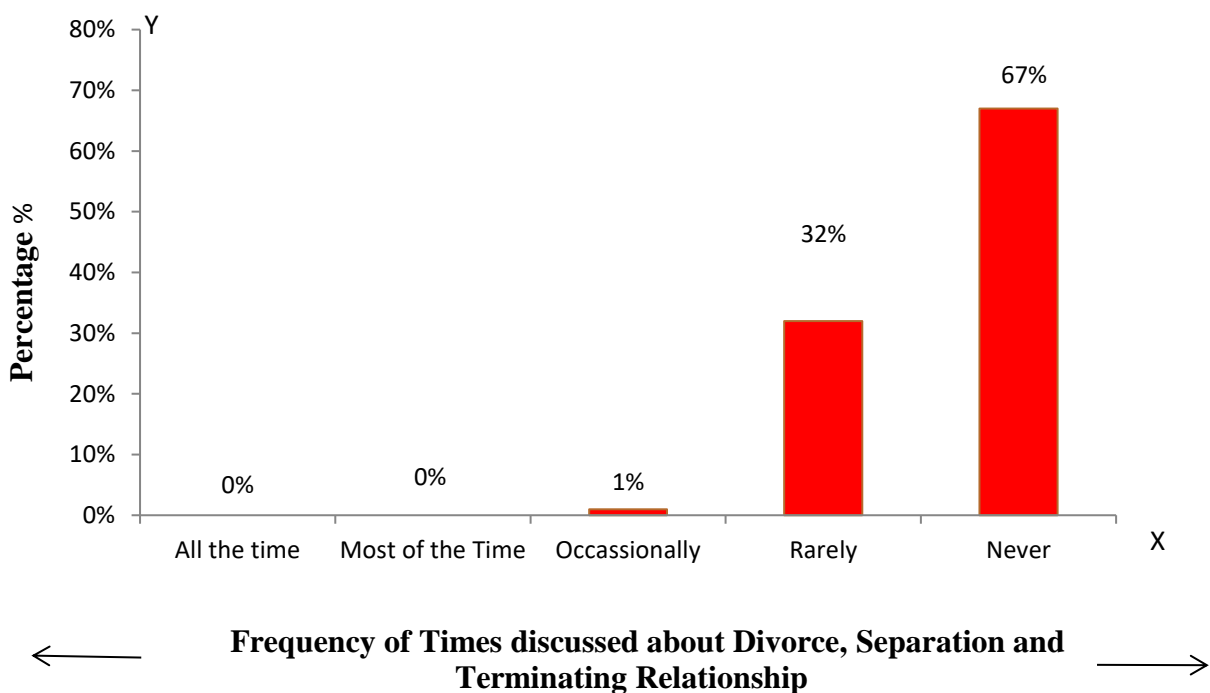
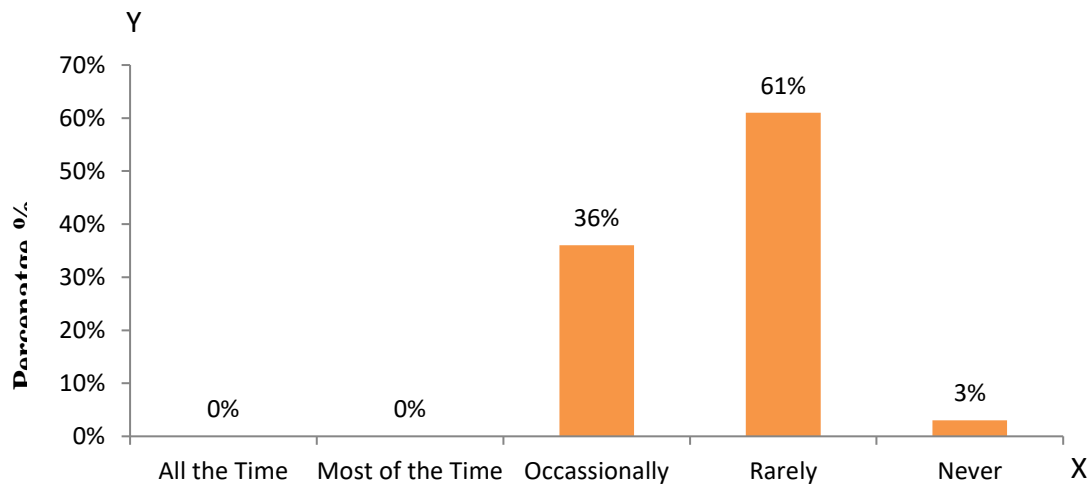


Figure 2 Percentage Distribution of Married Adults according to Frequency of Times they have Quarreled with their partner.

