

The Relationship between Emotional Intelligence and Marital Adjustment in Married Women

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ABSTRACT: In order to investigate the relationship between emotional intelligence and marital compatibility in married women of Mashhad, 5 people were selected through purposive sampling. They were evaluated using a semi-structured questionnaire. The results of the analysis of the findings showed that there is a relationship between emotional intelligence and marital compatibility. Based on the nature of the data, this research is qualitative research, in terms of the purpose of applied research, and in terms of data collection tools, it is descriptive research. In order to answer the research question, the phenomenological method has been used. As a result, women who have the ability to recognize and express their emotions and also have characteristics such as optimism, happiness, the ability to solve problems and impulse control, are self-fulfilling in their married life. They are more compatible.

Keywords : Emotional Intelligence, Marital Compatibility, Married Women

PROBLEM STATEMENT

One of the most important events that happen in the lives of people in society is marriage. Marriage is a stage that affects the society in addition to the individual's personal life. Marriage and forming a life are one of the human values that has been very important to different nations and cultures throughout history. The family is the most basic social form and the main component of society, and without a doubt, it is the most important need that is the basis for the development of the child's physical, mental and social well-being and the factor for him to reach interaction (physical, mental and social). The health of this center is very important and families with healthy functioning, apart from their survival in the form of a system, bring about the flourishing of the potential power of each of its members. Since the foundation of this system is marital relations, if these relations are weak, the necessary foundations for the success and optimal performance of the unit will be shaky or at least weak. Conflict is a necessary product of common life (Ismail Panah, 2022).

Contrary to the importance of the family system in personal and social growth and health, unfortunately, in recent years, the breakdown of families and the rate of divorce have been growing in Iran. According to official statistics, in the spring of 2019, a total of 34,910 divorce cases were registered in the country (Statistical Yearbook of the country, 2019). Therefore, due to the increase in the rate of failure in married life and the deep and extensive damage that it causes to individuals and consequently the whole society, the experts in the field of psychology have turned to the study of the mechanisms that are effective in creating a successful marriage. And their motivation is to identify factors related to marital compatibility in different dimensions and durability of joint life. Considering the conditions of the Iranian society and the issues and problems that have arisen on the way to marriage and marital relations, it is of particular importance for people to pay attention to this issue, because if this brick is placed crooked from the beginning, the family wall will end. It will collapse (Goskarei, 2022).

One of the most important factors that affect the survival and growth of the family is healthy relationships and understanding between members, especially husband and wife. A relationship whose marital compatibility is weak causes the growth of members to stop and stagnate. What plays a greater role in the family and union of husband and wife is the compatibility of husband and wife with each other. One of the areas of married life that may fluctuate in human life and needs attention is compatibility in marital relationships (Alizadeh Laski, 2018).

Poor marital compatibility means dissatisfaction, lack of happiness, lack of agreement in decision making. Couples face many problems in establishing a romantic and intimate relationship. In fact, more than any other category, problems in marital compatibility cause people to refer for health and psychological services. Since issues related to marital compatibility are inevitable due to the emotional nature of marriage, the issue of management and management of emotions brings many discussions in the field of marriage. This compatibility is created through mutual care, acceptance, understanding and satisfaction of needs (Jarsanya, 2021).

Concepts such as intelligence and emotion have always been the focus of psychologists and counselors, and today it is referred to as a type of intelligence that is very effective in mental health, life satisfaction, and mutual understanding of human relationships. Research has shown that what leads to marital compatibility of couples is the ability to understand each other, or emotional intelligence. Intelligent management and regulation of emotions is an important and decisive factor in the health of married life and marriage. One of the variables that facilitate or hinder effective thinking and our reactions is emotions. Based on this, today, emotional intelligence has received the attention of psychologists as an effective factor on human behavior (Kalsem and Kamal, 2018).

The research results also indicate that emotional deficiency increases the ability to tolerate stress and solve daily problems, and these personal skills can make a person successful in dealing with sudden environmental pressures. The results of many researches show that people who have higher scores in the ability of self-control and regulation of their emotions are able to act successfully even in difficult situations in interacting with the people they are in contact with and keep them satisfied and the atmosphere keep calm This ability requires high emotional intelligence so that a person can make a correct and wise decision in critical situations (Kalsom and Kamal, 2018).

Also, Jafari et al. have pointed out the role of emotional intelligence in reducing the effects of psychological damage and increasing compatibility between couples and stated that emotional intelligence increases individual and social compatibility. Also, the result of Fayyaz Saberi et al.'s research (2018) showed that between the dimensions of intelligence There was a positive relationship between emotion and consistency . Researchers believe that the structure of emotional intelligence or at least some aspects of it has the capacity to enrich a marriage with compatibility and satisfaction. They believe that the ability to understand and accept each other's thoughts, feelings and emotions in married life is associated with a feeling of greater compatibility. In fact, emotional intelligence or the skill of managing emotions is necessary for the marital compatibility of people for social life. Accordingly, in the years Recently, in marital relationships, emotional intelligence skills are essential for a successful and harmonious married life (Okpara et al., 2023).

According to the materials that were explained in the statement of the research problem, therefore, the researcher in this research is looking for an answer to this basic question: Is there a relationship between emotional intelligence and marital compatibility?

The Importance and Necessity of Research

▪ Research Gaps

One of the materials that shows the necessity and importance of research is the research proposal of Saberi et al. to be used. Also, Selahshuri et al. (2021) in their research proposals suggested that this research should be carried out in a unisex manner and in other provinces with different cultural societies in order to make the results more generalizable. and it is necessary to examine the dimensions of emotional intelligence in couples as an influencing factor on marital compatibility.

