



## A correlational study on Emotional Intelligence and Marital Adjustment in Indian context

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### Abstract

The present paper examines the relation between emotional intelligence and marital adjustment in Indian context. In Indian context marriage provides an opportunity to men and women to come closer, develop emotional relationship and fulfil their personal and social needs. Due to change in social life, stability in marriage life is becoming big challenge. Different types of pressures, stemming from society are leading to marital disruption, emotional and psychological disturbance, and separation. A total of 150 samples were selected purposively from different areas of Devipatan division of Uttar Pradesh. In order to collect the information, Marital adjustment questionnaire (Pramod Kumar and KanchanRohtagi), and Emotional intelligence Inventory (S. K. Mangal), he obtained data were analyzed for Product Moment correlation and significance of correlation. Results revealed that there was a positive correlation between emotional intelligence and marital adjustment.

**Keywords:** -Emotional intelligence, subjective well-being, life satisfaction, marital Adjustment

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## Introduction

“Good Marriage Is Indispensable heaven on earth”

Marriage is a rich source of our deepest feeling and emotions. It is one of the most important relationships between man & woman. In Indian culture marriage is considered as a pious duty and is deeply related to emotions of Indian man & women. Marriage is perhaps the higher form of relationship because it involves physical, emotional, spiritual and social aspects of life. Marriage is a social system through which a man and a woman come closer to each other and start living together. Intact and harmonious marital relationships are required for the good mental health of the individual. Psychologically, Indian married life may be explained in many ways. It demands enormous adjustment from spouses. The success of marriage depends upon the capacity of man & women to make it successful. Marriage was once, part of the nature progression into adulthood, a means of achieving independent and an identity distinct from ones parents. According to Sinha & Mukherjee (1989) although social change are taking place and Indian women are achieving equal position with men in many areas, middle class and lower class women still have traditional ideas about marital life. During the last 20 years with the emergence of the process of globalization political, cultural, and all other sectors of Indian society in the urban areas have been dramatically changed. Marriage system is perhaps no exception to it. It is observed that people have changed their attitudes towards marriage. Goleman (1995) argues that being able to regulate our own emotional behavior (such as aggression, fear and jealousy) and to interact successfully with others on an emotional level is a form of intelligence. Definitions of EI cover emotional, social and personal competencies, qualities of emotion, mood, personality and social orientation in both personal and interpersonal contexts. It includes the abilities to accurately perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional intellectual growth. Mayer *et al.*, (2004) define EI as the ability to generate feelings, understand one's own feelings and the feelings of others including the ability to understand and express emotional knowledge. Goleman (1995) defines EI by a process of elimination, claiming everything that does not fall into intellectual intelligence, is emotional intelligence, referring to it then, as that by which ones characterise defined.” Although a number of models of EI, such as models of Bar-On (1997) and Goleman (1995), have received considerable attention of researchers and used widely in both applied and basic research, the present study is based on the four-branch ability model of EI proposed by Mayer *et al.* (2004, p. 199). It has been observed that variety of factors is responsible in maintaining good marital adjustment. Researchers evidenced that structure of family, change in perception by couples, role, responsibilities and expectations play an important role in determining the marital adjustment. Thus, in this paper the effort was made to explain and examine the progress in terms of individual research that highlighted the broader notion that completely portrayed the variability in marital adjustment and the interplay between internal and external factors. It has been evidenced through researches that besides variety of factors, emotional intelligence is also of the key factor that has great impact on marital adjustment

### Review of literature:

1. Anghel TC (2016) in his study on “Emotional intelligence and marital satisfaction” suggested that there is a positive relationship between emotional intelligence and marital satisfaction.

2. Extremera N, Fernández-Berrocal P (2002) in their study on “Relation of perceived emotional intelligence and health-related quality of life of middle-aged women” found that there is a positive relationship between the three aspects of marital satisfaction and emotional intelligence.
3. Tirgari A (2006) studied on “A comparison between emotional intelligence and marital satisfaction, and their structural relation among discordant and well-adjusted couples in Sari, Iran”. Findings suggested that there is a significant difference between the levels of emotional intelligence and its related competences that is positively correlated with marital satisfaction of the couples.
4. Smith L, Ciarrochi J, Heaven PCL (2008) studied on “The stability and change of trait emotional intelligence, conflict communication patterns, and relationship satisfaction: A one-year longitudinal study.” In their studies on relations between spouses showed that the components of emotional intelligence influences marital satisfaction.

