



**A STUDY ON CO-RELATION BETWEEN MARITAL
SATISFACTION & EMOTIONAL INTELLIGENCE
AMONGST THE MARRIED COUPLES**

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Abstract

Marriages is a bond between a man and a woman that is supposed to produce a satisfactory relationship whereby the married couple experience marital satisfaction that brings about mental and physical health of the individuals. This study determined the relationship between emotional intelligence and marital satisfaction of married couples in Pune. A sample size of 120 married couples were selected for the study. Two instruments: relationship assessment scale (RAS) by Hendrick, S. S. (1988). The test consists of 7-item to be responded on 5-point rating scale ranging 1-5 and Trait Emotional Intelligence Questionnaire – (TEIQue-SF) by Petrides, K. V. (2009). The Test consist of 30-item form includes two items from each of the 15 facets of the TEIQue rating scale ranging 1-7 were adopted and used for data collection. T-test and Pearson correlation coefficients were used to answer research questions and test the hypotheses. Findings of the study showed there is a significant gender differences on the scores of Marital Satisfaction, there is a significant gender differences on the scores of Emotional intelligence & there is a significant relationship between Marital Satisfaction & Emotional Intelligence among the sample group.

CHAPTER 1

INTRODUCTION

This chapter comprehensively introduces the selected topic along with throwing light on the conceptual framework. For the sake of clarity all the understudy constructs have been explained with respect to their theoretical background.

Marriage is one of the most important stages in the development path of personal and social lives of individuals. It is considered as the most important social unit, which many factors are involved in its stability and strength. Hence, the quality of marriage as described by Khorasani, Hosseini, Matbouei, Khafri, Vasli and Vardanjani (2017) is the most powerful factor predicting the psychological health of married persons. The married peoples' relationship and their satisfaction of marital life according to Khorasani et al. is one of the important factors which determine the fate of their marriage.

The term marriage according to Odebunmi (2007) referred to the union of man and woman as husband and wife, which constitute the basic and essential unit of the society. As a physical as well as a moral union, marriage is recognized by society as the basis of a family. It may be a sacrament and, in that way, an indissoluble union for this life and hereafter, or a temporary civil contract for a fixed period. Nonetheless, whether a sacrament or a civil contract, the relationship, above sexual satisfaction, include, joining two members of opposite sexes for the procreation of legitimate children. While marriages may, of course, be entered into for any number of other reasons as family pleasure, social conveniences, financial considerations, and similar motives, basically the prime objects of marriage are usually companionship, sexual intimacy, and procreation. Marriage in whatever form it exists is usually a source of satisfaction and gratification for many individuals in marital relationship.

Satisfactory marriage for these people according to Omega (2013) is a shield against mental pressures and negative life events, while unstable and unsatisfactory marriages have negative consequences for both physical and mental health. Thus, healthy marriages need to be composed of a cordial relationship that could lead to marital satisfaction. Marital satisfaction could be seen as an individual's positive assessment of his/her marital

relations. It is a state of satisfaction in marriages which is defined by the intrapersonal or interpersonal perception. Hence, it is seen as a measure that shows how much a person's feeling and needs are met (Ja'farzadeh, 2011). Several determinants are associated with marital satisfaction amongst which are compatibility of personality, educational homogamy, religious homogamy, and income level, level of education, age at marriage, and age of marriage. Thus, today, meeting the needs of partners in marital relationship seems to be becoming a daunting task. The case of married teachers is not different as many seems to be coping with many problems to get their partners to make a relationship, preserve intimate relationships, and understand each other's emotions. A married teacher in the context of this study is a person (male or female) who is in a legally bound union and is engaged in a school to teach as a profession. For such a person, it is assumed that the significance of marriage in the individual's life has the prospect of affecting other facets of life such as the physical and psychological health. One being in a satisfactory marriage has consistently been associated with better physical health, mental health, and overall life satisfaction. This assumption is supported by Mohammadimehr and Ayatollah (2017) who noted that satisfactory marriage is a shield against mental pressures and negative life events, while unstable and stressful marriages have negative consequences for physical and mental health.

This research evidence thus indicated that some of the marital encounters and problems are related to inability for maintaining sincere relationship and misunderstanding between married people; as well as other factors such as economic, cultural, and social factors which tend to provide inappropriate and bad effects in their common life. In similar way, when there is no problem in a marital life, people would likely report a high level of satisfaction in their marriages. Although marriage could be described as a pleasing bond, Mohammadimehr and Ayatollah (2017) observation on the other hand, shows that there is no perfect marriage, as more than half of the marriages in recent times are likely to lead to disappointment and separation. So, as more married people report lack of satisfaction and some seek for dissolution of their marriages, the concern of scholars has led to many research efforts (such as Lavalekar, Kulkarni & Jagtap, 2010; Ofovwe1, Ofili, Ojetu&Okosun, 2013), which was geared towards figuring out the elements that influence the level of satisfaction and persistency in marital interpersonal relationships. Lavalekar, Kulkarni and Jagtap, Ofovwe1,

Ofilo, Ojetu and Okosun (2013) study focused on observable inter and intrapersonal factors in everyday communication of married people that are happy with each other.

The researchers observed that factors like emotional awareness, emotional expression, emotional regulation, and sympathy affect the marriage communication and quality, which is perceived as a pointer to marital satisfaction. From Lavalekar, et al. point of view, an unsatisfactory marriage is a function of many factors. A marriage may be in crisis if one or more of the four purposes of marriage namely childbearing, sexual satisfaction, companionship and economic satisfaction are not satisfactorily achieved. What this means is that marital satisfaction is a subset of needs, and most of married persons, for different reasons seem not to care about that, while some are believed to be simply naive to basic principles and tenets to a satisfactory marital life. For instance, some married teachers, due to the nature of their job which involves constant marking of test scripts and recording, tend to extend their work beyond classroom to their homes. When this happens, the time married people should spend together would be taken over by school jobs, hence interfering in their relationship. This may continue over time and may eventually lead to failure to properly identify and meet the needs of a spouse.

According to Anghel (2016), happiness, emotional awareness and self-actualization are most strongly related to marital satisfaction. The reason for this perhaps is based on the notion that married peoples' intimate relationship needs communication skills such as: paying attention to the other person's viewpoint, being able to empathize perception with what their partner has experienced and being sensitive and aware of the other persons need. Consequently, it becomes clearer that the educational intelligence of teachers alone may not guarantee their marital success in long-term, so other features are necessary for proper human relations and success in life that are referred to as emotional intelligence. As a kind of capability, emotional intelligence consists of capacity perception and stating, recognizing, applying, and managing self-emotions and emotions by others.

