



Predicting Marital Satisfaction based on Emotional Intelligence among students in between Shahid Beheshti University

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ABSTRACT

The aim of this research is to consider predicting marital satisfaction based on emotional intelligence. This research is discretonal and correlated. Statistical society is all married students in Shahid Beheshti University in Tehran. 150 students (75 women and 75 men) were chosen randomly. In this research we used Enrich marital satisfaction (ENRICH) and (TMMS) ultra-mood emotional intelligence questionnaire. Analyzing data are done by SPSS software and Pearson correlation and multivariable Regression. Results show that there is positive and significant relation between emotional intelligence and marital satisfaction (0/76). There is positive and significant relation between emotional clarification elements (0/73), emotional attention (0/70), emotional reconstruction (0/18) and marital satisfaction. Also ($R^2= 0/59$) is driven from marital satisfaction variance by emotional intelligence and its elements. So it is meaningful to predict marital satisfaction from emotional intelligence elements. Emotional attention is the most effective one which describe 50% of marital changes. Emotional intelligence is the most basic element in promoting satisfied marriage between couples based on positive and significant relation between emotional intelligence and marital satisfaction. Bu offering necessary training we can improve personal relation and satisfaction and adaption in marriage.

Keywords: marital satisfaction, emotional intelligence, emotional clarification, emotional attention, emotional reconstruction.

1. Introduction

Marriage can be considered as one of the most important factors in mental health in the community. If it does not, mental health will not be achieved, and its negative and lasting effects, such as depression and anxiety and other psychiatric disorders, will be the result of this dissatisfaction (Talebi and Ghobari Bonab, 2012). The World Health Organization has identified the family as a primary social factor in increasing health and well-being. When family members do not have the necessary commitment to each other they would fail in identifying and managing their feelings and others that is in fact losing attention. The result of this process is to reduce the tolerance threshold, increase aggression and all of them can cause marital tension (Bakhshayesh, 2014). One of the areas of reconciliation in human life is the issue of marriage and satisfaction with marriage. To the extent that successful and satisfying marriage requires a level of sustainability of couples' compatibility. Family psychology researchers often rate their marital satisfaction in examining the quality of conjugal marital relationships. Marital satisfaction is one of the most important factors in the development and achievement of life goals and is affected by the emotional stability of couples. Ellis (1989) describes marital satisfaction as an objective sense of the pleasure, satisfaction and pleasure of each of the couples when they consider all aspects of their marriage. Thus Ellis sees marital dissatisfaction as a lack of such feelings in couples. Marital dissatisfaction is the gradual loss of emotional attachment, reduced attention, emotional distance, and increased sense of indifference and unconsciousness. In fact, feelings of neutrality and even negative, over time, replace positive feelings. Some also find marital satisfaction as the result of three factors of satisfaction with common life, satisfaction with sexual relations and emotional satisfaction. Marital satisfaction according to research on the mental and physical health of people affected It is important that the physical and emotional health of individuals depends on the health of marriage and the continuity and survival of marriage (Beyrami, Babakpour Khiruddin, Hasheminsrat-e-Abad, Esmaili and Bahadori Khosroshahi, 2013).

The existence of a happy marriage is a place of convergence and exchange of emotions and positive emotions between couples, and the formation of a normal family plays an important role in the health and well-being of the whole society. Therefore, researchers believe that emotional intelligence, or at least some aspects of the enrichment capacity, is an adaptive marriage, coupled with a desirable and stable satisfaction (Nasirizarj, Raji and Ahmadi, 2013). Emotional intelligence has an extraordinary effect on the success of marital relationships, because the foundation of relationships depends on the ability to understand emotional control and is an important component of marital satisfaction (Damiri, Heydarian, Ahmadi, and Burhani, 2014). Emotional intelligence is an expression of knowledge that embraces a wide range of individual skills and characteristics and is usually referred to as interpersonal and intrapersonal skills that goes beyond a certain area of prior values, such as technical skills or professional skills (Afkhimi Aghda, Abedini, Wealth, Firoozardkan and the goodwill, 2014).