### Objectives of the study:

Following objectives has been for the present study:

1. To inquire into the nature and dynamics of Indian marital Life.
2. Relationship between Emotional Intelligence on Marital Adjustment in Indian context.

### Hypothesis

There is a positive correlation between Emotional intelligence and marital adjustment.

### Methodology:

#### Participants:

150 Married Couples (man & woman), age range 30-45 year, selected from different areas of *Devipatan division* of Uttar Pradesh (Gonda, Bahraich, Sravasti and Balrampur Distt.).

**Devipatan division** is an administrative geographical unit of Uttar Pradesh state of India. The city of **Gonda** is the district headquarters, and also the administrative centre for the Devipatan Division. It is in the neighbourhood of *Ayodhya (Ram JanamBhumi)*. The territory covered by the present district of Gonda formed part of the ancient *Kosala Kingdom*. After the going of lord Rama, the celebrated sovereign of the solar line who ruled Kosala, the kingdom was divided into two portions defined by the Ghagharariver.

The northern portion was then ruled by his son, Lava with the city of **Sravasti** as his capital. Sravasti was the capital of Uttara (North) Kosala. The ruins of Sahet, ancient Sravasti, spread an area of 400 acres (1.6 km<sup>2</sup>). Towards the Rapti River, a little north of Sahet, lies the ancient city of Mahet. *Gautam Buddha* spent 21 rainy season under the sacred Peepal tree. The famous incident of Angulimal happened in the forest of Sravasti, where the dacoit who used to kill people and wear a garland of their fingers, was enlightened by Gautam Buddha.

**Balrampur** is a part of Devipatan division as well as the historic Awadh regions. Located on the banks of the West Rapti River.

Balrampur is known for the temple of *Pateshwari Devi*, a Shakti Pitha. The territory which the present Balrampur covers was a part of the ancient Kosala kingdom.

**Bahraich** was in historic Awadh. The district was part of the Nanpara Taluqdari ruled by a succession of Rajas who owned more than three hundred villages in the district and all the forests. Raja Baldev Singh has built a fort later captured by Sadat Ali. A famous Dargahshareef fair is organised every year at Bahraich in his remembrance.

**Devipatan division** is also considered as backward region. In 2006 the Ministry of Panchayati Raj named Bahraich one of the country's 250 most backward districts. Gonda also receiving "Backward Region Grant Fund", created by the government of India.

So **Devipatan division** is the region having great diversity religiously, educationally, as well as economically. That's why we have selected this region for our study.

**Tools:** Following tools were used for collecting data in the study:

*Marital adjustment questionnaire:* This Questionnaire is used to measure the marital adjustment of the couples. It was developed by Pramod Kumar and Kanchan Rohtagi, published by National Psychological Corporation (NPC) Agra (2010). It consists of 25 highly discriminating items. Each item elicits a response of 'Yes' or 'No'. Each 'Yes' response contribute to higher marital adjustment. The scale administered on 200 couples drawn from the Jodhpur and Gandhinagar Cities. The respondent's age ranged 28 to 58 years. The split-half reliability was found to be 0.49 (N=60) which yielded an index of reliability of 0.70. Further they obtained a reliability of 0.84 through test-retest. According to the authors the scale provided a high content validity and face validity.

*Emotional intelligence Inventory (EII-MM):* This Inventory is used to measure the EI. It was developed by S. K. Mangal and Shubhra Mangal, published by National Psychological Corporation (NPC) Agra (2012). It consists of 80 highly discriminating items. Each item elicits a response of 'Yes', '?' or 'No'. The authors had administered this scale on respondent's age ranged 18 to 58 years. The split-half reliability was found to be 0.49 (N=60) which yielded an index of reliability of 0.70. Further they obtained a reliability of 0.84.

