Chains Do Not Hold a Marriage Together: Emotional Intelligence and Marital Adjustment (A Case of Gujrat District, Pakistan)

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Abstract: The aim of the present research was to find out the relationship between emotional intelligence (EI) and marital adjustment of couples. Cross sectional survey design was used to collect data. Sample size was 60 couples (120 participants), age range was 25-45 selected by using purposive sampling technique from the district of Gujrat. Data was collected from three colonies of Gujrat: Shadman colony, Gulshan colony and Model town. Shutte Emotional Intelligence Scale (SHIS) was used to assess the level of emotional intelligence whereas Revised Dyadic Adjustment Scale (RDAS) was used to examine the marital adjustment in the perspective of Consensus, Satisfaction and Cohesion. Findings of the study concluded that emotional intelligence is positively correlated with marital adjustment. Results revealed that the age and gender has no affect on the marital adjustment. However, family income had direct relation to marital adjustment. The present study examined the relationship between emotional intelligence (EI) and marital adjustment of married couples. It was further aimed at identifying the role of gender, income and marriage duration on marital adjustment. Overall, emotional intelligence and marital adjustment is linked with each other. Although many researchers have explored the different emotional intelligence aspects with marital adjustment such as perception and communication of emotions, effective listening and emotion work balance etc. However, current study explored the level of emotional intelligence and marital adjustment in couples of Gujrat city. Implications of the findings have been discussed.

Key words: Chain Marriage · Emotional Intelligence · Marital Adjustment · Emotion Work Gujrat · Pakistan

INTRODUCTION

Emotional Intelligence (EQ) is a relatively recent behavioral model, rising to prominence [1]. The early emotional intelligence theory was originally developed during the 1970s and 80s by the work and writings of psychologists Howard Gardner (Harvard), Peter Salovey (Yale) and John 'Jack' Mayer (New Hampshire). Emotional Quotient principles provide a new way to understand and assess people's behaviors, management styles, attitudes, interpersonal skills andpotential. Later on, the term Emotional intelligence was defined as the capacity to identify, understand, construct and management of emotion [2].

Emotional competencies are not innate talents, but rather learned capabilities that must be worked on and can be developed to achieve outstanding performance [1] identified the emotional intelligence in five dimension, self awareness, self management, self motivation, social

awareness and relationship management [2]. This model explains the four skills that collectively defined the emotional intelligence ability. This model is also known as the Ability model.

Salovey and Mayer's initial definition of EI was revised to "The ability to perceive, manage, understand and regulate emotions to promote personal growth." This model views emotion as a useful source of information that help one to makes sense of and find the way of social environment. The model proposes that individuals differ in their ability to process information of an emotional nature and in their ability to relate emotional processing to a wider cognition. The model claims that EI includes four types of abilities, which are perceiving emotions, using emotions, understanding emotions, managing emotions.

One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life.

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Marriage protects the person from illegal activities relating to sex and provides biological and psychological need satisfaction. The Creator of the Universe Allah has stated in the Quran: *"They (your wives) are your garment and you are a garment for them." (Surah Al Baqarah, Chapter 2 Verse 187).*

Marital satisfaction refers to an individual's subjective experience of the marriage. Individuals are usually satisfied when their needs are being met andwhen the individuals expectations and desires are being satisfied [3].

Marital instability affects the both spouses and their children in many ways. It has great impact on mental health as well as physical health. Couples in maladjustment experience great stress and anxiety. Sometimes the end of this marital instability is divorce, use of alcohol and drug abuse and even suicide. Children who experience parental separation are more likely to have emotional problems [4] and engage in antisocial behaviors as compared to other children of stable family.