2. Literature Review

For the first time, Dr. Peter Salvo (1980) presented the scientific discussion of emotional intelligence, where emotional intelligence depends on capabilities such as understanding personal emotions, empathy with others' emotions, and managing their emotions and others. A person with emotional intelligence knows how to deal with personality bridges and transforms oneself with them and their emotions. Some of the positive effects of emotional intelligence make a person think better about difficult situations and prevent time wasting through emotions such as anger, anxiety and fear (Afkhameqeda et al., 2014). There is plenty of evidence that couples in today's society have numerous and widespread problems in establishing and maintaining intimate relationships and understanding feelings from their spouses. Obviously, the shortcomings in the affective and emotional needs of the spouses, along with many other factors, have adverse effects on their common life. Research suggests that emotional qualities increase the ability to withstand and solve day-to-day problems, and these personal skills can help a person to cope with sudden environmental pressures. In recent years, helping couples to improve their marital relationship has been taken into account in various ways. It is necessary to help couples to solve marital problems, to identify the factors that affect marital satisfaction and dissatisfaction. Marital satisfaction is influenced by several factors including thinking, self-perception of oneself and others, individual expectations of life, personality traits, emotions, etc. (Bakhshaysh, 2014).

Several studies have been done on emotional intelligence in predicting marital satisfaction. Breaker (2005) showed that there is a significant relationship between marital satisfaction and emotional intelligence. The results of Pandya and Ananda (2010), which examined the emotional intelligence in 32 couples, indicated that there was a significant positive correlation between emotional intelligence with marital adjustment and general health and well-being of couples. Smith, Searuchey and Hugh (2008) showed that the components of emotional intelligence can be effective in marital satisfaction. Fizer (2002) in his research showed that people who are able to recognize their emotions are aware of their impact on their husbands, such individuals are more capable of managing and controlling their emotions and their spouses, and in this regard, have more marital satisfaction. The results of Talebi and Ghobari Bonab's research (2012) that investigated the relationship between emotional intelligence and marital satisfaction in 170 married women in Shahrood County showed that there is a positive and significant relationship between emotional intelligence and marital satisfaction. Abdollahi et al. (2011) investigated the relationship between emotional intelligence and marital adjustment. The results showed a positive and significant relationship between marital satisfaction and marital coupling with emotional intelligence. The results of the research, Hosni, Naderi, Ramezanzadeh and Pour-Abbas (2013), conducted on 200 married women with the aim of evaluating emotional intelligence and marital satisfaction, showed that the attention and differentiation component of emotional intelligence predicted the most satisfaction dimensions. The results of Shat's research, Maloff et al. (2001) showed that individuals with high emotional intelligence acquired higher scores in empathy, self-review and self-control in social situations. And these people had more

responses and partnerships with their husbands, and showed closer and more affectionate relationships and experienced more marital satisfaction in their lives. Kear's (1999) results showed that individuals with the same differentiation level married, and those who are more differentiated are more satisfied with their marital relationships, and on the other hand, their differentiation causes interpersonal conflict and, as a result, Marital dissatisfaction. As they respond positively and negatively to emotional reactions based on orders from family members or other authorities. Ortiz and Turanin (2008) in a study conducted on couples showed that emotional management has an important impact on marital adjustment.

According to the research, the main objective of the present study was to evaluate the prediction of marital satisfaction based on emotional intelligence among students of Shahid Beheshti University of Tehran. In this research, the following questions were answered:

1. Is there a relationship between emotional intelligence and marital satisfaction?"
2. Is there a relationship between the components of emotional clarity, emotional attention and emotional reconstruction with marital satisfaction?"
3. Is emotional intelligence and What are its components (clarity, attention, and reconstruction) Can they predict marital satisfaction?

3. Methodology

The present study aimed to determine and predict marital satisfaction based on emotional intelligence. This research is descriptive and correlational. The statistical population included all married students of Shahid Beheshti University in Tehran. A sample of 150 people (including 75 married women and 75 married men) was selected using available sampling method. After obtaining satisfaction and explaining the purpose of the research, the questionnaires were completed by the participants and participated in the responses of the researcher to prevent the occurrence of random responses and, if necessary, respond to the questions of the participants. In this study, two Inrich marital satisfaction questionnaires (ENRICH) and Fractional Emotional Intelligence Scale (TMMS) were used. Data analysis was done using SPSS software, using Pearson correlation and multivariate regression.

Fuzzy Emotional Intelligence Questionnaire (TMMS): This questionnaire consists of 30 questions that were made by Meyer and Salvoy (2000) (Gorbani, Stone and Bing, 2000). This test measures emotional intelligence based on the pattern of information processing, meaning input or attention to emotions (attention), processing, or clarity, clarifying and distinguishing emotions (differentiation), and output or rebuilding (rebuilding). In this test, 13 questions were devised to measure the subscale of attention to emotions, 11 questions are clearly emotions and 6 questions to mood restoration. Its pointing is totally dis agree with the subjects on a 5-point scale to fully agree with the questions. Salvoy and Mayer (2000) reported three successive alpha coefficients for three subscales of this test. In these studies, the subscale alpha coefficient was 0.82, 0.67, 0.81, 0.86/0, 74/0 and reconstruction subscale of 0.85, 0.64, 0.84. In an intercultural study, the alpha coefficient of the three subscales of emotion and mood remake in the Iranian sample was 0.62, 0.65, 0.73 and 0.83, 0.85, 0.75, respectively (Ghorbani et al., 2000).

