

Emotional Intelligence and Education: Positive Predictors of Marital Adjustment among Married Women Living in Joint Family System

Fozia Aamir Siddiqui¹, Farhat Jokhio², Shahana Mashooque Siddiqui³

¹Assistant Professor, Department of Psychology, University of Sindh, Jamshoro.

²Assistant Professor, Department of Psychology, University of Sindh, Jamshoro.

³Assistant Professor, Department of Psychology, University of Sindh, Jamshoro.

Correspondence: foziahabib2004@yahoo.com¹

ABSTRACT

Aim of the Study: The stability of a nation and society largely depends upon the marital stability of the peoples belongs to that society or nation. Unfortunately, there seems to be a decrease in the societal support to the marriage system. There are several reasons behind this issue, including youngsters less interest in getting marriage, fear from marital instability, divorce, and fear from taking the responsibility of a family. The study was aimed to investigate the role of emotional intelligence, and level of education in marital adjustment among married women living in joint family system.

Methodology: The aforesaid issue was investigated using non-probability purposive sampling technique on 50 married women having master's degree, living in a joint family system after marriage belongs to Hyderabad city. Survey method was used for data collection through questionnaire technique. There were two hypotheses of the study. 1. Emotional intelligence would be the positive predictor of marital adjustment among married women. 2. Level of education would be the positive predictor of marital adjustment among married women. Variables of the study were measured with the help two valid and reliable instruments. 1. Self –report measure of emotional intelligence scale. (Khan & Kamal., 2010). 2. Marital adjustment Questionnaire (Vaishnavi& Shalini, 2020) and personal information questionnaire was used for getting the demographic variables information about the participants. Mean, SD, and regression analysis was computed with SPSS Version (26).

Findings: Results of the study confirmed both of the hypotheses of the study. Findings of the study can be beneficial for the betterment of community.

Conclusion: The study concluded that emotional intelligence and education positive predictor of marital adjustment among married women.

Keywords: Emotional Intelligence, Marital Adjustment, Joint Family System, Married Women.

Article History

Received:
June 30, 2023

Revised:
September 18, 2023

Accepted:
September 23, 2023

Published:
September 30, 2023

Introduction

Marriage is the oldest and most significant social institution in the life of a human being (Janetius, 2019). As compared to other relationships between man and woman marriage has a unique importance in society. There are various reasons for marriage's importance in the life of an individual including, companionship, making his or her family, having children, financial and emotional security, belongingness, love, sex, giving and receiving care, and to protect oneself from illicit relationships. (Dildar, 2012). Marriage is a beneficial companion for couples they share feelings, thoughts, emotions, give financial support to one another. Marital adjustment among couple also put positive impact on their parenting style; they up bring healthy members of the society. (Bradbury, Finchman, & Beach, 2000). Besides of its importance in the society, no one can deny that marriage is an extremely challenging commitment, which demands continuous patience (Ayub & Iqbal, 2012). As the world has become the global village the concept of traditional marriage has also been changed; and there is an increase in the cases of divorce rate in the world including Pakistan. The reasons of breakup or divorce may include, mismatch couples, arranged marriage under the pressure of family, lack of mutual understanding among couples, and joint family systems (Illyas & Habib, 2014).

Pakistan like other Asian countries believes in collectivist culture and most of the families after marriage are living in joint family system. (Lodhi et al., 2021) There are several merits and demerits of living in a joint family system, in merits include, security, familial support, care, and the problems of space, lack of independence, lack of freedom in decision making are some of the demerits of joint family system. Living in a joint family system after marriage largely the responsibility of a successful marriage is on the shoulder of a woman. When a girl gets married, her spouse and in laws has many expectations from her. An educated woman has more self confidence and can assume the responsibilities of a married life. (Akhtar, 2021). Couples living in a joint family system have marital adjustment problems as compared to the nuclear family system. (Nahar & Mohajan 2019). To live a happy and satisfied life individual needs to make adjustments. Education is helpful to take wise steps in decisions related to married life Researches indicate women's education positively influence quality of marriage, and reduces the chances of separation (Ritu, Thind, & Jaswal, 2006; Greenstein, 1990).

