Comparison of Emotional Intelligence in Students with or Without Marital Satisfaction

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Abstract: The present study compared emotional intelligence in students with or without marital satisfaction. The population of this study where married students of Humanities and Social Sciences department of Islamic Azad University, Science and Research Branch of Tehran, 100 individuals were chosen as samples through random sampling. The instruments of this research were: bar-N emotional intelligence questionnaire and Enrich sexual satisfaction questionnaire. In this study, to analyze the data obtained, in descriptive statistics part tables, graphs, averages and standard deviations are used. In the inferential statistics part in order to approve or reject the null hypothesis, the t-test for independent groups was used. The findings indicate that there are significant differences, in the emotional intelligence of students with or without marital satisfaction, as the degree of emotional intelligence among student with marital satisfaction is significantly greater than students who lack marital satisfaction. Also among the main components of emotional intelligence, scores of the individual components, the overall mood and stress management among student with or without marital satisfaction showed significant differences. On the other hand, there was no significant difference between the compatibility between component scores and interpersonal emotional intelligence among student with or without sexual satisfaction.

Key words: Intelligence • Emotional intelligence • Sexual satisfaction • Marital satisfaction

INTRODUCTION:

A person who is thinking about marriage or is married, Expects that the marriage is associated with prosperity, happiness and satisfaction and enjoyment of every moment of his life. Indeed, what is more important than the marriage itself is success or satisfaction in married couples' relationships with each other [1].

In recent years in most countries, including Iran, the family structure has changed. This has changed the relationship between family members. Following this trend is still adequate norms of behavior accepted by the general public might not come to the stage and therefore the dispersion behavior in the family. So the strongest family ties are also in serious threat and you can see the day of the performance to fulfill family obligations will be reduced and this in turn makes public health challenges facing families and eventually leads to the collapse [2].

There are various factors to substantive experts, family and marital relations are expressed satisfaction in couples [3].

Intelligence is a concept that has long been the focus of research interest, protests and a variety of features [4].

West cognitive of intelligence is more in analytical sense and includes processing information. Although the approach of East combines of intelligence, the various components of the human experience, including knowledge, intuition and emotion encompasses a unified communication [4].
A person's intelligence put at his disposal that is generally compatible with the environment and ways to deal with the problems and the ability to identify problem, offering a solution to various areas of life and discover effective ways to solve the problems is from features of intelligent individuals [4].

Although intelligence and emotion has long been the subject and has attracted a lot of psychology interest, however, emotional Intelligence is also one of those of the few areas that sparked public and special interest in recent years, emotional intelligence is among the issues which are of interest in social circles and in the academic areas, [5].

Unlike acumen that has a history of nearly one hundred years of research that has resulted in hundreds of thousands of people, emotional intelligence is a new concept. No one can exactly tell the difference between people who live in emotional intelligence and those who do not. There are many evidences that show that people with emotional skills namely, those who feel their well-known and leads it and also understand others feelings and behave with them effectively are distinct in every aspect of their lives. Whether it is an intimate and emotional relationship or they understand the unspoken rules that lead to the development of organizational policy. These individuals who their emotional skills are well-developed, are pleased and efficient peoples. On the other hand are people who cannot control their emotional life have internal conflict and lack the ability to focus on their activities [5].

According to above addresses the researcher wants to compare the degree of emotional intelligence among the students with or without marital satisfaction of Islamic Azad University, Science and Research Branch of Tehran.

METHOD AND MATERIALS

All married students in the Faculty of Humanities and Social Science and Research Branch, Islamic Azad University, Tehran constitute the study population. According to the education office of University 1159 married students have been studying in this school.

After a visit to the education office of university and the selection of the population size, by using tables of random selection, 100 individual were chosen randomly from the table of population of married students in the university and Bar-On emotional intelligence test and ENRICH marital satisfaction questionnaire was given to them.

To perform this research, two emotional intelligence questionnaire Bar-On, emotional intelligence and ENRICH marital satisfaction was used.

A: Bar-on Emotional Intelligence Test: The Scale by Bar based on Ismaili [6] his theory on emotional intelligence has been prepared and is included ninety female. The scale has five components that combine several subscale scores, the scores of each of these components make up. The combination of these measures is as follows:

Total scores on the subscales "emotional consciousness," "self-esteem", "self-actualization", "independence" and "Self-Presentation" element of the "inter-personal" accounts. Combined scale scores of "empathy", "interpersonal relationships" and "social responsibility" element of the "interpersonal" forms. Scale "problem solving", "reality testing" and "flexibility" after the "adjustment" to make. Total scores on measures of "pressure" and "impulse control" element of the "Stress Management" will form. And the total scale scores of "happiness" and "optimism" after the "general mood" reflects [7]. Reliability internal consistency and test-retest reliability of this test is done.