Inrich Marital Satisfaction Inventory (ENRICH): This questionnaire consists of 35 articles and 4 subscales that can be used as a research tool such as satisfaction, communication, and conflict resolution. The scale of this questionnaire is idealistic distortion, marital satisfaction, communication, and conflict resolution. This questionnaire is totally disagreeable on a 5-point scale from the full extent. The paired Inventar questionnaire was conducted by David Ellson and Amy Ellson in 2000 on 25501 married couples. The alpha coefficient of the questionnaire for marital satisfaction subscales, the relationship between conflict resolution and idealized distortion were 0.86, 0.84, 0.83, and validity and retest of the questionnaire for each subscale were 0.86, 0, 0.91, 0.92. And the alpha coefficient of the questionnaire in Ashteh research (2010) with 365 couples (735 persons) was 0.68 (with the elimination of 24 alpha questionnaire). (0.78), 0.78, 0.62, 0.77, respectively.

4. Finding

The data and data collected in this research are in fact crude sources that should be analyzed and described with appropriate tools in order to transmit their applied information load. Therefore, for analyzing the information and data obtained, SPSS software and the correlation and multivariate regression test have been used.

In this study, the Kolmogorov-Smirnov test was used for the normal distribution of data. In this test, the probability levels of p in all investigative variables are greater than the error level of 0.01. Regarding the value of p and the non-rejection of the zero hypothesis, the distribution of data is considered to be normal distribution. As a result, parametric tests have been used to test the hypotheses of the research.

Table 1: Frequency distribution table of subjects

Variable	Frequency	percent
Less than 25 years	51	34
25-35	73	48/66
35-45	18	12
Over 45 years old	8	5/3

Table 1 shows the frequency distribution of the subjects. (34%) of the subjects in the age group of 25 years and (48.66%) of the sample in the age group of 25-35 years old and (12%) in the sample group in the age group of 35-45 and (3.5%) of the subjects in the age group was over 54 years old.

Table 2: Calculation of descriptive indexes of research variables

Variable	Mean	standard deviation
1. Emotional Intelligence	101/45	19/75
2. Marital satisfaction	91/62	25/94
3. Emotional clarity	34/80	9/82
4. Emotional attention	47/02	9/68
5. Emotional Release	19/40	4/172

Table 2 shows descriptive indices (mean and standard deviation) of the variables of the research.

Question 1: Is there a relationship between emotional intelligence and marital satisfaction?

Question 2: Is there a relationship between emotional clarity, emotional attention and emotional reconstruction with marital satisfaction?

Table 3: Pearson correlation coefficients table between emotional intelligence and its components with marital satisfaction.

Variable	1	2	3	4	5
1. Emotional Intelligence	1				
2. Marital satisfaction	0/765	1			
3. Emotional clarity	0/937	0/735	1		
4. Emotional attention	0/956	0/705	0/883	1	
5. Emotional Release	0/244	0/189	0/79	0/72	1

Table 3 shows the correlation coefficients of the research variables. There is a positive and significant relationship between emotional intelligence and marital satisfaction ($r = 0.76$). There is also a positive and significant relationship between emotional clarity (0.73), emotional attention (0.70) and emotional reconstruction (0.18) with marital satisfaction.

Question 3: Are emotional intelligence and its components (emotional clarity, emotional attention and emotional reconstruction) predictive of marital satisfaction?

Table 4: Multivariate Regression Model of Emotional Intelligence with Marital Satisfaction

variable	R	R2	See	F	B	sig
Emotional intelligence	0/76	0/59	16/77	52/81	1/36	0/00

Table 4 shows the results of the regression analysis. Regression correlation coefficient between emotional intelligence and its components with marital satisfaction is equal to $R = 0.76$, which shows linear correlation. Also, the coefficient of explanation is $R^2 = 0.59$ of marital satisfaction variances explained by emotional intelligence and its components. Gets Also, the significance level of the F test, which is equal to 0.30, has a significant effect on the prediction of marital.