▪ Applied Research Gaps

Considering the importance of teaching emotional intelligence skills to members of the society at a young age, it seems that addressing the issue of the relationship between the dimensions of emotional intelligence and marital compatibility can be useful for families, counseling centers and formal education in the country. be Also, dealing with the relationship between the components of emotional intelligence and marital compatibility in the life of couples, can provide more accurate and specific information for solving family problems of people who refer to family court counselors in the divorce process (Farhangsara counseling services Hai Shahr-dari, 2021) Also, this research by providing information for social workers and counselors to help families by comparing different factors and thereby predict and guarantee their compatibility and success to a certain extent, and finally psychologists and counselors Working in private clinics, family therapists can use and direct the treatment in a direction that leads to the resolution of marital disputes (Iranian Family Psychology Association, 2019). Also, counseling centers in universities, municipal culture centers and judicial counseling centers, premarital trainings in health centers for couples to improve marital compatibility through emotional intelligence skills training can

use the results of this research (Iran Students News Agency, ISNA; The Center of Lawyers, Official Experts and Family Counselors of the Judiciary, 2022).

BACKGROUND RESEARCH

[Oakley \(2023\)](#) in a study determined the relationship between emotional intelligence and marital satisfaction of married teachers in Anambra State. A correlational research design was adopted for the study. The statistical population was married teachers. The findings of the research showed that there is a significant low relationship between the emotional intelligence of married teachers and their marital satisfaction.

[Okpara et al. \(2023\)](#) in a study examined assertiveness and emotional intelligence as predictors of marital adjustment among married couples in Ibadan Greater Municipality, Oyo State, Nigeria. This study adopted a cross-sectional survey design. This study concluded that assertiveness and emotional intelligence of couples are strong predictors of marital adjustment.

[Ismail Panah \(2022\)](#) investigated the relationship between religious orientation and emotional intelligence with marital compatibility in couples. The research method was descriptive and correlational. The statistical population of this research was all the couples of Mashhad city, the results of the research showed that there is a significant relationship between emotional intelligence and marital compatibility.

[Goskarei \(2022\)](#) investigated the relationship between emotional intelligence and marital satisfaction with marital adjustment in working women. The research is applied and correlational and the statistical population of the research included female teachers working in Fuman city, the results of the research showed that there is a positive and significant relationship between emotional intelligence and marital satisfaction with the marital compatibility of working women.

[Yousefzadeh \(2022\)](#) investigated the relationship between primary maladaptive schemas, emotional intelligence and distress tolerance with marital adjustment. This research was descriptive and correlational. The statistical population of the research included all women exposed to domestic violence. The results of the research showed that the relationship between all the components of incompatible schemas, emotional intelligence and distress tolerance with the level of marital compatibility is negative and significant.

[Rafiei et al. \(2021\)](#) investigated the relationship between psychological flexibility and emotional intelligence on couples' compatibility. This research was descriptive and correlational, and the statistical population of this research included all couples living in the 5th and 6th districts of Tehran. The results of this research showed that emotional intelligence and psychological flexibility are related to marital compatibility of couples.

[Jarsania \(2021\)](#) investigated the relationship between emotional intelligence and marital compatibility in research. The statistical population of this research was the married couples of Rajkot city. This research was descriptive and correlational. The results of this research showed that emotional intelligence and marital compatibility have a significant correlation.

[Anyaman \(2020\)](#) studied the role of personality traits and emotional intelligence as determinants of marital satisfaction among married female bankers. This study adopted a cross-sectional survey design approach. The results show that emotional intelligence significantly affects marital satisfaction.

[Alizade Laski \(2019\)](#) investigated the relationship between emotional intelligence and psychological well-being with marital compatibility. The research method was descriptive and correlational. The statistical population of this study were married female students of Islamic Azad University, the results of the study showed that there is a positive and significant correlation between the components of emotional intelligence and marital adjustment.

[Kalsoom and Kamal \(2018\)](#) investigated the prediction of marital compatibility through emotional intelligence. This research was descriptive and correlational. The statistical population of this research was men and women of Pakistan. The results of this research showed that emotional intelligence has a positive and significant relationship with marital compatibility.

[Saberi et al. \(2018\)](#) investigated the relationship between marital compatibility and sexual self-expression with the stability of marriage with the mediation of emotional intelligence. The research method is correlation type and the statistical population of this research was married people of Mashhad city, the results of the research showed that marital compatibility has an indirect effect on the stability of marriage, that is, through emotional intelligence.

[Heidari et al. \(2017\)](#) in research investigated the prediction of marital compatibility based on the aspects of lifestyle and emotional intelligence. The research method was descriptive and correlational. The statistical population of this research was married people with physical-motor disabilities. The results of the research showed that emotional intelligence is a positive and significant predictor of marital adjustment.

[Abdul Hosseini et al. \(2016\)](#) investigated the relationship between emotional intelligence and locus of control with marital compatibility of men and women. The research method was descriptive and correlational.

The statistical population of this research was married men and women of Yazd province. The results of this research showed that there is a significant relationship between emotional intelligence and marital compatibility.

Akerdi et al. (2014) investigated the relationship between emotional intelligence and marital compatibility. The statistical population of this research was all married students of Azad University, in this research descriptive method of correlation type was used. The results of this research show a significant relationship between emotional intelligence and marital compatibility.

Sabbaghi (2012) investigated the relationship between spiritual intelligence and emotional intelligence with marital compatibility. This research is of post-event type and its statistical population was married men and women in Tehran, the results of this research showed that there is a significant relationship between emotional intelligence and spiritual intelligence with marital compatibility.