Emotional intelligence according to Egbule (2009) is the ability to validly reason with emotions and to use emotions to enhance thought. It involves the ability to utilize emotional knowledge to accurately observe, understand, generate, access, and assist feelings or emotions to promote emotional and intellectual growth.

Thus, in the context of this study, emotional intelligence refers to the married teachers' ability to monitor, recognize, understand, each other's feeling and be able to manage their thoughts and emotions and that of their partner. Furthermore, Salovey and Mayer (1990) theoretical structure of emotional intelligence includes many positive experimental characteristics that researchers relate to the quality of marriage. Even more in particular, by thinking into his own and others' emotions, people can share the emotions and understand and manage the emotional information. Consequently, the more skills married people learn, the more they are likely to improve their communications and insight, thereby enhancing good understanding and proper management of the emotion of each other in the marital union. Evidence suggests that in today's societies, couples have many pervasive problems establishing and maintaining a friendly relationship and understanding of their spouse's feelings.

It is evident that deficits in the emotional and emotional qualities of spouses will have undesirable effects on their marital life, in addition to several other factors, such as economic, cultural, and social factors). Ilyas and Habib (2014) for instance explored the relationship of marital satisfaction and emotional intelligence among different professionals. Findings of the study indicated significant relationship between marital satisfaction and emotional intelligence. Emotional intelligence from the foregoing could thus play a significant role in a happier relationship and a more stable marriage. In life, often faced with difficulties, feelings of failure, humiliation among others, spouses tend to consider feelings and emotions rather than wisdom and reasoning. Recognizing and directing emotions may also make a major contribution to sustaining a marital partnership. While focusing on the effects of emotional intelligence on marital satisfaction does not mean overlooking those other factors, it is essential for the health of couples' emotional and social communication, family mental health and many basic family issues. Consideration needs to be given to the attributes to foster emotional maturity to achieve a better process of marital relationship.

One of the factors that is related to and can play a role in the marital satisfaction is the demographic factor which focuses on the couple's gender. Gender plays an important role in many aspects of life and the relationship between a woman and man. Women and men have different views about marital satisfaction. In a women's view, communication, understanding, family relationships, agreement, and income by both spouses

are effective factors in marital satisfaction, while in a man's opinion, spouse's education, income by both spouses, understanding, agreement, family relationships, and communication are effective factors in creating satisfaction. There is a growing body of research findings indicating that gender is a functional component of emotional intelligence in management of the emotion in the marital union. For instance, Brackett, Warner, and Bosco (2005) in their study observed that women's scores in emotional intelligence scales have more meaningful relationship with the quality of communication, as compared to those of the men. On the other hand, Agha, Mokhtaree, Sayadi, Nazer and Mosavi (2012) asserted that there was no meaningful difference between men and women's emotional intelligence. Consequently, the deficiencies in emotional and affection competence of married teachers would likely have unpleasant effects on their matrimonial life. Some of these deficiencies according to Khorasani et al. (2017) include inability in self-consciousness, lack of self-control, lack of sympathy and the inability to sympathize with each other, and in general, deficiency in establishing a fruitful relationship. Since emotional quotient and self-efficacy are total of an individual's personality, management of emotions, understanding others, making a correlation between emotional intelligence, self-efficacy and marital satisfaction is quite meaningful. Moreover, studies such as Gharahhajlou, Mirzaian, Hassanzadeh (2015) investigated the relationship between emotional intelligence and marital satisfaction among high school English teachers. Zadeh and Tabrizi (2014) also studies indicated a positive relationship between emotional intelligence and marital satisfaction of the teachers while Tamaren (2010) observe a dependency and a correlation between the dimensions of emotional intelligence and satisfaction. These studies though related to the current study were however done outside the shores of Nigeria. Research in this area of study is needed in Nigeria, especially here in Anambra State, and would help give better clarification on the relationship between emotional intelligence and marital satisfaction of married secondary school teachers. This will add to the knowledge of what contributes to marital satisfaction and happiness of married secondary school teachers in the state. This therefore instigated the need for this study

MARITAL SATISFACTION

Across the world, millions of couples get married each year. One of the strongest predictors of whether partners will remain in their relationship is their reported satisfaction. Marital satisfaction is commonly found to

be a key predictor of both individual and relational well-being. Certain factors are the key element to marital satisfaction such as Sexual Intimacy, understanding love languages, mutual understanding, communications skills/gap, age and duration of marriage, number of children, economic status, education, cultural consideration, religiosities.

Marital satisfaction has long been a popular topic in studies of the family, probably because the concept is believed to be closely related to the stability of a given marriage. Well-adjusted marriages are expected to last for a long time, while poorly adjusted one's end in divorce. Simple as it seems, the notion of marital adjustment is difficult to conceptualize and difficult to measure through empirical research. After more than half a century of conceptualization about and research on marital adjustment, the best that can be said may be that there is disagreement among scholars about the concept, the term, and its value. In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives. It is very difficult to define the marital relationships because it varies from person to person, culture to culture and religion to religion (Tanwani, 1997).

According to Locke and Wallace (1959, p.251), “marital adjustment is an adoption between husband and wife to the point where there is companionship, agreement on basic values of affectional intimacy, accommodation and on certain other unidentified factors”. Marital satisfaction is defined as the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Sinha & Mukerjee, 1990). According to Spanier and Cole (1976) marital adjustment is a process, the outcome of which is determined by the degree of (a) troublesome marital differences (b) inter spousal tension and personal anxiety (c) marital satisfaction (d) dyadic cohesion (e) consensus on matters of importance to marital functioning. Burgess, Lock and Thomas (1963) said that “a victorious marriage is a combination in which the feelings and acts of husband and wife are in union of the major issues such as management family finances”. Marlow and Sproles (1984) investigated that failure to attain an exact standard of living or some individualized goals can have severe psychological outcomes for the effected members. Financial problems can raise question on adjustment of marital life. Komarovasky (1977) investigated that financial crisis can affect the marital life. Couples with low social economic status constantly suffer from stress and anxiety.