Figure 2 depicts that among married adults 61% had rarely, 36% had occasionally and 3% had never quarreled with their partner.



Frequency of Times Quarrelled with their partner



Figure 3 Percentage Distribution of Married Adults according to Frequency of Times they have Regretted that they are Married

Figure 3 depicts that 59% had rarely, 31% had never and 10% had occasionally regretted that they were married.

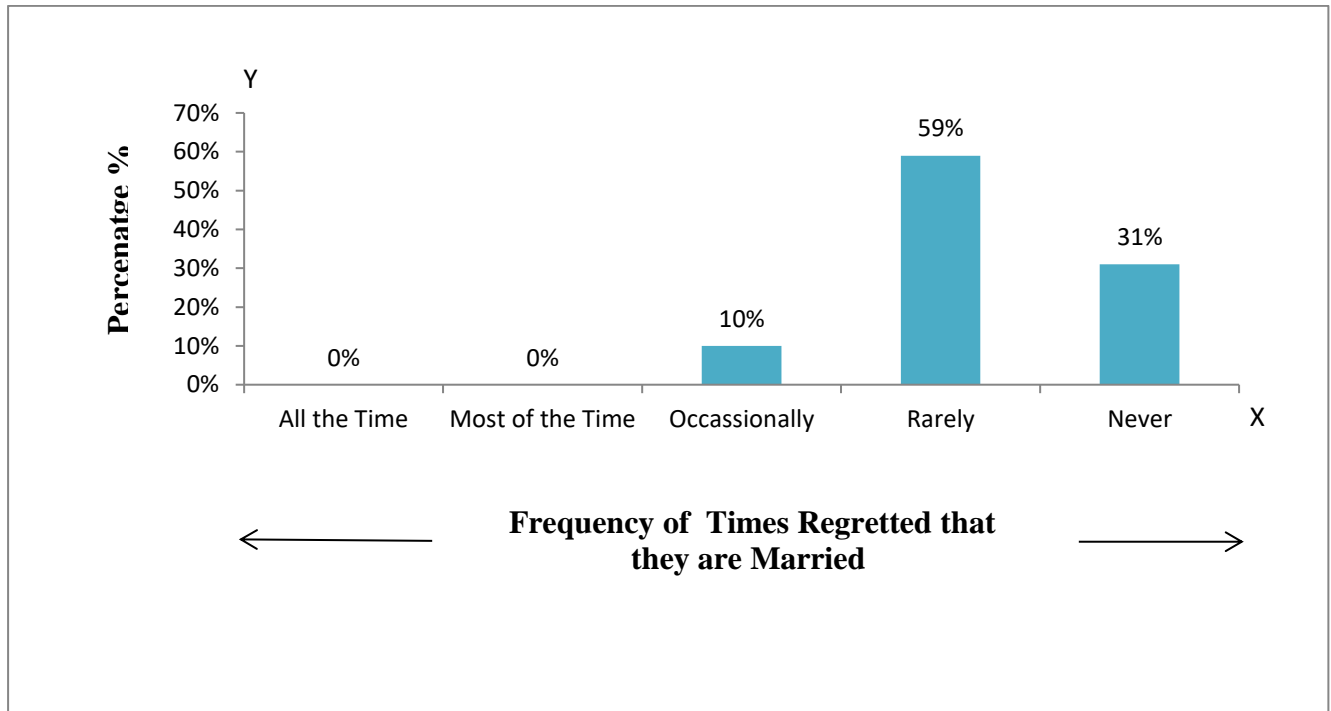


Figure 4 Percentage Distribution of Married Adults according to Degree of Happiness with their Marriage.

Figure 4 depicts that among married adults 68% were very happy, 23% were extremely happy and 9% were happy with their marriage.