Internal consistency using Cronbach's alpha of the seven different populations shows Cronbach's alpha coefficients for all subscales above average and a range with a lower limit of 0.69 (social responsibility) to as high as 86.0 (for self). The average correlation coefficient for the seven countries was 76.0. In the test-retest reliability study, preliminary results show that the average reliability coefficients 66.0 (Bar - 2000; quoted Ismail) [6].

Boykin [8] studied the reliability of the test retest method and Cronbach's alpha. The retest correlation coefficient, which marks the first time and the second time interval of one month to thirty-five subjects were calculated, 73.0, respectively. Subscales are most stable over time, "pressure", "impulse control" and "flexibility" with test-retest coefficients, respectively, 89.0, 84.0, 81.0, the lowest test-retest coefficients for the subscales "Khvadrazgry", "social responsibility" and "independence", with test-retest coefficients for the 58.0, 62.0 and 65.0. The Cronbach's alpha reliability coefficients, mean alpha coefficient for the 73.0 and the highest alpha coefficients for the subscales of "self-esteem" and is equivalent to 85.0 and the lowest in the subscale "social responsibility" and is equivalent to 49.0 respectively.
Since the option is set up on a five degree range, score of 5 (totally agree) to 1 (completely disagree) and some questions will be inversely with negative content. Note that this test is fifteen sub-scale scores for each of these measures is the total score which each person receives. Scale scores and total scores are equal.

B. Enrich Marital Satisfaction Questionnaire: Enrich marital satisfaction questionnaire have been selected for this study. Questionnaires have been used to assess marital satisfaction as a valid research tool in numerous investigations. Issues associated with each of these questions are one of the most important areas of life. Rate of this area within a marital relationship of couple can describe the potential problems. Or it can identify areas of strength and support. This tool also can be used as a diagnostic tool for couples who seek marriage counseling and are seeking to strengthen their marital relationships also be used [9].

Original test has 115 questions including: dimensions and personality issues, communication, conflict resolution, finances, leisure, sexuality, child rearing, relationships with family and friends in key roles as wives and religious and spiritual orientation. Given the scale of the long form of several questions that have been extracted. The recent form with 47 questions and 9 subscales by Olsen, is among them [10, 11].

After determining the sample size in this study and randomly assigned subjects, first in a series of emotional intelligence and marital satisfaction questionnaires every two people were held. The most appropriate response for each set of questionnaires was administered to a FAQ sheet. After collecting the questionnaires completed by the participants, The marital satisfaction score was calculated for each individual. Enrich test standardization was according to Table 2 for all subjects in any group and marital satisfaction. Finally, members of the two groups scores were compared on emotional intelligence, to analyze the data obtained, in descriptive statistics part tables, graphs, averages and standard deviations are used. In the Inferential statistics part in order to approve or reject the null hypothesis, the t-test for independent groups was used.

### RESULTS

During the first part of the result the statistical analysis of data is presented and then the significance of the research hypotheses in the field of inferential statistics is discussed.

| Table 1: Frequency, mean and standard deviation scores of the principal components of emotional intelligence in students with marital satisfaction |
| Variables | Number | Mean  | Standard Derivation |
| Compatibility | 61 | 64.65 | 7.80 |
| Individual | 61 | 110.63 | 15.75 |
| Overall behavior | 61 | 48.11 | 6.06 |
| Stress control | 61 | 39.72 | 9.02 |
| Interpersonal | 61 | 74.04 | 8.84 |
| Total EI | 61 | 337.85 | 35.83 |

| Table 2: Frequency, mean and standard deviation scores of the principal components of emotional intelligence in students without marital satisfaction |
| Variables | Number | Mean  | Standard Derivation |
| Compatibility | 39 | 61.53 | 14.68 |
| Individual | 39 | 95.33 | 18.69 |
| Overall behavior | 39 | 40.00 | 6.84 |
| Stress control | 39 | 36.02 | 12.02 |
| Interpersonal | 39 | 71.12 | 7.30 |
| Total EI | 39 | 299.10 | 40.69 |

A: Descriptive Analysis of Data: In the first part of the statistical average and standard deviation scores for each of the variables (The main components of emotional intelligence and each of them) two independent groups of student with or without marital satisfaction of students of humanities and social sciences department of Islamic Azad University, Science and research branch of Tehran are presented. In separate Tables 1 and 2 and the bar charts of the mean of each variable and their main components are listed.

As you can see there is little difference between the mean scores of the two groups, there is consistency in the component T-test results listed in Graph 1, also shows no significant difference between the mean scores of the two groups.