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to perceive emotions, to assess and generate emotions, to assess and to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions to promote emotional intellectual growth. According to the American Heritage Dictionary (1983) intelligence is the capacity to acquire and apply knowledge. John D. Mayer, psychology professor at the University of New Hampshire describes emotional intelligence as "a product of two worlds. One is the popular culture world of best-selling books, daily newspapers, and magazines. The other is the world of scientific journals, book chapters and peer review."

He goes on to say that "the meaning of emotional intelligence has been stretched. Emotional intelligence is now defined by popular authors in dozens of ways--typically as a list of personality characteristics, such as 'empathy, motivation, persistence, warmth and social skills'."

Four Areas of Emotional Intelligence:

Identifying Emotions: The ability to recognize how we and those around us are feeling.

Using Emotions: The ability to generate an emotion and then reason with this emotion.

Understanding Emotions: The ability to understand complex emotions, emotional chains, how emotions transition from one stage to another.

Managing Emotions: The ability which allows one to manage emotions in oneself and in others.

Mangal & Mangal (1971) also identified four areas or aspects of emotional intelligence namely intra-personal awareness (knowing about one's own emotions), inter- personal awareness (knowing about others' emotions), intrapersonal management (managing one's own emotions) and intra-personal management (managing others' emotions) respectively.

It is "the ability to: 1) be aware to understand and to express oneself: 2) be aware of, to understand, and to relate to others, 3) deal with strong emotions and control one's impulses: and 4) adapt to change and to solve problems of a personal or a social nature (Bar-On, 1988).

Salovey & Mayer (1990) emotional intelligence is a multidimensional construct and subsumes Gardner's interpersonal intelligences and involves abilities that may be categorized into five domain Salovey and Mayer coined the term 'emotional intelligence in 1990, they were aware of the previous work on non-cognitive aspects of intelligence. They described emotional intelligence as "a form of social intelligence that involves the ability to monitor one's own and other feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action." Mayer & Salovey (1993) regarded emotional intelligence as a potentially standard intelligence and revised their model accordingly in their book, "Emotional Development and Emotional Intelligence."

In the early nineties Daniel Goleman, a science writer for the New York Times became aware of Salovey and Mayer's (1990) work, and this eventually led to his book "Emotional Intelligence" (1995). Goleman had been trained as a psychologist at Harvard where he worked with David MC Clelland, among others. MC Clelland was among a growing group of researchers who were becoming concerned with how little traditional tests of cognitive intelligence told us about it takes to be successful in life. Goleman become attracted to the conception of emotional intelligence may be the best predictor of success in life. Bar-On's emotional- social intelligence (ESI) model (1997; Bar-On 2006), and the emotional competencies model focused on the workplace (Goleman, 1998). Goleman (1998) defines it as "Emotional intelligence" refers to the capacity for recognizing our own feelings and these of others, for motivating ourselves, and for managing emotions, well in ourselves and in our relationships. Mayer et al. (1999) suggests that emotional intelligence can be measured reliably, which is related to but independent of standard intelligence.

COMPONENTS OF EMOTIONAL INTELLIGENCE:

There are two components of emotional intelligence:

(1) Personal Components of Emotional Intelligence: The foundation of emotional intelligence is said to be self-knowledge, which involves an awareness of emotions, an ability to manage those emotions, and self-motivation.

- **Awareness and Management of Emotions:** Managing emotions does not mean suppressing them; nor does it mean giving free rein to every feeling. Daniel Goleman (1995) one of the several authors who have popularized the notion of emotional intelligence, insists that the goal is balance and that every feeling has value and significance. As Goleman says, "A life without passion would be a dull wasteland of neutrality, cut off and isolated from the richness of life itself. "Thus, we manage our emotions by expressing them in an appropriate manner. Emotions can also be managed by engaging in activities that cheer us up, soothe our hearts, or reassure us when we feel anxious. Clearly, awareness and management of emotions are not independent. For instance, you might think that individuals who seem to experience their feeling more intensely than others would be less able to manage them. However, a critical component awareness of emotions is the ability to assign meaning to them-to know why we are experiencing a particular feeling or mood. Psychologists have found that, among individuals who experience intense emotions, individual differences in the to assign meaning to those feelings predict differences in the ability to manage them (Gohm et al., 2003). In other words, if two individuals are intensely angry, the one who is better able to understand why he or she is angry will also be better to manage the anger.

- **Self-Motivation:** Self-motivation refers to strong emotional self-control, which enables a person to get moving and pursue worthy goals, persists at tasks even when frustrated, and resist the temptation to act on impulse. Resisting impulsive behavior is according to Goleman (1995), "the root of all emotional self-control." Of all the attributes of emotional intelligence, the ability to postpone immediate gratification and to persist in working toward some greater future gain is most closely related to success-whether one is trying to build a business, get a college degree, or even stay on a diet. One researcher found that 4-year-old children who have

mastered the art of delaying instant gratification to advance toward some future goal will be "far superior as student" when they graduate from high school than will 4-year-olds who are not able to resist the impulse to satisfy their immediate wishes (Shoda et al., 1990)

(2) Interpersonal Components of Emotional Intelligence:

The interpersonal components of emotional intelligence are empathy and the ability to handle relationships.

- **Empathy:** Empathy, sensitivity to the needs and feelings of others. Appears to be a quality that reflects a high level of emotional development and springs from self-awareness. If we have no insight into our own emotions, it is unlikely that we will develop a sensitivity to and understanding of those of others. One key indicator or hallmark of empathy as a component of all behavior—the gestures, vocal inflections, tones of voice and facial expressions of others. Nonverbal behavior is, in a sense, the language of the emotions because our feelings are most genuinely expressed this way. People may fail to communicate their feelings verbally or even lie about them, but their nonverbal behavior will most often reveal their true feelings.
- **Handling Relationships:** For most people, hardly anything in life is more important than their relationships—an intimate love relationship. Relationship with family and friends, a professional or work relationships. Without rewarding relationships, life would be lonely indeed. And emotional intelligence has to do with forming and maintaining successful relationships.