Research Literature

▪ Content Related to Emotional Intelligence

For more than a hundred years, IQ was considered as a criterion for measuring individual intelligence. In fact, the IQ test was the only indicator of a person's learning ability. But in recent years, this issue has been discussed and challenged in scientific circles. Individual differences began with the investigation and measurement of intelligence. The first people who worked in this field were Galton and Kettle, but Wechsler criticized their work and a new course of activities was formed. He wrote in his report in 1943. I tried to show that in addition to the intelligence factor, there are also special non-intelligence factors that determine intelligent behavior. In 1985, Wechsler considered intelligence as a general concept that includes a person's ability to act purposefully and think logically. with the environment. Among the factors affecting success, intelligence was considered as the main factor of success and progress for a long time, but today, with the change in theoretical views regarding the factors that make up intelligence, it cannot be a successful predictor for success. considered (Thamari and Tahmasabi, 2016).

Emotional intelligence plays an important role in the formation, expansion and continuation of effective human interactions, and generally one of the basic factors of emotional intelligence is how, when and in what way a person uses communication strategies. Emotional intelligence is a set of non-cognitive capabilities that increases a person's ability to adapt to environmental requirements and resulting pressures (Mousavi Lotfi, 2012). The concept of emotional intelligence, which was initially proposed by (Salovey and Mayer, 1997), clarifies individual differences in how to reason about one's feelings. Emotional intelligence as a type of ability is the capacity to understand, express, understand, apply and manage emotions in oneself and others (Mayer and Salovey, 199). The most famous figure in this field, Daniel Goleman, has defined emotional intelligence as a set of abilities such as self-awareness, empathy, self-discipline, self-motivation, and social skills (Golman, 1999).

Bar-N (1997) is another theorist who considers emotional intelligence as a series of non-cognitive capacities, capabilities and skills that increase their ability to successfully deal with environmental demands and pressures. Unlike Gelman and Barr-En, Salovey and his colleagues do not consider emotional intelligence as a series of non-cognitive abilities and a set of personality traits. Rather, according to them, the ability of people to deal with and adapt to life events is dependent on the intertwined cooperation of rational and emotional capacities, and the success of a person in life depends on the fact that a person can think about his own and others' emotional experiences and, in turn, be able to make arguments. that the mind draws about a person or a situation, to give adapted emotional responses (Golman, 1999).

In general, it can be said that emotional intelligence makes it possible to predict success, because it shows how a person immediately applies his knowledge in different situations. In other words, emotional intelligence refers to people's differences in perception, processing, regulation and application of emotional information. The results of many researches show that emotional intelligence, unlike cognitive intelligence, is not a fixed and unchangeable ability, but can be grown and changed, and it can be increased through special training and its quantitative and qualitative level can be improved. Provide emotional intelligence, the ability to recognize and understand one's own and others' emotions in order to motivate oneself and better control one's emotions and to have control over one's own and others' relationships (Golman, 1955).

- Emotional self-awareness: the ability to be aware and understand your feelings
- Self-expression: the ability to express feelings, beliefs and frank thoughts and defend one's own constructive skills.
- Self-esteem: the ability to be aware of self-perception, self-acceptance and self-respect.
- Self-actualization: the ability to realize potential capacities and do what can be done, try to do and enjoy.
- Independence: the ability to direct one's thoughts and actions and to be free from emotional tendencies.
- Empathy: the ability to be aware and understand the feelings of others and value them.
- Social responsibility: the ability to express oneself as a member with a sense of cooperation, effective and constructive in the group.
- Interpersonal relationships: the ability to create and maintain mutually satisfying relationships that are recommended through emotional closeness, intimacy, loving and receiving affection.

- Realism: the ability to measure harmony between what is emotionally experienced and what actually exists.
- Flexibility: the ability to adapt thoughts and behavior to changes in the environment and situations.
- Problem solving: the ability to identify and define problems, as well as create and realize effective and potential solutions.
- Tolerating psychological pressure: the ability to withstand events, stressful situations and strong emotions, without giving in or actively and positively confronting pressure.
- Impulse control: the ability to resist an impulse, drive or experimental activities or reduce them, as well as the ability to control one's emotions.
- Optimism: the ability to look at life wisely and strengthen positive attitudes, even in the face of misfortune and negative emotions (Chernis, 2014).

From the point of view of Salovey and Mir (1990), emotional intelligence refers to the ability to control one's own and others' feelings and emotions, to separate these feelings and to direct one's behavior and thinking based on this information. They also presented a model emphasizing the examination of mental abilities to show the difference between emotional intelligence abilities and talents or social characteristics. The main purpose of this model is to examine talents or social characteristics, they presented a model with an emphasis on examining mental abilities. The main goal of this model is to investigate specific mental abilities to recognize and regulate emotions. According to them, a comprehensive and complete model of emotional intelligence should include criteria for thinking about emotions, unlike previous models that only emphasized understanding and managing emotions (Martin et al., 2016).

Poon (2008) considers emotional intelligence to be the meeting point of advanced abilities and skills in knowing yourself accurately and personal strengths and weaknesses, creating continuity, healthy and effective relationships, spending and working usefully and fruitfully with others, effective and healthy dealing with demands. And they know the pressures of everyday life. Bar-an (1997) also considers emotional intelligence as an effective understanding of oneself and others, establishing a proper relationship with others, and adapting and coping with the environment, in order to deal more effectively with environmental demands. For emotional intelligence, it introduces five composite factors and fifteen subscales. which include intrapersonal intelligence, emotional self-awareness, decisiveness, self-respect, self-improvement and independence; Interpersonal intelligence, empathy and interpersonal relationships and responsibility, adaptability, problem solving, realism, flexibility, stress control, stress tolerance, impulse control and general mood, satisfaction and optimism (Martin et al., 2016).