Table 5: Estimation of regression coefficients of emotional intelligence and its components with marital satisfaction

Variable	R	R2	B	F	see	Sig
1. Emotional Intelligence	0/765	0/585	1/004	208/42	16/77	0/000
2. Emotional clarity	0/735	0/45	1/94	173/66	17/65	0/000
3. Emotional attention	0/503	0/503	1/9	149/54	18/36	0/000
4. Emotional Release	0/189	0/036	1/178	5/5	25/56	0/000

Table 5 shows the results of the regression model estimation. Regarding the results of regression, it is clear that emotional clarity, emotional attention and emotional reconstruction (0.45), (0.50) and (0.036) respectively, were more than marital satisfaction at the level ($0.01 = \text{sig} = \text{explanation}$) It is shown that the emotional attention component (0.51) is more than other components in explaining marital satisfaction. ($\text{Sig} = 0.00$) is less than 0.01, and this model shows that emotional intelligence and its components have a predisposition Nose.

5. Discussion & Conclusion

The purpose of this study was to investigate the relationship between emotional intelligence and marital satisfaction in all married students of Shahid Beheshti University of Tehran. One of the main goals of this research was to answer the question whether there is a relationship between emotional intelligence and marital satisfaction of subjects, which according to the results of the research showed that there is a positive and significant relationship between these two variables (0.76). This finding is consistent with the findings of Smith, Searchew and Hugh (2008), Briker (2005), Pandey and Ananda (2010), Talebi and Ghobarybnab (2012). Couples with higher emotional intelligence will probably have the ability to understand their spouses in conflict situations, will make their emotions and feelings easier, will have more control over their own behavior and feelings and their spouse, and will prevent longer conflicts. Such people are more capable of managing and managing their own emotions and their husbands, and thus feel better

in their marital life, and thus have more favorable relationships and more satisfaction and less marital conflicts.

The results of regression analysis of emotional intelligence components in explaining marital satisfaction showed that the components of emotional attention, emotional resolution and emotional reconstruction have a positive and significant effect on predicting marital satisfaction. Emotional attention is described as the most influential component alone (0.50) percent of marital change. This finding is consistent with Shat's findings, Maloff et al. (2001), Hosni et al. (2013) and Fizer (2002). The factor focuses on the amount of attention to emotional states, that is, awareness of your feelings and others at the time of their occurrence, and this concept means empathy. Sincere relationships between couples require communication skills, such as individual attention to issues from the viewpoint of their spouses, the ability to understand their spouses, the ability to empathic understanding of what their spouse experienced, and the sensitivity and consciousness of their needs (Aliakbordi, Dehkordi, 2012). Research has shown that there is a significant relationship between empathy and variables such as loyalty to each other and compatibility with the other party (Soleimanian and Mohammadi, 2009). Emotion clarity as a predictor variable in this research (0.45%) explains marital change. This finding is consistent with the findings of Kerr (1999) and Hosni et al. (2013). The clarity factor is the insight and information obtained about your feelings with others. And, in fact, it's an indicator of emotional perception. Those who have emotional skills and are able to recognize their feelings and can easily control it, are pleased and efficient in every area of their life (Golman, 1995). The higher the emotional intelligence is, the better one can understand others and have more control over his or her own behavior and feelings (Rajabi, Ghorbani and Khojasteh, 2011). The component of emotional reconstruction as a predictor variable in this research (0.36%) explains the percentage of marital satisfaction. This finding is consistent with Shot's findings, Maloff et al (2001), and Ortiz and Turanin (2008). Restoration of emotions means controlling and regulating excitement and optimal level of control and regulation of emotions in balancing them (Akbarzadeh, 2004). That is, balancing the excitement, making it flexible and helping to expand human relationships and social adjustment. People who have a rich human relationship and have a high level of social coping are also more comfortable in their marital and family life (Barry and Joris, 1995).

In explaining the findings of this research, it can be said that those who are able to predict and understand the emotions of their husbands are sensitive to them, they are aware of their needs, they are empathically interacting with their spouse, which is in line with their emotional states, experience the least conflict and have high marital satisfaction. In fact, if one is more intelligent in the capacity of intelligence, it is expected that in other areas of life, like a marital relationship, it can also act in an adaptive way. In general, considering that one of the main causes of marital dissatisfaction is the lack of competence in managing and adjusting the excitement and experiences of low-couples in communicating with each other and lack of proper education, communication skills, empathy, self-confidence, expressive and perceptual skills (active listening), The ability to decide and manage these emotions may well increase marital satisfaction by increasing the ability of individuals to interact with one another. In fact,

increasing age and experience and teaching life skills and emotional intelligence can increase the compatibility of an individual with the environment and challenges in order to effectively and effectively deal with the family environment and marital relationship. Future researchers are encouraged to study couples of a different society and to control some of the other variables, such as occupation and economic status.

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