Exploring the role of emotions in marital adjustment may endow with constructive information on marital relations. Managing emotions would be helpful to play a significant role in the feelings of people about their spouse (Cooley, 2006). It has been observed that approximately half of all first weddings end in separation (Bradbury, Fincham & Beach, 2000) and that the level of satisfaction in traditional marriages has been moribund constantly since the seventies (Rogers & Amato, 1997). "Emotional intelligence is an array of non-cognitive capabilities, competencies and skills that influence one's ability to succeed in coping with environmental demands and pressures" (Bar-On, 1997, p.14). Boyatzis and Sala (2004) define EI as "a set of competencies or abilities to recognize and use emotional information about oneself and others that leads to or causes effective and superior performance" (p. 172). Goleman (1995) defines five major qualities of emotional

quotient which are as follows: Self-awareness, mood management, self-motivation, impulse controls an Interpersonal Emotional Quotient. Emotional Intelligence is defined as the ability to perceive, understand, and manage the emotions. Four different factors of emotional intelligence include the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions. Emotional intelligence is a form of social intelligence that involves the ability to monitor one's own and other's feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action (Salovey & Mayer, 1990).



CHAPTER 2

REVIEW OF THE LITERATURE

This chapter provides a critical review of the research studies pertaining to the understudy constructs to expand upon the context and background of the study, and to provide an empirical basis for the subsequent hypotheses testing.

A study was conducted in the Gujrat (Pakistan) to check out the relationship between marital adjustment and emotional intelligence (EI) among couples. Results also indicated that there is no effect of age and gender on marital adjustment. It also revealed that family income has impact on marital life and adjustment (**Dildar, Bashir, Shoib, Sultan & Saeed, 2012**).

Another study focused on emotional intelligence and marital satisfaction in India. From this research it seems clear that there is positive association between both emotional intelligence and marital satisfaction. This study also highlights the factors of emotionality that manipulate marital satisfaction (**Levalekar, Kulkarni, & Jagtap, 2010**).

Soleymani and Akram (2009) investigated the relationship between marital satisfaction and emotional intelligence among students of higher studies in Bojnord. The findings of study revealed positive correlation between emotional intelligence and marital satisfaction. The research also indicated positive correlation between components and marital satisfaction and EM (attention clearance emotional reconstruction). The results also indicated that emotional intelligence is significantly higher in women. Another study was done to investigate the effects of emotional intelligence on marital adjustment of couples in Nigeria. Findings indicated that emotional management, social relationship skills and emotional sensitivity skills have significant effect in marital adjustment. On the bases of the conclusion, it has been suggested that in premarital and marital counseling couples should introduce the competencies of emotional intelligence (Ortese& Tor-Anyiin, 2008).

Bricker (2008) conducted a study to investigate the relationship between emotional intelligence and marital satisfaction. The results showed that there was significant relationship between EI and certain aspects of marital satisfaction. It was found that in most circumstances, the level of male EI was responsible for couple's marital

satisfaction. Further results indicate that the greater the gap between each partner's level of EI, the greater their level of marital dissatisfaction.

Lavalekar (2007) examined and compared the marital satisfaction and emotional intelligence of people between ages 25-65. The findings conclude a considerable gender difference on different areas of emotional intelligence, for instance, openness to criticism, self-management, and empathy. A significant gender difference is also observed on two areas of marital satisfaction, sexual relations and sharing household responsibilities, that can be traced to the socio-cultural impact. The research findings helped in understanding the correlation of gender with core qualities of one's emotional intelligence that can affect the matrimonial relationship. The present research was planned to inspect the role of positive and negative emotional expressivity in the marital relationship. Regression analyses indicated that positive emotional expressivity had partial influence on marital functioning. Negative expressivity, on the other hand, had a strong collision on marital care, divergence, and ambivalence. Post-hoc analyses exposed considerable differences between pairings in which the husband was high in negative expressivity, irrespective of wives' negative emotional expressivity, and pairings in which spouses were low in negative emotional expressivity (Rauer & Volling, 2005).

Cordova, Gee and Warren (2005) had investigated the intimacy between marital adjustment and emotional skillfulness. Ninety-two married couples have been selected as participants. It has been observed that these emotions are interlinked.

Schutte, et al, (2001) hypothesized that high scores on emotional intelligence indicated better marital adjustments as manifested scores on marital adjustment. Findings of the study revealed that high score on emotional intelligence, significant indication for higher marital adjustment.

According to **Khorasani et al. (2017)**, some of these shortcomings include a lack of self-consciousness, a lack of self-control, a lack of sympathy and the failure to sympathies with each other, and a general lack of desire to develop a fruitful partnership. Since emotional quotient is an individual's personality, emotion control, and knowing others, establishing a connection between emotional intelligence, marital satisfaction is important.

Studies such as **Gharahhajlou, Mirzaian, Hassanzadeh** (2015) and **Zadeh and Tabrizi** (2014) have shown a positive relationship between emotional intelligence and marital satisfaction of the couples. The study also observes a dependency and a correlation between the dimensions of emotional intelligence and satisfaction. These studies, although linked to the present research, were conducted outside of Nigeria's borders. Research in this area of study is required in Nigeria, particularly in Anambra State, to provide better clarity on the relationship between emotional intelligence and marital satisfaction among married couples. This will increase understanding of what factors lead to marital fulfilment and happiness among married couples.

CHAPTER 3

RATIONALE OF THE STUDY

This chapter explains the significance of the study in a detailed manner and Contextualizing the same.

Findings from this study will be beneficial to the married couples, Guidance Counsellors, singles intending to get married, parents, government, and future researchers. More importantly the findings, of the study will help increase married peoples' belief in their abilities to solve daily and communicational problems. Also, belief in their abilities can improve the quality of marriage relationship thereby leading to more satisfaction experience of marriage relationship among the married people. The findings of the study will further encourage married people to put their emotional intelligence to use in addressing persisting issues together when disagreements and problems occur. Furthermore, findings of this study will benefit the Guidance Counselors, psychologists, and therapists. Through the findings of this study, they will likely be equipped with the knowledge of the relationship between the variables, emotional intelligence, and marital satisfaction. The knowledge of the relationship between these variables will help the guidance counselors in understanding how these factors interplay in fostering existence of mutual understanding between married couples. Thereby enabling the guidance counselors to be in position to give emphasis on openness and trust among the married people, and the need to initiate an effective communication to enhance friendliness.

CHAPTER 4

RESEARCH METHODOLOGY

This chapter explains the various techniques & methods used in consonance with the objectives & Hypotheses of the present study.

STATEMENT OF THE PROBLEM

After going through the earlier study on Marital Satisfaction and Emotional Intelligence, the statement of the present study is to study the co-relation between Marital Satisfaction & Emotional Intelligence amongst the Married Couples.