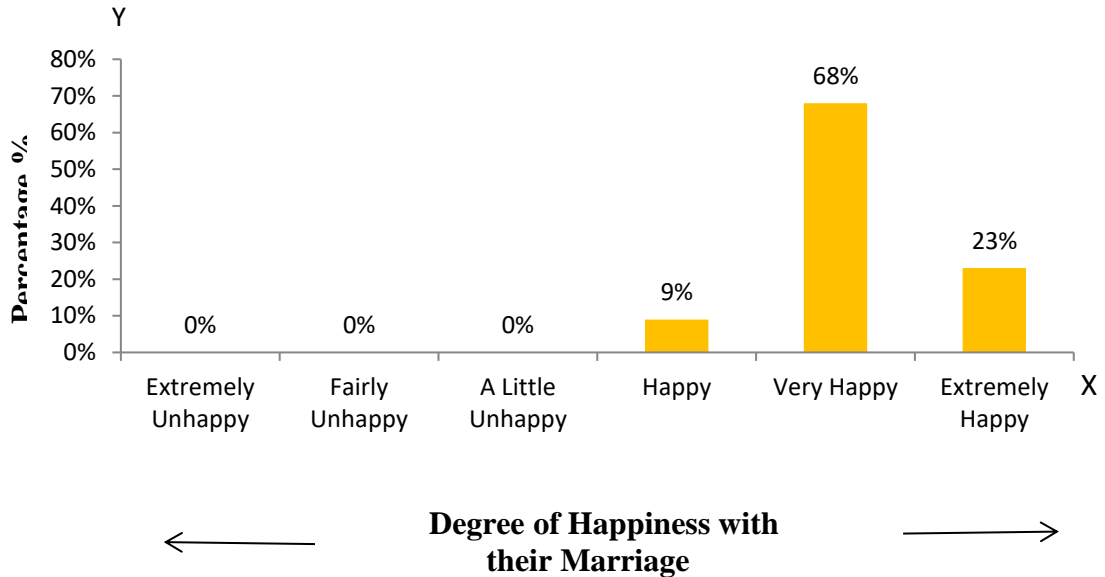


Table 3 depicts that among married adults mean emotional intelligence score was 142.91 and SD was ± 8.39 . Among married adults mean marital adjustment score was 217.92 and SD was ± 10.48 . Hence, it is concluded that married adults had high emotional intelligence and good marital adjustment.

Table 3: Mean Score and SD of Emotional Intelligence among married adults

N=100

Characteristics	Mean	SD
Emotional intelligence	142.91	8.39
Marital adjustment	217.92	10.48

Table 4 depicts that among married adults commitment mean score was 9.19 and mean% was 91.9%(rank 1), followed by self-awareness mean score 17.71 and mean% 88.6% (rank 2),

followed by value orientation mean score 8.80 and mean% 88% (rank 3), followed by self-motivation mean score 26.21 and mean% 87.36% (rank 4), followed by self-development mean score 8.68 and mean% 86.8% (rank 5), followed by integrity mean score 8.44 and mean% 84.4% (rank 7), followed by emotional stability mean score 16.82 and mean% 84.1% (rank 8), followed by empathy mean score 19.02 and mean% 76.08% (rank 9) and followed managing relations mean score 15.21 and mean% 76.05% (rank 10). Hence, among married adults highest factor of emotional intelligence was commitment and least was managing relations.

Table 4: Mean score, Mean percentage and Rank order of Factors of emotional Intelligence among Married adults

Factors of Emotional Intelligence	Mean	Maximum Score	Mean%	Rank Order
“Self Awareness”	17.72	20	88.6%	2
“Empathy”	19.02	25	76.08%	9
“Self Motivation”	26.21	30	87.36%	4
“Emotional Stability”	16.82	20	84.1%	8
“Managing Relations”	15.21	20	76.05%	10
“Integrity”	12.93	15	86.2%	6
“Self Development”	8.68	10	86.8%	5
“Value Orientation”	8.80	10	88%	3
“Commitment”	9.19	10	91.9%	1
“Altruistic Behavior”	8.44	10	84.4%	7

Table 5 shows that among married adults general adjustment mean score was 31.43 and mean% was 89.8% (rank 1), followed by financial adjustment mean score was 17.92 and mean% was 89.6% (rank 2), followed by sexual adjustment mean score was 17.70 and mean% was 88.5% (rank 3), followed by in-laws adjustment mean score was 17.68 and mean% was 88.4% (rank 4), followed by work role adjustment mean score was 26.34 and mean% was 87.8% (rank 5), followed by social adjustment mean score was 17.47 and mean% was 87.3% (rank 6), followed by authority adjustment mean score was 34.64 and mean% was 86.6% (rank 7), followed by personality adjustment mean score was 38.06 and mean% was 84.5% (rank 8). Hence, among married adults most marital adjustment was in general adjustment and least was in personality adjustment.