Emotional intelligence and marital adjustment are closely related with each other. Emotion perception, understanding and reasoning about emotions andregulating or managing emotions are important in marriage [5]. People who are skilled at reading other individual's emotions may well use it for either constructive or destructive purposes. Spouses may exploit vulnerabilities and insecurities for own purposes with the help of emotional intelligence abilities. It was stated that within a marriage, there are an unspoken emotional dialogue, verbal and non verbal communication present which play a significant role in marital satisfaction [6]. The fact that both men and women were most satisfied with their relationships when emotion work was balanced [7].

Emotional intelligence refers to the person's ability to perceive, understand, regulate and proper use of emotions in life [2]. It is an important ability for a person to behave in a proper way in certain conditions. A person can understand his/her own emotions as well as other's emotions. It plays an important role in marital adjustment. Many researchers have been conducted to confirm that emotional intelligence has great impact on marital adjustment. Managing self emotions and others emotions help the partner to resolve conflicts and live a satisfy life [5].

The focus of this study is on the importance of emotional intelligence in marriage life. Various aspects of EI influence the marital adjustment in many ways. This study may have implications for premarital education programs and marital counseling. Marriage programs may be helpful by including tasks and education that would improve partner's levels of EI. In view of the present findings, it is recommended that in marital counseling, couples should be introduced to the competencies of EI and they should be taught emotionally intelligent communication skills, emotion management skills and conflicts management skills.

Objectives of the Study:

- To explore the demographic characteristics of the respondents.
- To explore the gender differences in emotional intelligence of couples.
- To find out the difference of gender in marital adjustment.
- There is a correlation between emotional intelligence and marital adjustment of the respondents.

MATERIALS AND METHODS

For the present study a sample of 60 couples was taken from the population through purposive sampling technique because sampling frame of the couples was not available. Finally data was collected from three colonies of Gujrat District including Shadman Colony, Gulshan Colony and Model Town. There was a specific criterion for selections of couples like age range was 25-45 for both husbands and wives. Education of each respondent must be intermediate or up to intermediate, all males must be employed, both live together in a home andhad passed one year of marriage at least. Most of the participants' mother tongue was Punjabi. However, all of them had fairly good understanding of English. Hence, all the tests were administered in English. Two scales were use for data collection from couples: Schutte Emotional Intelligence Scale [8] and Revised Dyadic Adjustment Scale. [9] Schutte Emotional Intelligence Scale has been developed by. It includes 33 items and is based on the model of emotional Intelligence proposed [2]. It was use to measure the emotional intelligence. While Revised Dyadic Adjustment Scale is a 14-item test with three subscales: dyadic consensus (the degree to which couples agree on matters of importance to their relationship), dyadic satisfaction (the degree to which the couple is satisfied with the relationship) and dyadic cohesion (the degree of closeness and shared activities experienced by the couple). The RDAS is suitable for use among distressed and non distressed couples [10].

Further, the data was analyzed by using SPSS version 16.0. Percentage and test was used to draw the conclusions.

RESULTS AND DISCUSSIONS

Table 1.1 shows that total respondents who fill their questionnaire are 120, in which 60 are males and 60 are females. It means data is collected from 60 couples. Males and females are found in families at every class level in every society [11]. Table 1.2 indicates the age distribution of the respondents. According to the field data, majority of respondents fall in the portion of 25 to 30 years old which is 42 respondents, 26 respondents has age range 3 to 35 years old, 39 respondents belong to age range of 36 to 40 and 13 respondents are of 41 to 45 years old.

Table 1.3 describes educational status of the respondents. According the data presented in table, 15.0% respondents were intermediated, 40% respondents had graduation, 35% of the respondents had completed masters and 10% had M. Phil level education. Majority of the respondents did graduation. Table 1.4 depicts the family structure of the respondents. Data presents that 58.3% of the respondents were belonged to nuclear family structure and only 41.7% of the respondents were belonged to joint family system. It shows that more than half of the respondents belonged to nuclear family system.

Table 1.4 indicates the income status of respondents. According to the data, 31.5% of the respondents were belonged to the income group of 20000 and less. 30.8% had 30001 - 50000 income categories in PKR. While only 15.8% of the respondents belonged to the income group of 20001 - 30000. They were contributing to their household income and managing their household expenditures.