OBJECTIVES

- To assess the level of Marital Satisfaction among married couples.
- To assess the level of Emotional Intelligence among the married couples.
- To study the gender differences on Marital Satisfaction among the married couples.
- To study the gender differences on Emotional Intelligence among the married couples.
- To study the co-relation between Marital Satisfaction & Emotional Intelligence among the married couples.

HYPOTHESIS

- There will be no significant gender differences on the scores of Marital Satisfaction.
- There will be no significant gender differences on the scores of Emotional intelligences.
- There will be no significant co-relation existing between Marital Satisfaction & Emotional Intelligence among the sample group.

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VARIABLES

- Marital Satisfaction
- Emotional Intelligence

OPERATIONAL DEFINITION

Marital Satisfaction: Participant Score on relationship assessment scale by Hendrick, S. S. (1988).

Emotional Intelligence: Participant score obtained on emotional intelligence.

SAMPLE

To study the hypothesis, a sample of 120 (60 Male, 60 Female) married couples were included in the study. Purposive sampling method was used to collect the data.

INCLUSIONARY CRITERIA:

- Participant must know English to fill the survey.
- These couples were selected based on their willingness to respond to the survey.
- Test was circulated via Google Form.
- They should be physically healthy and emotionally ready for the survey.
- Marriage should be equal to or greater than 5 years old.

RESEARCH DESIGN:

Co-relational and comparative study

TOOLS:

RELATIONSHIP ASSESSMENT SCALE (RAS) by Hendrick, S. S. (1988). The Test consists of 7-items to be responded on a 5-point rating scale ranging from 1-5. This measure has shown good internal consistency and convergent validity in multiple samples (Hendrick, 1988; Hendrick et al., 1998; Vaughn & Matyastick Baier, 1999). Higher scores represent higher level of relationship satisfaction.

Trait Emotional Intelligence Questionnaire – (TEIQue-SF) by Petrides, K. V. (2009). The Test consists of 30-items form includes two items from each of the 15 facets of the TEIQue rating scale ranging from 1-7. According to a sample investigated by Farzam Memar to determine validity and reliability for TEIQue, internal consistency and test-retest both indicated scale reliabilities of 0.71 and 0.76. High correlations between the

TEIQue with Shrink's Emotional Intelligence Scale showed validity in measuring emotional intelligence and the "Big Five" Personality Traits. TEIQue is also positively correlated with the EQ-I.

DATA ANALYSIS:

To understand the data descriptive statistics will be used to study the gender differences, "t"- test will be applied and to test co-relation between variables Pierson product moment co-relation will be used.

CHAPTER 5

RESULTS AND DISCUSSIONS

This chapter sequentially presents the results & interpretation of the present study along with their interpretation considering standard criteria mentioned by researchers. It is systematically oriented to objectives & hypotheses stated earlier.

Table 5.1: - Showing frequency distribution percentage of sample group with respect to marital satisfaction among married couples.

VARIABLE	Low		Average		High		Sample size
	F	%	F	%	F	%	
Marital Satisfaction	24	20%	68	56.66%	28	23.34%	120

From the above table, it is evident that in marital satisfaction

20% scored low, 56.66 % scored average and 23.34% scored high. The following graph clearly represents these findings.

Figure 5.1: Graphical representation of frequency distribution of sample Group with respect to Marital Satisfaction among married couples.

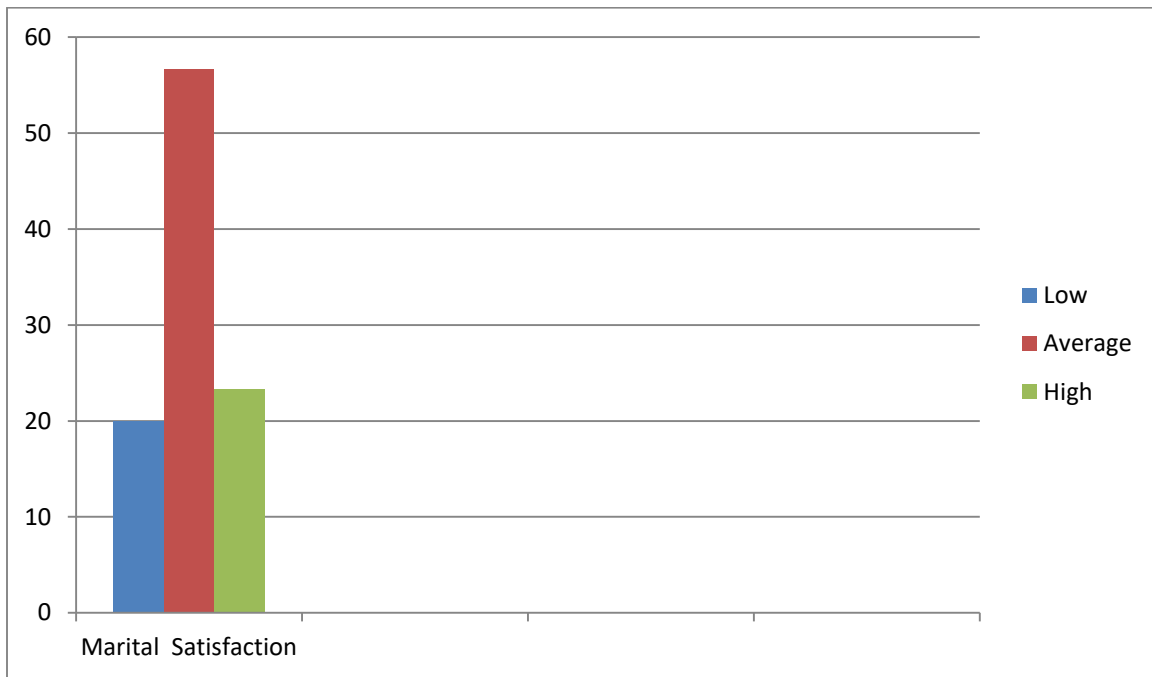
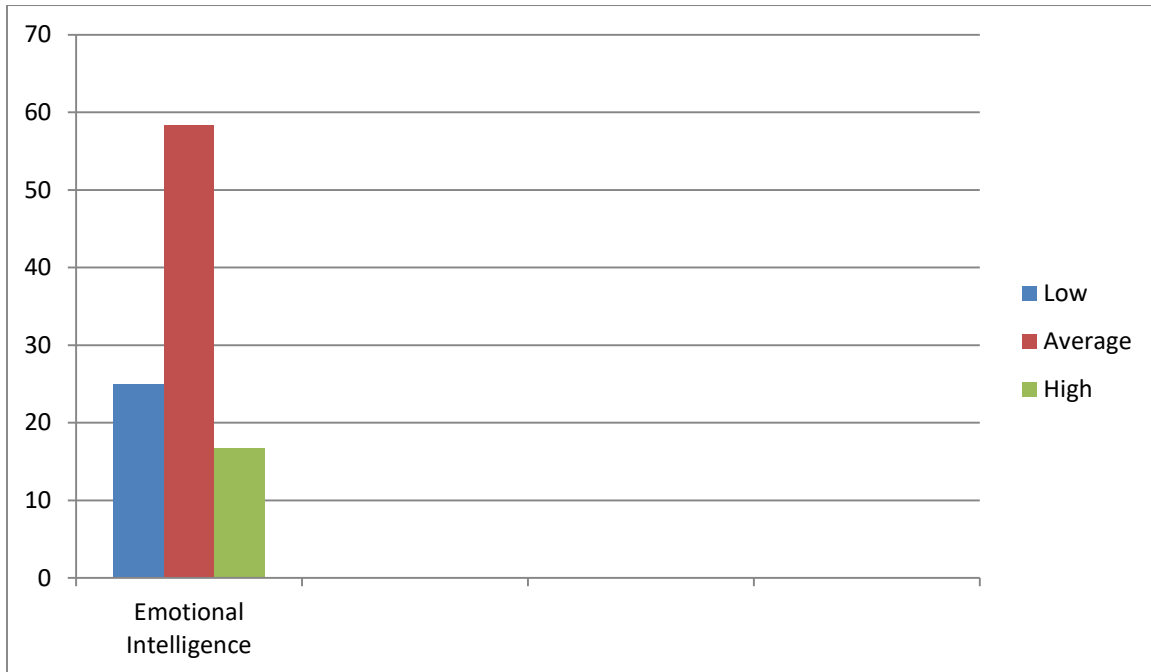