▪ **An Introduction to Emotional Intelligence**

Emotional intelligence includes many important abilities that play a decisive role in how we function in the mind. Self-awareness and contrast, impulsiveness and persistence, enthusiasm, motivation, empathy and social skills are factors that include another aspect of intelligence. These characteristics are characteristic of people who have a fruitful married life and are successful in their work environment, and it represents character and order, altruism and sympathy, which are necessary and basic features for the stability and promotion of human society. During the last decade, scientific research in the field of emotions has increased in an unprecedented way. The ability to look at the brain during activity, which has become possible due to the emergence of innovative methods such as new brain imaging technologies, are more impressive than all these advances. For the first time in human history, what has always been a secret has become visible. That is, this tangled mass Complex and delicate cell, how it works when thinking and feeling, imagining and dreaming (Alizadeh Laski, 2019).

▪ **Content Related to Marital Compatibility**

Adaptation in the dictionary of psychology is the relationship that each organism establishes with the environment according to the conditions surrounding its environment. This term usually refers to psychological or social adaptation when it is used when a person is involved in a continuous process of expressing his talents and reacting to the environment and at the same time to change it in an effective and healthy way (Salimi and colleagues, 2015). Adaptation is a growing process that involves a balance between what individuals want and what their society accepts. In other words, adaptation is a two-way process, on the one hand, a person effectively communicates with society, and on the other hand, society provides tools through which a person realizes his potential abilities. et al., 2016).

What is important in adaptation is a person's mastery of the environment and the feeling of getting along with himself. More precisely, a person should be able to identify natural obstacles and remove them in order to achieve his goals, and organize his environment in a new way, and on the other hand, he should be able to deal with negative issues within himself that distract him from his goals. come Beck (2001) believes that a person who has a realistic and objective perception of his surroundings is an adapted person. Know your weaknesses and abilities, accept yourself as you are. Live in the present, do not wish for permanent peace, try to realize your true self and have a sense of responsibility towards yourself and others (Salimi et al., 2015).

Catrill (1933), was the first to define marital adjustment as a process in which married partners try to re-enact situation-specific communication systems that they acquired in their previous family, and in fact, marital adjustment is situational. where husband and wife feel happy and satisfied with each other most of the time. This feeling is created through mutual interest, acceptance, care for each other, mutual understanding and satisfaction of needs. Greif (2000) believes that compatible couples have a lot of agreement. They are satisfied with the type and level of their life, and they understand the type and quality of spending free time, and they plan their time and financial issues well (Saginu et al., 2016).

▪ **Different Views on Compatibility**

There are various opinions related to the concept of compatibility and different schools have defined it from their point of view, some of which we will briefly mention.

A. Social learning perspective

Bandura (1995) says that people who try to exert control over the events that affect their lives are better able to realize the desired future and prevent the undesirable future. Trying to control the living conditions of almost every person, because this work can provide countless personal and social benefits for them. The ability to influence outcomes makes them predictable. Predictability fosters adaptability. Inability to exert influence on things that adversely affect a person's life, fosters worry, discouragement or despair (Namoran et al., 2016).

B. The originality of being

The only way for a life based on adaptation to be healthy is if the society to which one adapts is fundamentally honest. Some believe that honesty is an indicator of our society. Most business executives admit to secretly breaking the law to be successful; A high percentage of students say they would cheat if given the chance; Practically, most politicians introduce themselves to their supporters in a different way in order to be elected. In today's society, the only way to go beyond the mire of lies and inauthenticity is to be aware of the fact that social and industrial forces prefer us to become machine people who can be easily manipulated. It is unique to humans through which we can become unique human beings. We must not delude ourselves with the notion that we can surpass all that is destined for us. The rules of our lives our time in history, our native language, our genetic make-up—really limit our freedom. A well-adapted person should find the meaning and direction of life and put aside the negative feelings of being empty and isolated, and reach the level of self-confidence that instead of compromising with life's threats, he flourishes his unique self. (2017).

C. Behavioral perspective

Behaviorists express non-organism and environmental variables as the basic factors of behavior and believe that adaptation is achieved when the appropriate and correct response is given to environmental stimuli in a way that produces the most reinforcement with a pleasant stimulus. In this process, if the organism behaves in a way that the annoying stimulus follows, its adaptation will be disturbed (Hosseini et al., 2017).

▪ **Adaptation Process**

The adaptation flow consists of interconnected steps. The beginning of the adaptation process starts from the needs or the driver and ends with its satisfaction. To clarify the compatibility process, the following steps can be mentioned:

- Arousal and feeling of need
- Goal selection by moving towards a goal to satisfy a need
- hitting an obstacle
- Initial failure and selection of newer methods
- The effectiveness of one of the problem-solving methods
- Reaching the goal
- The motivation to avoid encountering obstacles and avoid continuing to reach the goal (Mousavi, 2012).

▪ **Factors Affecting Marital Compatibility**

A person's satisfactory adaptation to the major social situations of life is directly related to the degree of satisfaction of all basic needs. Their needs and satisfaction depend on the individual's perception, which changes according to age, gender, hereditary talents, culture, social class, job, education, experiences and life adaptations of other people in the individual's environment. The basic variables that are effective in the process of marital adjustment are classified as follows:

- Personality of the individual
- Person's perception of the problem
- The severity of the problem
- Social support
- Possible ways to achieve the goal and ability
- Ability to take care of your health
- A person's understanding of his situation according to his way of life and personality type and effective environmental attitudes and activities (Alizade Laski, 2019).