Table 1.6 depicts the marriage duration of the respondents. Data reveals the marriage duration of couples, 31.7% couples were newly married and had passed at least 1 years and most 5 years of marriage together, 33.3% couples were those who had passed 6 to 10 years together and also 11 to 15 years and1.7% couples were old enough that had passed more than 15 years. It means data was collected from newly married couples as well as old married couples.

Table 2 elaborates that minimum age range was 25 and maximum age range was 45 of respondents andmean age. This table shows majority of respondents fall in the portion of 25-30 years old which was 35% of the respondents. The majority of males belonged to 36-40 years old which was 36.67% males. Highest number of females belonged to the age group of 25-30 years that was 41.67% females. The calculated mean score was 33.37.

The mean of Schutte emotional intelligence scale was 127.02 and S.D 13.97. Mean of revised dyadic adjustment scale was 50.8667 and S.D 9.039

Table 1: Frequencies and percentage of demographic variables

1.1 Gender of the Respondents			1.4 Family Structure of the respondents		
Categories	Frequency	Percentage	Categories	Frequency	Percentage
Male	60	50.0	Joint	50	41.7
Female	60	50.0	Nuclear	70	58.3
Total	120	100.0	Total	120	100.0
1.2 Age Distribution of the Respondents			1.5 Family monthly income of the respondents		
Categories	Frequency	Percentage	Categories	Frequency	Percentage
25-30 years	42	35.0	Up to 20000	38	31.7
31-35 years	26	21.7	20001-30000	19	15.8
36-40 years	39	32.5	30001-50000	37	30.8
41-45 years	13	10.8	50000+	26	21.7
Total	120	100.0	Total	120	100.0
1.3 Educational attainments of the respondents			1.6 Marriage duration of the respondents		
Categories	Frequency	Percentage	Categories	Frequency	Percentage
Intermediate	18	15.0	1-5 years	38	31.7
Graduation	48	40.0	6-10 years	40	33.3
Master	42	35.0	11-15 years	40	33.3
M. Phil	12	10.0	16-20 years	2	1.7
Total	120	100.0	Total	120	100.0

Table 2: Mean and frequencies of respondent's age

Age	Frequency F (%)	Male F (%)	Female F (%)
25-30	42 (35.00)	16 (26.67)	25 (41.67)
31-35	26 (21.67)	10 (16.67)	16 (26.67)
36-40	39 (32.50)	22 (36.67)	16 (26.67)
41-45	13 (10.83)	12 (20.67)	03 (05.00)
Total	120 (100.0)	60 (100.0)	60 (100.0)

Mean Score = 33.37

Table 3: Emotional intelligent scale and marital adjustment scale

Scale	N	Mean	Std. Deviation
SEIS	120	127.0250	13.97264
RDAS	120	50.8667	9.03953

SEIS = Schutte Emotional Intelligence Scale

RDAS = Revised Dyadic Adjustment Scale

Table 4: Gender differences in emotional intelligence of couples

Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig. (2-tailed)
Male	60	58.82	3529.50	1699.500	.579
Female	60	62.18	3730.50		
Total	120				

Table 5: Difference of gender in marital adjustment.

Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig. (2-tailed)
Male	60	62.80	3768.00	1662.000	.468
Female	60	58.20	3492.00		
Total	120				

Table 6: Difference of gender on Consensus subscale

Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig. (2-tailed)
Male	60	67.31	4038.50	1391.500	.031
Female	60	53.69	3221.50		
Total	120				

Table 7: Difference of gender on satisfaction subscale

Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig. (2-tailed)
Male	60	61.22	3673.50	1756.500	.871
Female	60	59.78	3586.50		
Total	120				

Table 8: Difference of gender on cohesion subscale

Gender	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig. (2-tailed)
Male	60	59.01	3540.50		
Female	60	61.99	3719.50	1710.500	.635
Total	120				