Table 5.2: Showing frequency distribution percentage of sample group with respect to emotional intelligence among the married couples.

VARIABLE	Low		Average		High		Sample size
	F	%	F	%	F	%	
Emotional Intelligence	30	25%	70	58.33%	20	16.67%	120

From the above table, it is evident that in emotional Intelligence 25% scored low, 58.33% scored average and 16.67% scored high. The following graph clearly represents these findings.

Figure 5.2: Graphical representation of frequency distribution of sample Group with respect to emotional intelligence among the married couples.



HYPOTHESES-1: There will be no significant gender differences on the scores of Marital Satisfaction.

Table 5.3: - Showing comparison of gender differences on the scores of Marital Satisfaction.

Variable	Nature	N	Mean	Std. Deviation	t- value
Marital Satisfaction	Male	60	1.57	2.89	1.99*
	Female	60	1.28	3.08	

* Significant at 0.05 level

The above table indicates the comparison of gender differences on the scores of Marital Satisfaction. That t value is 1.99 which is significant at 0.05 level of significance. It clearly shows a significant difference between married males and married females with respect to marital satisfaction. Hence, our null hypothesis which states that “there will be no significant gender differences on the scores of Emotional intelligences” stands rejected.

Our results are in line with result conducted by Rostami et al (2014). The aim of their cross-sectional research was to assess marital satisfaction in medical staff in Tehran, with a special focus on gender differences. Data were collected from 653 medical staff using socio demographic questions and the ENRICH marital satisfaction questionnaire. The results indicated that marital satisfaction was significantly higher in men than in women. There was a negative correlation between age and marital satisfaction in women. Educational level was associated with marital satisfaction in both genders. Number of children was correlated with marital satisfaction in both men and women. Gender differences in marital satisfaction were revealed, and all sociodemographic factors showed significant relationships, with at least one subscale of marital satisfaction. This study provides a general view of marital satisfaction in Iranian medical professionals as a group with a stressful job.

HYPOTHESES-2: There will be no significant gender differences on the scores of Emotional Intelligence.

Table 5.4: - Showing comparison of gender differences on the scores of Emotional Intelligence.

Variable	Nature	N	Mean	Std. Deviation	t- value
Emotional intelligence	Male	60	5.23	7.67	2.03*
	Female	60	4.00	6.96	

* Significant at 0.05 level

The above table indicates the comparison of gender differences on the scores of Emotional intelligences. That t vale is 20.3 which is significant at 0.05 level of significance. It clearly shows a significant difference between married male and married females with respect to Emotional intelligence. Hence, our null hypothesis which states that “there will be no significant gender differences on the scores of Emotional intelligences” stands rejected.

Study by Chu (2002) revealed that males have high level of emotional intelligence than that of females. The probable reason for the present finding might be because emotional intelligence primarily deals with managing and expressing once emotions as well as social skills.

HYPOTHESES-3: There will be no significant relationship between Marital Satisfaction & Emotional Intelligence among the sample group.

Table 5.5: - Showing relationship between Marital Satisfaction & Emotional Intelligence among the sample group.

		Marital Satisfaction	Emotional Intelligence
Marital Satisfaction	Pearson correlation	1	.640**
	Sig.(2-tailed)		.000
	N	120	120
Emotional Intelligence	Pearson correlation	.640**	1
	Sig.(2-tailed)	.000	
	N	120	120

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

* . Correlation is significant at the 0.05 level (2-tailed).

As it is evident from the table, that there is a significant relationship between Marital satisfaction and Emotional intelligence among married males and females at 0.01 level of significance. Hence our null hypothesis which states that “there will be no significant relationship between Marital Satisfaction & Emotional Intelligence among the sample group” stands rejected.

Chipperfield & Havens (2001) conducted study entitled “Gender Differences in the Relationship between Marital Status Transitions and Life Satisfaction in Later life”. This study examined life satisfaction among individuals who had undergone a transition in marital status and those whose marital status remained stable over a 7-year period. Using data from a large-scale, longitudinal study we assessed life satisfaction as measured in

1983 and 1990 among 2,180 men and women between the ages of 67 and 102. Groups of individuals were identified based on whether a spouse was present or absent at the two measurement points. This allowed for a classification of groups who experienced stability or transitions in marital status. Among those individuals whose marital status remained stable over the 7 years, women's life satisfaction declined, and men's remained constant. Among those who experienced a transition--in particular, the loss of a spouse--a decline in life satisfaction was found for both men and women, decline being more predominant for men. In addition, men's life satisfaction increased over the 7-year period if they gained a spouse, whereas the same was not true for women. Generally, these findings imply that the relationship between marital status transitions or stability differs for men and women.