▪ **Methods and Forms of Compatibility**

It seems that all humans have methods of solving problems with adaptation, but general and basic principles can be achieved to unify the methods of adaptation. Here are different ways of orientation to compatibility; Adaptation through defense and resistance, adaptation through attack and aggression, adaptation to lack of adaptation through attack and aggression, adaptation through irrational fears, adaptation through defense mechanisms, adaptation through tension and adaptation in the form of psychological crises (Yar Mohammadian et al., 2011). Four characteristics for couples who have marital compatibility:

The first feature is to increase positive marital interaction. Compared to unhappy couples, life-satisfied couples spend more time together and collaborate in common tasks, and their interactions become more positive day by day.

Another feature is effective communication and successful conflict management. Conflict and differences between couples are somewhat inevitable. How to deal with these conflicts is what determines compatibility with incompatibility.

The third characteristic is to have positive attention to the spouse, people who have high marital compatibility tend to think positively about their spouse.

The last feature is about the framework of the relationship, the design and framework of the relationship is related to the general ideas and perceptions about the spouse and the marital relationship at any time. Couples who live in a satisfactory relationship have a common and positive understanding of their relationship (Yar Mohammadian et al., 2019).

▪ **Marital Compatibility and Emotional Intelligence**

The ability of emotional intelligence allows spouses to use their talents and other abilities optimally, emotional abilities have increased the level of stress tolerance and conflict resolution skills and marital problems in couples and it is used to cope with It makes it more powerful with existing pressures. John Gutman has done a lot of research on the role of positive emotions in keeping the marital bond strong, as well as destructive emotions in creating marital problems. According to him, emotions and emotions between spouses play an important role in creating intimacy and health in their joint life. Emotional abilities, calming down and calming others, sympathy, listening well to one's spouse, help in resolving marital disputes and creating a feeling of satisfaction. He also stated that marital compatibility is based on the ability of couples to avoid or resolve conflicts efficiently, which leads to a sense of satisfaction from marriage and satisfaction from the other party. It is clear that choosing a spouse is one of the first emotional and legal obligations of people and one of the most important decisions in life. Despite the positive consequences of choosing a spouse, unfortunately, some couples face problems in establishing and maintaining proper relationships with each other, since during the interaction between spouses, the behavior of one affects the other, hence, sufficient knowledge and understanding of the issues that peace and it disrupts the comfort of life, it seems necessary (Bernstein, 1983).

Couples who have higher self-awareness can better recognize their strengths and weaknesses and are aware of their real needs and expectations from their spouses, because self-awareness means being aware of one's mental state and also thinking about that state (Coleman, 1995). And the greatest value of emotional intelligence is the help they provide in understanding and happiness, both at individual and group levels. In fact, the survival of any society depends a lot on the balance between meeting individual needs against group needs. When both needs are met, everyone will be happy and more satisfaction will be experienced (Hein, 2004; translated by Kokhuk Intezir and Mousavi Shushtri, 2016). Therefore, spouses who have the ability to control their emotions and emotions and master the way of expressing their emotions and emotions towards others, especially their spouses, prevent the occurrence of many encounters and misunderstandings in their marital relationships, as well as those who have the ability to empathize with Others have the ability to understand other people's feelings and feel independent for their spouses. Couples who have self-motivation to achieve a certain goal in life, are optimistic about their future and successes in facing difficulties and have enough mental energy. And those who have the ability to manage their relationships and are equipped with social skills can communicate with others, especially their spouses, and arouse his feelings. Therefore, having emotional intelligence skills in couples can be an effective factor in increasing their compatibility. Because emotional intelligence skills have an impact on couples' relationships and bring satisfaction and compatibility to them. With the increase of emotional intelligence, marital satisfaction in people is higher and many psychological, emotional and social problems of people are reduced and it has a significant impact on the physical and mental health of people and a person can better face the challenges of life (Ismail Panah, 2022).

Theoretical

Theoretical Foundations of Emotional Intelligence

▪ **Bar-En Model**

In 1980, Bar-En for the first time used the word emotional intelligence for the abilities of emotional intelligence and made the first test in this case. This model considers emotional intelligence as a set of non-

cognitive skills that affect a person's ability to dream. It is influenced by environmental demands and pressures that include five broad areas of skills and abilities:

- 1) Intrapersonal emotional intelligence: which includes emotional self-awareness (recognizing and understanding one's feelings), courage (expressing feelings, thoughts, and defending personal rights in a constructive way), self-regulation (awareness, understanding, acceptance and self-respect) and independence (It includes self-command, self-control in personal thinking and action, and freedom from emotional dependence).
- 2) Interpersonal emotional intelligence: It includes empathy (the ability to be aware and understand the feelings of others), social responsibility (the ability to cooperate and participate constructively in one's own group) and interpersonal communication management.
- 3) Congruence: includes problem solving (the ability to recognize intrapersonal and social issues) and realism (the ability to evaluate the congruence between the subjective experiences of situations in relation to each other).
- 4) Stress management: It includes the ability to bear stress (resistance to adverse events and stressful situations) and impulse control (resistance or delaying the reaction to an impulse).
- 5) General mood: which includes the feeling of satisfaction with one's life, happiness and optimism (looking at the bright aspects of life and maintaining a positive attitude even in the face of adversity) (Ahmedanjad et al., 2017).

Bar-en (2006) assumes that emotional intelligence is often developed and can be expanded using training, planning and treatment. He believes that people with high emotional intelligence are generally more successful in dealing with environmental demands and pressures. He also believes that a deficiency in emotional intelligence can be interpreted as a lack of success and the presence of emotional problems. He generally believes that emotional intelligence and cognitive intelligence affect general intelligence equally (Qualter et al., 2017).