Table 9: Spearman's correlation between Emotional intelligence and marital Adjustment

	EI	MD
Correlation Coefficient	1.000	.654**
Sig. (2-tailed)		.000
N	120	120
Correlation Coefficient	.654**	1.000
Sig. (2-tailed)	.000	

**. Correlation is significant at the 0.01 level (2-tailed).

The results of Mann-Whitney test show the significant value is 0.597, which is greater than the significant value of 0.05. It means there is no difference of gender in emotional intelligence. This indicates that statistically there is no difference between husband and wives. Means of both males and females show slightly difference in EI values. As mean value of males is 58.82 and mean value of females is 62.18, which is greater than mean value of male.

The value of P (.468) is greater than 0.05. There is no impact of gender on marital adjustment. Both Husband and wives have equal value of marital adjustment scale. Means of both genders show slightly difference. Mean value of male is 62.80 and female value is 58.20. It reveals that male's marital adjustment is slightly higher than females. This result indicates that males to some extent are more adjusted in their lives than females. However, no difference among husbands and wives statistically present.

The value of P (.031) is less than 0.05. There is difference of consensus on gender. This subscale includes religious matters, demonstrations of affection, making major decisions, sex relations, conventionality and career decisions. Mean value of males is 67.31, whereas females' value of mean is 53.69, which is smaller than male's mean value. Males are satisfied with these matters of life, in which religious matters, sexual relation and career decisions are included.

The value of P (.811) is greater than 0.05. Gender has no difference of satisfaction subscale. Both Husband and wives have equal level of dyadic satisfaction. Mean values of both gender shows a very small difference in value. Mean rank of male is 61.22 and mean rank of female is 59.78. The difference between these two values is very small. Males show high score than females. Its means both partners avoid from quarrel and misunderstanding.

The value of P is (.635), which is greater than 0.05. Gender has no difference of cohesion subscale. Both Husband and wives have equal level of dyadic consensus. Mean rank of male is 59.01 and mean rank of

females is 61.99. A very small difference is present between them. Female's mean value is high than male in this subscale. Statistically there is no difference of both genders on cohesion subscale.

Value of p is less than *á* which is .000, both variables are statistically correlated with each other. Spearman's correlation value .654 indicates that emotional intelligence is strongly and positively correlated with marital adjustment.

CONCLUSION

It is confirmed that there is positive relationship between emotional intelligence and marital adjustment. Spearman's Correlation value (r =.654) showed that emotional intelligence was highly correlated with marital adjustment. Couples with higher emotional intelligence were more adjusted in their marital lives than those who had low level of emotional intelligence. This result is in accordance with pervious findings [10,12,13]. On the basis of these researchers, it was obvious that emotionally intelligent couples tend to be more adjusted in their marital life and couples who had low emotional intelligence experienced many problems. [12] It was found that emotion perception and regulation of emotion were very important for marital adjustment. Couples who had good communication and cohesion lived a happy life [14]. These results revealed that couples with high emotional intelligence try to understand each other and give importance to their marital relationship.

The result showed that statistically there was no difference in EI of both partners. On average females were slightly more intelligent than males in different expression of emotions. As the mean value of male was 58.82 and mean value of female was 62.18, which was greater than mean value of male. From this result it was confirmed that females were more emotional intelligent than males [6]. Female had slightly higher EI than males. This difference in expression of emotions of male and female was due to socialization process of development. There was no high difference in emotional intelligence of men and women in many dimensions [13].

Marital adjustment includes many factors like religious commitment, career decisions, exchange of ideas and many other factors. All these components had great impact on marital adjustment Gender differences in marital adjustment was large similar between both partners [15]. Finding revealed the fact that both gender had no difference on marital adjustment. Overall marital adjustment has no difference, males and females mean

values were 62.80 and 58.20 respectively. It revealed that both gender had equal value on satisfaction subscale and cohesion subscale.

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