CHAPTER 6

DISCUSSION & CONCLUSION

In this chapter, the summary and conclusion are presented and lastly the limitations and future research directions have also been mentioned.

The present study was done with the purpose of studying the Marital Satisfaction & Emotional Intelligence amongst the Married Couples. Based on literature review, objectives and hypotheses were formed. To measure the hypotheses a sample of 120 married couples (60 males and 60 females) were selected. The variables are studied by using two tools: Relationship assessment scale (RAS) by Hendrick, S. S. (1988) & Trait Emotional Intelligence Questionnaire – (TEIQue-SF) by Petrides, K. V. (2009). As for as statistical techniques used are concerned, descriptive statistics, t-test & Pearson correlation were used.

From analysis of frequency distributions, it can be concluded that on the understudy constructs (Marital Satisfaction & Emotional Intelligence), majority of the participants fall in the average category, although a significant number falls in high and low categories also. The other conclusions drawn include: -

The results of comparative statistics revealed that a significant difference exists in gender differences on the scores of Marital Satisfaction. Males have more marital satisfaction than females although marriage is

associated with health benefits for both men and women, research has consistently shown that men derive more benefit than women (Goldman et al. 1995; House et al., 1988; Kaplan and Kronick 2006; Kiecolt- Glaser and Newton 2001). Research also proved that when it comes to their sex life, however, similar shares of married (36%) and cohabiting (34%) adults say they are very satisfied. Married men (51%) are more likely than married women (40%) to say they are very satisfied with the way household chores are divided between them and their spouse.

For women, satisfaction with life appears to deteriorate if they remain married as well as if they lose their spouses. Despite women's relatively greater social interaction than men, all social interactions may be decreasing at older ages, thus contributing to declining satisfaction with life. It may also be that women's dissatisfaction with life is less firmly connected to their marital status and that their declining satisfaction is influenced by a broader range of factors associated with growing old in contemporary society. A careful analysis of these issues is required before a more precise understanding of the relationship between marital status transitions and life satisfaction will emerge. What is clear from the present study is that the implications of marital status stability–transitions are likely to differ for men and women.

There is a significant gender differences on the scores of Emotional intelligences. Study by Chu (2002) revealed that males have high level of emotional intelligence than that of females. The probable reason for the present finding might be since emotional intelligence primarily deals with managing and expressing once emotions as well as social skills. Doing well in terms of conflict management, it is sufficient for a couple to have at least one partner with high emotional intelligence, perhaps, when a couple consists of two high – EI partners, there is “too much” emotional perception and management going on. According to Murray, Holmes, and Griffin (1996), high levels of accuracy are not always conducive to relationship satisfaction; people may be happier when they have some positive illusions about their partners. Some of these positive illusions might be reduced by high Emotional Intelligence (EI) through more accurate perceptions about negative affect and faults. If both the partners view themselves as “emotional experts”, it is possible that they may compete to oversee emotional management.

There is a significant relationship between Marital Satisfaction & Emotional Intelligence among the sample

group. Marital satisfaction could be seen as an individual's positive assessment of his/her marital relations. It is a state of satisfaction in marriages which is defined by the intrapersonal or interpersonal perception. Hence, it is seen as a measure that shows how much a person's feeling and needs are met (Ja'farzadeh). Marital satisfaction refers to an individual's positive assessment of his/her contentment with marital relations in terms of how much the individual's feelings and needs are being met. Several determinants are associated with marital satisfaction amongst which are compatibility of personality, educational homogamy, religious homogamy, and income level, level of education, age at marriage, and age of marriage. Thus, today, meeting the needs of partners in marital relationship seems to be becoming a daunting task.

The case of married teachers is not different as many seems to be coping with many problems to get their partners to make a relationship, preserve intimate relationships, and understand each other's emotions. A married teacher in the context of this study is a person (male or female) who is in a legally bound union and is engaged in a school to teach as a profession. For such a person, it is assumed that the significance of marriage in the individual's life has the prospect of affecting other facets of life such as the physical and psychological health. One being in a satisfactory marriage has consistently been associated with better physical health, mental health, and overall life satisfaction.



CHAPTER 7

LIMITATIONS AND SUGGESTIONS

LIMITATIONS

As we all know that research is a continuous process and is never completely perfect due to certain unavoidable circumstances. Every research carries certain flaws that give insight for new research. Keeping in view the above facts, the present piece of work is also subject to certain limitations which the investigator has realized/understood during the research process. These limitations are:

1. The scale was not translated into local language.
2. The sample size was small.
3. Other districts of Pune were not included.
4. Only two variables were taken in the present study.

SUGGESTIONS

Further research needs to be carried out based on present study with certain considerations to improve authenticity of the results for policy makers and other concerned authorities for preparing action plans for the eradication of such type of menace in the society. Some of the suggestions that investigator has realized are listed here:

1. The present study was conducted on 120 samples only. It is therefore suggested that similar study may be conducted on large samples, so that the result obtained may be more reliable.
2. The present study was confined to one district only. A similar study may be conducted to other cities and districts of states.
3. The study may be conducted by taking other variables like psychological hardiness, resilience, self-esteem, perceived stress etc.

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Appendix 1:**RELATIONSHIP ASSESSMENT SCALE**

S. NO.	STATEMENTS	1	2	3	4	5
1	How well does your partner meet your needs?					
2	In general, how satisfied you with your relationship are?					
3	How good is your relationship compared to most?					
4	How often do you wish you hadn't gotten into this relationship?					
5	To what extent has your relationship met your original expectations?					
6	How much do you love your partner?					
7	How many problems are there in your relationship?					

Appendix 2:**TRAIT EMOTIONAL INTELLIGENCE QUESTIONNAIRE**

TEIQue-SF Instructions: Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible. There are no right or wrong answers. There are seven possible responses to each statement ranging from 'Completely Disagree' (number 1) to 'Completely Agree' (number 7).