Gardner sees intelligence as consisting of various dimensions (linguistic, musical, logical, mathematical, physical, interpersonal and intrapersonal). Gardner's opinion consists of two general components, which he introduces with the titles of intrapsychic talents and (interpersonal) skills (Caron et al., 2017). According to Gardner, emotional intelligence consists of the following two components:

Intrapersonal intelligence: which refers to the ability to understand and understand others and wants to know what motivates people, how they work and how to cooperate with them.

Interpersonal intelligence According to Gardner, successful salespeople, politicians, teachers, clinical professionals, and religious leaders probably have high interpersonal intelligence (Calbello et al., 2016).

Theoretical Foundations of Marital Compatibility

▪ Different Theories about Compatibility

In the definition of adaptation, some have distinguished between the theory of traditional psychologists and contemporary psychologists and have said that traditional psychologists have paid attention to the adaptation of the individual to the environment and have considered the characteristics of the personality as normal, which help the individual to develop himself. adapt to the world around him; It means to live in peace with others and gain a place in the society. Now, many psychologists say that if the term compatibility is considered to mean conformity with the actions and thoughts of others. In this case, it will be negative and cannot describe a healthy personality. This group of psychologists emphasizes more on positive characteristics such as individuality, creativity and flourishing of potential talents in adaptation, and they do not consider any association with the surrounding environment as adaptation (Wang et al., 2015).

What is relevant from the point of view of Islam in the field of compatibility is that a person should base his relationship with his wife on the basis of peace, reconciliation and harmony and try to extinguish or reduce to the minimum possible the areas of tension and conflict in relation to his wife. According to the Holy Qur'an, pleasant association with one's wife is ordered even where she is not one's favorite, and it is considered to be the reason for enjoying a lot of good (Nisa, verse 19). It is necessary to pay attention to the fact that a lot of good that comes to a person from the area of compatibility with his wife, provides the basis for his self-prosperity; Therefore, in a sense, along with conformity, self-actualization also appears, and this point is the intersection of two meanings that have been proposed in traditional and contemporary psychology (conformity and self-actualization). From the point of view of Islam, harmony with the wife is for self-exaltation and true prosperity. Therefore, compatibility with a spouse can be considered compatibility with him to the extent that it does not harm a person's self-actualization and his divine values (Madrasi et al., 2013).

▪ Humanistic View

Carl Rogers considers harmony and self-conception or organismic experience to be the basis of compatibility, and whenever a person's perception of his own experience is correct, there is a state of harmony and psychological compatibility between himself and his experiences. When a person's concept of himself is in

relative harmony with his perceived experiences and a person feels that he is acting according to his values, ideals and past experiences, we can say that such a person has sufficient adjustment.

The theorists of this school emphasize more on positive features such as creativity and flourishing of potential talents. Perhaps the most general characteristic of an adaptable person is that he is realistic about himself. In the sense that he does not deceive himself about his motives and sets achievable goals for himself, therefore he avoids unnecessary conflicts and deals with his personal problems objectively. Also, a well-adjusted person is someone whose various traits and characteristics are related. At the same time, there is no perfect compatibility, but optimal compatibility occurs when there is a logical agreement between what a person thinks about himself and what others think about him (Miller et al., 2014).

▪ **Cognitive Perspective**

From the cognitive point of view, an adaptive person refers to someone who has the ability and power to process information correctly, and because he is able to do so, he sets a realistic value system for himself so that he does not get hurt under the influence of painful psychological fluctuations and disagreements with others. do not This process help him to feel better. Adaptable people according to this view are those who adhere to a rational life. A life in which they use logic and empiricism to solve problems, welcome rational criticism of views and values, are aware of their limitations, and do not make unpleasant events more unpleasant than they are. Those who believe that they can really overcome the restrictions, injustices and failures of society inevitably make themselves emotionally uncomfortable. Fighting the inevitable is one of the ways to create anxiety, anger and depression (Matthews et al., 2016).

The Main Purpose of the Research

Relationship between emotional intelligence and marital adjustment of Mashhad married women

The Main Research Question

Is emotional intelligence related to marital adjustment in Mashhad married women?

The Main Research Hypothesis

It seems that emotional intelligence is related to marital compatibility of married women in Mashhad.

RESEARCH METHODOLOGY

Based on the nature of the data, this research is qualitative research, in terms of the purpose of the applied research and in terms of the means of data collection, it is descriptive research. Considering that the present research was carried out by the descriptive method of analysis and based on library and documentary studies. It is reliable; therefore, the valid document scanning tool has been used to collect the required information for the literature section of the research. In the library method, by referring to Persian and online books and articles, part of the necessary information was collected, and in addition, the Internet was used as a source of current scientific information, and valid research articles were also used. To answer the research question, the phenomenology method has been used. The phenomenological method can be used to research any aspect of natural or social reality about which people have gained an understanding.

Statistical Society

The statistical population of this research also includes married women of Mashhad. The participants of this research were 5 married women who had been married for 5 years and had been under psychological pressures in the course of living together and were successful or unsuccessful in solving their daily problems, and also the continuity and positive or negative adaptation against the pressures. They reported life. In this research, the researcher has used purposeful sampling. In targeted sampling, a part of the society is selected based on the judgment and expert opinion of the researcher or the approval of the right people. This sample is selected in such a way that it has the characteristics of the real society as much as possible. In this research, the method and tool of data collection is through semi-structured interviews. Each interview lasted between 45 and 60 minutes. The data have been analyzed through the parallel comparative method. The results obtained from the interview were collected, recorded and interpreted in an interpretive way through compiling a guide table and extracting key points, open coding, component code and categorized in the form of major themes.