Result indicated that the scores of individual components within the group with marital satisfaction has a substantial amount of different scores than the group without marital satisfaction, where the t-test results listed in Graph 2, the difference is quite significant.

The components of the overall group mean marital satisfaction is significantly in greater validity of scores in students with marital satisfaction. As far as the t-test results listed in Graph 3, the difference is quite significant.

Graph shows the stress management group component scores with marital satisfaction are significantly higher than the group without marital satisfaction. As far as the t-test results contained in Graph 4, this difference is quite significant.
Table 3: Calculated t values for the components of emotional intelligence scores between two independent groups of students with or without marital satisfaction

<table>
<thead>
<tr>
<th>Variables and Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard Derivation</th>
<th>T</th>
<th>Df</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compatibility Without satisfaction</td>
<td>39</td>
<td>61.53</td>
<td>14.68</td>
<td>-1.41</td>
<td>98</td>
<td>-</td>
</tr>
<tr>
<td>Individual With satisfaction</td>
<td>61</td>
<td>64.65</td>
<td>7.80</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall behavior Without satisfaction</td>
<td>39</td>
<td>95.33</td>
<td>18.69</td>
<td>-3.86</td>
<td>98</td>
<td>0.01</td>
</tr>
<tr>
<td>Stress control With satisfaction</td>
<td>61</td>
<td>110.63</td>
<td>15.75</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interpersonal Without satisfaction</td>
<td>39</td>
<td>40.00</td>
<td>6.84</td>
<td>-5.03</td>
<td>98</td>
<td>0.01</td>
</tr>
<tr>
<td>With satisfaction</td>
<td>61</td>
<td>11.48</td>
<td>6.06</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compatibility Without satisfaction</td>
<td>39</td>
<td>36.02</td>
<td>12.02</td>
<td>-2.71</td>
<td>98</td>
<td>0.01</td>
</tr>
<tr>
<td>Individual With satisfaction</td>
<td>61</td>
<td>39.72</td>
<td>9.02</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall behavior Without satisfaction</td>
<td>39</td>
<td>71.12</td>
<td>7.30</td>
<td>-0.17</td>
<td>98</td>
<td>-</td>
</tr>
<tr>
<td>Stress control With satisfaction</td>
<td>61</td>
<td>74.4</td>
<td>8.84</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interpersonal Without satisfaction</td>
<td>39</td>
<td>299.10</td>
<td>40.69</td>
<td>-3.86</td>
<td>98</td>
<td>0.01</td>
</tr>
<tr>
<td>With satisfaction</td>
<td>61</td>
<td>337.85</td>
<td>35.83</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Graph 1: Emotional intelligence Average component compatibility among students with or without marital satisfaction

Graph 2: Average of the individual components of emotional intelligence in students with or without marital satisfaction

Graph 3: Average components of the emotional intelligence overall mood in students with or without marital satisfaction

Graph 4: Emotional intelligence average component of stress management in students with or without marital students
Graph 5: Emotional intelligence average component of students with or without marital students with or without marital satisfaction showing no any significant differences between means of both groups.

Graph 6: Emotional intelligence Average scores of students with or without marital satisfaction

Result shows the mean of emotional intelligence among student with marital satisfaction is in great significance compare to students without marital satisfaction. Based on the results of t tests listed in Graph 6, the difference is quite significant.

B: Inferential Analysis of Data: In this section, the t-test for independent groups of student with or without marital satisfaction of students of Humanities and Social Sciences department of Islamic Azad University, science and research branch of Tehran. Based on the scores obtained in each of the variables and the main component was carried out Tables 3 then according to the results of the study was to confirm or reject the hypothesis.

First Hypothesis: There significance different between degree of Emotional intelligence (intrapersonal factors, interpersonal, adaptability, stress management and general mood) for independent groups of student with or without marital satisfaction of students of Humanities and Social Sciences department of Islamic Azad University, Science and Research Branch of Tehran.

The first hypothesis According to the above study and the results of the test, Since the calculated t (-3.86) from t table (39.2) with 98 degrees of freedom is larger, so the null hypothesis is rejected and the research hypothesis with 99.0% reliability is confirmed.

The compatibility of the components of emotional intelligence as measured by t (-1.41) from t table (39.2) with 98 degrees of freedom is smaller, so the null hypothesis is rejected and the research hypothesis is confirmed.

Individual element within the emotional intelligence was (-3.86) from t table (39.2) with 98 degrees of freedom is larger, so the null hypothesis is rejected and the research hypothesis with 99.0% reliability is confirmed.

The general mood as components of emotional intelligence in the calculated (-5.03) from t table (39.2) is greater than 98 degrees of freedom, so the null hypothesis is rejected and the research hypothesis with 99.0% reliability is confirmed.