1 2 3 4 5 6 7

1. Expressing my emotions with words is not a problem for me. 1 2 3 4 5 6 7

2. I often find it difficult to see things from another person's viewpoint. 1 2 3 4 5 6 7

3. Overall, I'm a highly motivated person. 1 2 3 4 5 6 7

4. I usually find it difficult to regulate my emotions. 1 2 3 4 5 6 7

5. I generally don't find life enjoyable. 1 2 3 4 5 6 7

6. I can deal effectively with people. 1 2 3 4 5 6 7

7. I tend to change my mind frequently. 1 2 3 4 5 6 7

8. Many times, I can't figure out what emotion I'm feeling. 1 2 3 4 5 6 7

9. I feel that I have several good qualities. 1 2 3 4 5 6 7

10. I often find it difficult to stand up for my rights. 1 2 3 4 5 6 7

11. I'm usually able to influence the way other people feel. 1 2 3 4 5 6 7

12. Overall, I have a gloomy perspective on most things. 1 2 3 4 5 6 7
13. Those close to me often complain that I don't treat them right. 1 2 3 4 5 6 7
14. I often find it difficult to adjust my life according to the circumstances. 1 2 3 4 5 6 7
15. Overall, I'm able to deal with stress. 1 2 3 4 5 6 7
16. I often find it difficult to show my affection to those close to me. 1 2 3 4 5 6 7
17. I'm normally able to "get into someone's shoes" and experience their emotions. 1 2 3 4 5 6 7
18. I normally find it difficult to keep myself motivated. 1 2 3 4 5 6 7
19. I'm usually able to find ways to control my emotions when I want to. 1 2 3 4 5 6 7
20. Overall, I'm pleased with my life. 1 2 3 4 5 6 7
21. I would describe myself as a good negotiator. 1 2 3 4 5 6 7
22. I tend to get involved in things I later wish I could get out of. 1 2 3 4 5 6 7
23. I often pause and think about my feelings. 1 2 3 4 5 6 7
24. I believe I'm full of personal strengths. 1 2 3 4 5 6 7
25. I tend to "back down" even if I know I'm right. 1 2 3 4 5 6 7
26. I don't seem to have any power at all over other people's feelings. 1 2 3 4 5 6 7
27. I generally believe that things will work out fine in my life. 1 2 3 4 5 6 7
28. I find it difficult to bond well even with those close to me. 1 2 3 4 5 6 7
29. Generally, I'm able to adapt to new environments. 1 2 3 4 5 6 7
30. Others admire me for being relaxed. 1 2 3 4 5 6 7

APPENDIX-I

PROFORMA FOR APPROVAL OF PROJECT SYNOPSIS (MPCE0026)

Enrolment Number: 2002416990 **Course Code:** MPCE-026

Name and Address of the Learner: Vishal Gupta

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Regional Centre: Pune

Study Centre: Pune-16144

Successfully completed MPC-005 & MPC-006

Yes

No

Title of Dissertation: A Study on Co-relation between Marital Satisfaction & Emotional Intelligence

Name, Designation & Address of the Guide*: Dr Rages John, Asst Prof in Educational Psychology,
Govt College of Teacher Education, Kozhikode

*Guide is (Please tick mark):

a) Academic counselor b) from Approved list by IGNOU c) Other



Signature of Student:

Date: 12th Jun '21



Signature of Guide

Date: 14th June '21

Research Through Innovation

APPENDIX-II

FORMAT FOR SYNOPSIS EVALUATION

Suggestion/comments need to be given by synopsis evaluator for each component of the synopsis as follows:

Name of the student: **Vishal Gupta**

Enrollment no: **MAPC, MPCE026, En. No. 2002416990**

Introduction:

More expansion on variables...

Review of Literature:

Not enough – did not mention authors of referenced researches. Copy-paste of whatever results obtained in a single study does not constitute review of literature.

Rationale of the Study:

Explaining the variables does not mean rationale...

Objectives & Hypotheses:

Why null hypotheses are stated? Then why are you doing research if you do not expect to find any relationship or differences? Also rationale not stated – so what is point of research?

Sample:

Adequate

Tools:

Adequate

Data Analyses:

Adequate

References:

Not as per APA style

Synopsis (put a tick mark as appropriate):

Approved

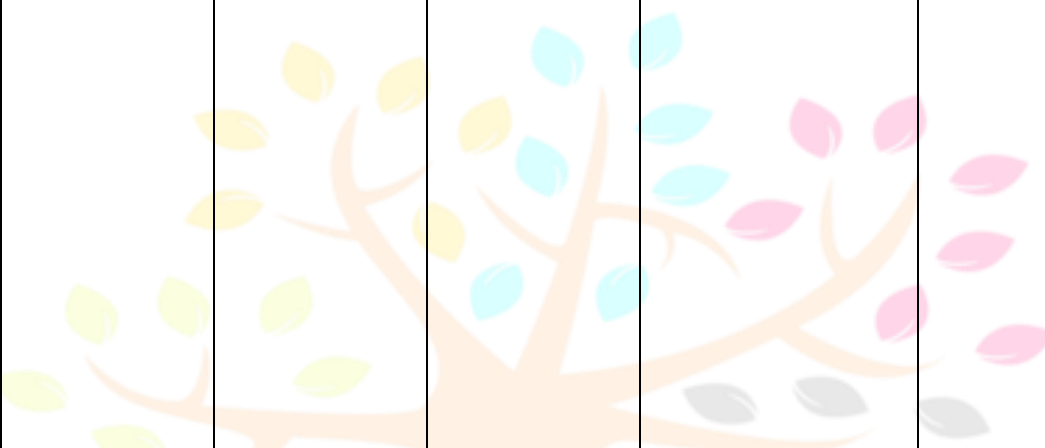
Approved with modifications as suggested

Not approved



Signature of Synopsis Evaluator with Date

APPENDIX-VIII**RECORD OF VISITS/ACTIVITIES CARRIED OUT BY THE LEARNER**

Date Of Visit	Time Duration From: To:	Place Visited	Nature of Work	Name and signature of Concerned Authority	Remarks
					

Note:

- This includes visit to Library or any other place for reference work, Interaction with the Supervisor, Visits for data collection and any other activity related to Project work.
- This is to be duly signed and attached in the final Dissertation/Project report.
- Multiple copies of the blank form may be taken.

Signature of the Learner



Name: Vishal Gupta

Date: 30th Apr'22

Signature of the Guide/Supervisor



Name: Dr. Rages John

Date: 22nd May'22