Definitions of Research Concepts

Theoretical definitions of research

▪ **Emotional Intelligence**

Salvi and Mayer (1990) defined emotional intelligence as a person's ability to review their own and others' emotions and emotions, distinguish between emotions and use emotional information in problem solving and regulating behavior.

▪ **Marital Compatibility**

Marital adjustment is a process in which both members of the couple, individually or in cooperation with each other, change and modify their behavior patterns to achieve maximum marital satisfaction in their relationship (Drake et al., 2016).

Operational Definitions of Research

▪ **Emotional Intelligence**

In this research, emotional intelligence means the answers that the interviewees will give to the semi-structured interview questions.

▪ **Marital compatibility**

The meaning of marital compatibility in the present research is the answers that the interviewees will give to the semi-structured interview questions.

RESEARCH FINDINGS

Table 1. Analysis of Research Findings in Response to Question 1

Questions	Answers	Open Source	Components	Dimensions (Variable)
When you understand your spouse's feelings and emotions, do you feel happier and more satisfied?	<p>1) Yes; When I notice my wife's feelings and emotions and try to understand them, we both feel more satisfied.</p> <p>2) Yes; Most of the time, I have noticed that by understanding my wife's emotions and feelings, we experience more happiness and satisfaction.</p> <p>3) It's hard for me to understand my wife's emotions and feelings because we have a challenge because we don't understand each other.</p> <p>4) By understanding my wife's feelings, the pressures she is facing become easier for her, in fact, I can understand her better.</p> <p>5) Understanding my wife's feelings and emotions allows me to have more appropriate reactions in different situations.</p>	<p>1) Understanding feelings and emotions leads to satisfaction.</p> <p>2) Satisfaction and happiness come from understanding each other's emotions.</p> <p>3) Failure to understand the emotions and feelings of the spouse causes challenges.</p> <p>4) Understanding emotions reduces stress.</p> <p>5) Understanding feelings and emotions leads to more appropriate reactions.</p>	<p>1) Understanding emotions and satisfaction</p> <p>2) Understanding emotions and happiness</p> <p>3) Failure to understand each other's emotions and challenges in the relationship</p> <p>4) Understanding emotions and reducing mental stress</p> <p>5) Understanding emotions and showing appropriate reactions</p>	Emotional intelligence and marital compatibility

Table 2. Analysis of Research Findings in Response to Question 2

Questions	Answers	Open Source	Components	Dimensions (Variable)
Do you experience a more fulfilling relationship when you intelligently combine your emotions and thoughts in your interactions with your spouse?	<p>1) Yes, whenever my emotions are aligned with my thoughts, I perform better and experience a more satisfying relationship.</p> <p>2) I always try to keep my emotions from being shallow and empty and think about them. This made me feel happy and satisfied.</p> <p>3) It is difficult for me to express my emotions in a logical and thought-out way, and we have a challenge with my wife over this issue.</p> <p>4) By intelligently combining my emotions and thoughts, I experience a more fulfilling relationship.</p> <p>5) Combining my emotions with thought makes my reactions to various events more logical.</p>	<p>1) Combining thought with emotions leads to a more satisfying relationship.</p> <p>2) Affection without thought causes lack of satisfaction.</p> <p>3) Expressing emotions without thinking creates less sense of happiness.</p> <p>4) The intelligent combination of thoughts and emotions feels more satisfying</p> <p>5) Affection with the thought of better relationship management</p>	<p>1) The combination of thought and emotion is more satisfying</p> <p>2) Lack of combination of emotions and thought of feeling less satisfaction</p> <p>3) Affection without thought, feeling less happiness</p> <p>4) Affection combined with thinking is more satisfying</p> <p>5) The combination of thought and emotion improves reactions</p>	Emotional intelligence and marital compatibility

Table 3. Analysis of Research Findings in Response to Question 3

Questions	Answers	Open Source	Components	Dimensions (Variable)
Can you easily solve marital relationship issues (such as finances and child rearing)?	<p>1) Yes, most of the time I can solve the responsibilities related to these things easily.</p> <p>2) Yes, matters related to marital relationship, including raising children and financial issues, can be solved almost without any challenge.</p> <p>3) It is difficult for me to solve these matters easily</p> <p>4) My wife and I solve these things in a smart way.</p> <p>5) Even in difficult situations, I have been able to lead and resolve issues related to finances and raising children.</p>	<p>1) Easy solution to marital relationship issues</p> <p>2) Lack of challenge in issues related to raising children and financial issues</p> <p>3) Difficulty solving problems</p> <p>4) Smart solution of marital issues</p> <p>5) Solving problems in difficult situations and marital compatibility</p>	<p>1) Marital compatibility and problem solving</p> <p>2) Marital compatibility and lack of challenge</p> <p>3) Lack of marital compatibility in solving problems</p> <p>4) Intelligence in solving problems</p> <p>5) Problem solving and marital compatibility</p>	Marital compatibility

Table 4. Analysis of Research Findings in Response to Question 4

Questions	Answers	Open Source	Components	Dimensions (Variable)
Does understanding your spouse's emotions have an effect on how to talk and how to disagree with each other?	<p>1) Yes, when I understand his emotions, the process of talking and disagreeing is with empathy and calmness.</p> <p>2) Yes, every time I tried to understand my wife's feelings about various issues, we had a respectful conversation.</p> <p>3) Our conversations are accompanied by fights and aggression because we cannot understand each other's emotions.</p> <p>4) I experience less challenge in understanding my wife's emotions in conversations and disagreements.</p> <p>5) I have realized that in different situations and in different discussions, we have constructive and helpful disagreements by understanding my wife's emotions.</p>	<p>1) Understanding emotions leads to empathy and more sincere dialogue.</p> <p>2) Understanding each other's emotions in a conversation leads to respect.</p> <p>3) Lack of understanding of emotions and fights in conversations</p> <p>4) Intelligence in understanding emotions causes less challenges in the relationship.</p> <p>5) Understanding emotions in different situations creates a constructive dialogue.</p>	<p>1) Understanding emotions and marital compatibility</p> <p>2) Understanding emotions and marital compatibility</p> <p>3) Lack of understanding of emotions and lack of marital compatibility</p> <p>4) Understanding emotions and less challenge in marital adjustment</p> <p>5) Understanding emotions and emotions in difficult situations and increasing marital compatibility</p>	Marital compatibility and emotional intelligence