The element t is calculated as stress management, emotional intelligence (-2.71) from t table (39.2) is greater than 98 degrees of freedom, so the null hypothesis is rejected and the research hypothesis with 99.0% reliability is confirmed.

Among the individual components of emotional intelligence as measured (-0.17) from t table (39.2) with 98 degrees of freedom is smaller, so the null hypothesis is rejected and the research hypothesis is confirmed (Table 3).

DISCUSSION AND CONCLUSION:

Summary of Research: More than 90% of the world population will marry at least once in their lifetime [12,13] therefore, researchers and clinicians regarding the role of traumatic marital turmoil, the study of factors that predict marital relationship helps to have quality stability or instability [14,15].

The present study compared emotional intelligence among students with or without marital satisfaction. Variables in the study include: Marital satisfaction, emotional intelligence. The study population all married students of Humanities and Social Sciences department of
Islamic Azad university, Science and research branch of Tehran which 100 individual of them were selected randomly as sample. The instruments of the study were: Enrich marital satisfaction questionnaire and Bar-On emotional intelligence questionnaire. In this study for analyzing the data obtained first in the part of descriptive analysis tables, graphs, means and standard deviation is used. And in inferential analysis of data to approve or reject the null hypothesis for the t-test for independent groups was used.

CONCLUSION

Here the results and discussions are concluded. The first hypothesis of the study was that there is significance differences among the Emotional intelligence (including component compatibility, inter-personal, general mood, stress management and interpersonal) of students with or without sexual satisfaction of students of Humanities and Social Sciences department of Islamic Azad university, Science and research branch of Tehran.

To investigate this hypothesis, the t-test for independent groups was used. Based on the results contained in Table 3 is indicative that there is significance difference among the result of emotional intelligence of students with or without marital satisfaction of students of Humanities and Social Sciences department of Islamic Azad University, Science and Research Branch of Tehran, so that students with marital satisfaction are greater in emotional intelligence than students without marital satisfaction. These results are consistent with data from studies of [16-18].

Also there in significance difference among the main components of emotional intelligence Scores for the individual components, the overall mood and stress management among students with or without marital satisfaction.

In explaining the significance of Intrapersonal Emotional Intelligence Scale among students with or without marital satisfaction according to the elements forming the scale are: Autonomy, self-actualization, self-awareness, self-esteem. Self-esteem and Self-Presentation and since they are all self-conscious, Quality of life, respect for self and others, as well as the ability to express feelings and emotions and desires that have a significant impact on their relationships, It is expected that the relationship between marital relationships are also helpful.

In explain the significant difference in the overall mean scores of students with or without marital satisfaction People facing a lot of problems in their married life-To the extent that these challenges are not happy with their marriage-spend much of their power of mind on disputes or resolving the sufferings. They work in conjunction with their partners and a serious obstacle to an optimistic outlook on life events experienced happiness. On the other hand, people, who are satisfied with their marriage, have a more optimistic view of life issues and events. And of course, they will experience more happiness It seems they use much greater joyful events such as travel, entertainment and healthy.

In explaining the significant difference in the mean scores for stress management among students with or without marital satisfaction the most important factor in stress management is the use of adaptive coping strategies. People who use these strategies and have oriented approach with their stress, Are safe from the negative effects of maladaptive emotion. These negative effects are: Any intolerance to stress, low tolerance threshold, the lack of impulse control, verbal and physical aggression, as well as all the factors that are associated with marital dissatisfaction.

Limitations:

- In this study, the number of psychological factors affecting marital satisfaction has been studied. While it seems there are other variables besides Emotional intelligence that was not able to be considered in this study.
- Another limitation of this study is to measure overall satisfaction.
- According to that every individual answered to two long questionnaire tests it is possible for the participants in the study to become tired and as result affect the result of the study.
- Due to the aspect that the sample size of this study is not to large enough we cannot generalize the findings.
- One of the limitations of the study was that students of Islamic Azad University couldn’t enter the state university library to use from the references.

Suggestions:

- It is suggested that to teach the couples about emotional intelligence before marriage or even after marriage to enhance marital satisfaction.
- In addition to emphasize on the clinical IQ range, incompatible couple’s emotional status should be considered.
Recommendations For Future Research:

- It is suggested that the influence of other psychological factors on marital satisfaction be examined.
- For a closer look and increase the generalizability of results recommended the use of pilot interventions more control over the effects of other variables occur.
- It is suggested to use shorter questionnaires in next studies.
- It is suggested to study the same variable on other groups of people in society.
- It is suggested to study the influence of emotional intelligence effect on other factors of marital satisfaction life.

REFERENCES