Table 5: Mean Score, Mean percentage and Rank order of sub categories of Marital adjustment among married adults

Sub categories of marital adjustment	Mean	Maximum Score	Mean %	Rank Order
General adjustment	31.43	35	89.8%	1
In- laws adjustment	17.68	20	88.4%	4
Work- role adjustment	26.34	30	87.8%	5
Sexual adjustment	17.70	20	88.5%	3
Authority adjustment	34.64	40	86.6%	7
Financial adjustment	17.92	20	89.6%	2
Social adjustment	17.47	20	87.3%	6
Personality adjustment	38.06	45	84.5%	8

Table 6 shows that among married adults emotional intelligence and marital adjustment mean score was 142.91 and marital adjustment mean score was 217.92 and Karl Pearson Coefficient formula was used to find the relationship between emotional intelligence and marital adjustment. “There was positive moderate correlation between emotional intelligence and marital adjustment among married adults.”

Table 6: Mean score and correlation between emotional intelligence and marital adjustment among married adults

Characteristics	Mean Score	r
Emotional Intelligence	142.91	
Marital Adjustment	217.92	0.45

It was also found that emotional intelligence among married adults is not significantly associated with their age, gender, educational status, religion, type of family, residential area, occupational status, monthly family income and during association between emotional intelligence among married adults and selected demographic variables related to marriage, partner and children, significant association of EI was found with age of partner, educational status of partner and

occupational status of partner.

During association of marital adjustment with selected demographic variables, it was found that no significant association was found with their age, gender, educational status, religion, type of family, residential area, occupational status, monthly income. Meanwhile association between marital adjustment and selected demographic variables related to marriage, partner and children, no significant association was found with any variables.

DISCUSSION

This study was done to find out the correlation between emotional intelligence and marital adjustment. Finding of present study revealed that 100% married adults had high level of emotional intelligence, these findings were supported by the findings of study conducted by **Farhadi V, Ahangaryan Z, Khalkhal J M, Sabzi A, Najafi M (2015)⁸** which revealed that 80% of married adults had high level of emotional intelligence perceived by them in Islamabad Gharb District. It was also found that 100% married adults had good marital adjustment which was supported by the findings of the study conducted by **Hashmi A H, Khurshid M, Hassan I (2006)⁹** which revealed that 75% of married adults had good marital adjustment.

Findings of the study also revealed that there was moderate positive correlation ($r = 0.45$) between emotional intelligence and marital adjustment. These findings are supported by the findings of the study conducted in Iran by **Jomehri F, Omid B (2015)¹⁰** which revealed that there was a positive relationship between emotional intelligence and marital compatibility.

Among married adults emotional intelligence was significantly associated with age of partner, educational status of partner and occupational status of partner. These findings are supported by findings of the study conducted by **Das P R, Sahu L T (2005)¹¹** which showed that emotional intelligence was significantly associated with age of partner and educational status of partner.

Marital adjustment among married adults was not significantly associated with age, gender, educational status, religion, type of family, residential area, occupational status, monthly family income, type of marriage, duration of marriage, age of partner, educational status of partner, occupational status of partner, religion of partner which are supported by findings of the study conducted by **Yizeengaw S S, Kibret T B, Gebiresilus G A, Sewasew T D (2014)¹²** which reveals that duration of marriage and number of children were not significantly associated with marital adjustment among married individuals.

This study suggested that by improving emotional intelligence the married couples can have good adjustment in their relationship. Emotional intelligence skill training into pre-marriage or post-marriage skills training helps to increase marriage satisfaction.

CONCLUSION AND RECCOMENDATION

The present study concluded that there was positive moderate correlation between emotional intelligence and marital adjustment. Emotional intelligence among married adults was significantly associated with age of partner, educational status of partner and occupational status of partner. Marital adjustment was not significantly associated with any of the demographic variables. The similar study can be done to explore the factors influencing emotional intelligence and its impact on married adults or among working and non-working married adults. Exploratory study can be conducted to explore various aspects of marriage influencing marital adjustment among married couples.

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CONFLICT OF INTEREST

There was no conflict of interest.

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