Table 5. Analysis of Research Findings in Response to Question 5

Questions	Answers	Open Source	Components	Dimensions (Variable)
Does managing your emotions lead to feeling satisfied and happy in your relationship?	<p>1) Yes, by managing my emotions, I feel satisfied and happy most of the time.</p> <p>2) Whenever I try to manage my emotions, I end up feeling more satisfied.</p> <p>3) I can't control my emotions and it always causes problems.</p> <p>4) I try to manage my emotions and emotions intelligently and experience more satisfaction.</p> <p>Even in difficult situations, I try to control and manage my emotions and that's why I feel happy most of the time.</p>	<p>1) Managing emotions leads to feelings of happiness.</p> <p>2) Managing emotions and excitement leads to the experience of relationship satisfaction.</p> <p>3) Failure to manage emotion and emotions causes problems in the relationship.</p> <p>4) Intelligent management of emotions and emotions makes you experience more satisfaction in your relationship with your spouse.</p> <p>Managing emotions in difficult situations brings happiness in the path of marital relationship.</p>	<p>1) Management of excitement and feeling of happiness</p> <p>2) Management of emotions and feelings of satisfaction</p> <p>3) Lack of management of emotions and lack of marital compatibility</p> <p>4) Intelligence in managing emotions and marital compatibility</p> <p>Emotion management in difficult situations and marital adjustment</p>	Emotional intelligence and marital compatibility

DISCUSSION

The purpose of the above research was to examine the relationship between emotional intelligence and marital adjustment. In this section, the interviewees were asked the following questions and their answers were briefly described below.

Do you feel happier and more satisfied when you understand your partner's feelings and emotions? Spouses who understood the emotions and feelings of the monogamous experienced a greater sense of happiness and satisfaction, and people who intelligently tried to understand their spouse's emotions and feelings in difficult and critical situations reported a greater sense of satisfaction and happiness, and people who were unable They did not report the feeling of satisfaction and happiness from understanding their spouse's emotions and feelings.

Do you experience a more satisfying relationship when you intelligently combine your emotions and thoughts in your interaction with your spouse? Spouses who intelligently combine their emotions and thoughts in interacting with their spouses experience more happiness and satisfaction, and people who intelligently try to combine their thoughts and emotions in difficult and critical situations people who were unable to combine thoughts and emotions did not report feelings of satisfaction and happiness.

Can you easily solve marital relationship issues (finances, raising children, etc.)? Spouses who easily solved the issues related to the marital relationship, including raising children and financial issues, experienced more happiness and satisfaction, and people who tried to solve and manage the above issues intelligently in difficult and critical situations experienced a feeling of satisfaction. and reported more happiness, and people who were unable to solve and manage financial and child-rearing issues did not report feelings of satisfaction and happiness.

Does understanding your spouse's emotions and feelings have an effect on how to talk and how to disagree with each other? Spouses who tried to understand their spouse's emotions and feelings experienced more happiness and satisfaction, and people who intelligently tried to understand their spouse's emotions and feelings in difficult and critical situations reported more satisfaction and happiness, and people who were unable to understand the excitement and emotions of their spouses, did not report the feeling of satisfaction and happiness.

Does managing your emotions lead to feeling satisfied and happy in your relationship? Spouses who managed their emotions experienced more happiness and satisfaction, and people who intelligently tried to manage their emotions in difficult and critical situations reported more satisfaction and happiness, and people who They were unable to manage their emotions and did not report feeling satisfied and happy.

People who have more emotional intelligence are able to understand the positive and negative emotions of themselves and their spouse. They have the ability to empathize, take responsibility, and are considered happy and optimistic women. They have patience and tolerance in the face of life's problems. They try to solve life's problems in the best way and are able to control themselves in times of anger and frustration. It seems that the increase of such characteristics is related to the increase of marital compatibility in several ways. Probably, the ability to understand the emotions of oneself and one's spouse through helping to increase positive emotions and emotions and reducing negative emotions or preventing them from intensifying is effective in increasing adaptation. Many researches have focused on the instability of marriage and the possibility of divorce, and less research has been seen that has been presented with the approach of teaching and examining emotional intelligence and marital compatibility. Also, by examining the results of other researches, it was found that there is a positive and significant relationship between the components of emotional intelligence and marital adjustment.

Research Proposals

▪ *Practical*

Counseling centers in universities, municipal cultural centers and justice counseling centers, premarital educations, health centers, and private counseling centers can use the results of this research for couples to improve marital compatibility through emotional intelligence skills training.

▪ *Research*

In this research, a semi-structured interview was used to collect data, so it is suggested to use structured questionnaires in this field and compare the results of the researches to better reveal the generalizability of the results.

In this study, due to easier access, only one gender participated in the research, it is recommended to study and investigate the variables of this research on men in the next research.

It is suggested that similar studies be conducted in other populations, including specific occupational groups, to reveal the role and importance of these variables in other groups.

It is suggested that other variables that were not controlled in this study (income, number of children, job, etc) should be controlled in future studies.

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