**Procedure:**

After collecting the necessary tools and selecting sample, the Marital adjustment questionnaire and Emotional intelligence Inventory was administered on sample according to the instructions given in the inventories.

**Results:** The statistical data has been presented in the table.

|                        | N           | M   | SD | $\sigma_r$ | Correlation between EI and MA |
|------------------------|-------------|-----|----|------------|-------------------------------|
| Emotional Intelligence | 150 Couples | 162 | 21 | 0.3        | 0.8                           |
| Marital Adjustment     | 150 Couples | 123 | 15 |            |                               |

## Discursion& Interpretation:

The present study sought to assess the role of EI in marital adjustment in Indian Couples. In order to collect the data, two questionnaires were applied on 150 Couples, selected purposively from different areas of *Devipatan* division of Uttar Pradesh. Computation of correlation indicated that there is positive correlation between marital adjustment and EI. Findings suggest that married partners with high EI tend to have better marital adjustment. Couples with higher emotional intelligence can better understand each other and can better manage their feelings and behaviors. Therefore, these couples are more capable in controlling the emotions of themselves and their spouses and have better feeling in their married life. The Same findings were obtained by Kalpana et al. (2013). These results in the same line with earlier studies done on western samples (e.g., Cordova, Gee & Warren, 2005; Joshi & Thingujam, 2009; Moshe & Iris, 2008; Smith, Ciarrochi, et al., 2008; Smith, Heaven et al., 2008; Vadnais & Michelle, 2005). Fitness (2006) supports the role of emotions and EI in marriage due to congruence between types of capacities EI contains and the abilities required for well-adjusted, happy, and successful marriages. Components of EI, i.e., assertiveness, interpersonal skill, empathy, optimism, and impulse control appeared as salient contributing factors in marital quality.

The data were analyzed for Product Moment correlation and significance of results were presented in Table, were significant positive correlations. Thus, the hypothesis of the present research is supported by these results.

In societies like India most of the marriages arranged by parents on the basis of caste, and social status. When two unknown persons get married, the role of EI becomes more worthwhile. There is social pressure on the partners to live together. In these circumstances marriage demands interpersonal skill, assertiveness, patience, regard, stress tolerance, optimistic outlook, and impulse control from the spouse. If couples have significant level of EI, they may better accommodate their spouses and in-laws as well.

A recent review of researches conducted in Europe and America reports that emotional expressiveness and communication are the major contributing factors in the marital quality; while empathy, self-awareness and impulse control come after that (Batoool & Khalid, 2009). One explanation for this is that a married person in India not only has to handle his/her spouse, but the in-laws as well. That's why interpersonal skill and assertiveness appeared as major indicators of marital quality in the present study.

The difficulties in emotional assertiveness impairs couples' marital satisfaction. Assertive person places his/her demands in constructive manner and expresses emotion in a suitable way, and it contribute to his/her adjustment with the spouse. Interpersonal skill is a leading predictor of conflict resolution in married partners. These findings suggest that a person with high interpersonal skill can better maintain their marital relations and resolve conflicts by taking other party into confidence.

One more predictor of marital adjustment is Empathy found by (Goleman, 1995; Lavalekar, 2007; Paleari, Regalia, & Fincham, 2005; Yazdi & Glozary, 2008). Findings suggest that empathy has significant influence on healthy marital relationship. Significant level of empathy helps couples after marriage and they take care of each other's problems, sentiments and emotions. Role of optimism in healthy marital life is found by western and non-western studies (e.g., Assad, Donnellan, & Conger, 2007; Thuen & Rise, 2006; Yazdi & Glozary, 2008). When the couple engages in conflict conversation optimist see the positive aspect and handle the matter more constructively, that's why they are well adjusted and happy in their marital relationships.

When one's spouse has higher EI, he/she tends to understand and manage not only his/her on emotions and problems, but understand and manage the emotions of his/her spouse too;

and might be able to keep the relationship on right track due to social skill, empathy, and assertiveness.

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