Significance of the Study

One of the important adjustments in the life of an individual is marital adjustment; in the last decade, emotional intelligence and marital adjustment becomes the target of researcher's attention (Jalil & Muazzam, 2013) Emotional intelligence is the art to use emotions properly. Appropriate use of emotions according to the situation, which refers to the understanding, management, and identification of emotions, is called emotional intelligence. (Mayer & Salovey, 1997). There is strong research-based evidence of the importance of emotional intelligence in life adjustment. (Pandey & Ananad, 2010).

Emotional intelligence and marital adjustment have a strong link, an adjustment in married life required emotional regulation emotional understanding, and emotional management, and all are the characteristics of emotional intelligence (Fitness, 2001). In the words of Daniel Goleman (1995), emotional intelligence is an individual's emotional side of life consisting of the ability to manage and recognize their own and others' emotions and maintains good interpersonal relationships. Married women need to be more conscious about the unspoken emotional needs of the spouse, these understandings plays a crucial role in marital satisfaction. (Bricker, 2005). An emotionally balanced marital relationship is the key to a successful marriage. (Holm, 2001). Emotional intelligence puts a positive effect on marital quality (Kamomoe, 2021). Emotional intelligence has an optimistic role in couple's interpersonal relationship. (Schutte et al., 2001).

Present research is focused to discover the relationship between emotional intelligence, and marital adjustment among married women living in joint family system. The hypothesis of the study states, 1. Emotional intelligence would be a positive predictor of marital adjustment among married women living

in joint family system.2, level of education would be a positive predictor of marital adjustment among married women.

Study Objectives

- 1) To analyze the role of emotional intelligence in the development of marital adjustment among married women.
- 2) To assess the contribution of education in marital adjustment among married women.

Hypotheses

H 1: Emotional intelligence would be a positive predictor of marital adjustment among married women living in joint family system.

H 2: Level of education would be a positive predictor of marital adjustment among married women.

Methodology

Research Design

Present research is a quantitative co relational study; survey method was used for data collection through questionnaire technique. Non probability purposive sampling technique was used for data collection. Mean, SD and regression analysis was computed to analyze the data.

Operational Definitions of the Variables

Marital Adjustment: Marital adjustment refers to the feelings of happiness and feelings of satisfaction among couple (Hashmi, Khurshid & Hassan, 2007).

Emotional intelligence: Emotional intelligence refers to the ability to identify, assess and control one's own emotions, the emotions of others and that of groups (Goleman, 1995).

Level of education: For the purpose of present study the operational definition of the level of education refers to, "the level of highest completed qualification reported for a person in any field of study".

Scales:

For the measurement of both variables of the study three scales were administered:

1. Self Report measure of emotional intelligence scale. (Khan & Kamal, 2010)
2. Marital adjustment Questionnaire (Vaishnavi &Shalini, 2020)
3. Personal informational questionnaire.

Self Report Measure of Emotional Intelligence

For the measurement of the emotional intelligence, the self_ report measure of emotional intelligence scale (Khan & Kamal 2010) was used. The scale has 60 items and three subscales 1. Emotional self awareness 2. Emotional self regulation 3. And interpersonal skills. The answers were scored on five point likert scale 5= always, 4= often, 3. Moderate, 2. Rarely, 1. Never. The alpha reliability coefficients of the scale is $r=.95$.

Marital adjustment Questionnaire

Author translated into the Urdu language the marital adjustment questionnaire developed by (Vaishnavi & Shalini, 2020) and used in our study. The questionnaire has 50 items that covers 9 important aspects of marital adjustment including: 1. Psychological adjustment, 2. Social adjustment, 3.Health adjustment, 4.Financial adjustment, 5.Family relationship, 6. Sexual adjustment, 7.Adjustment with parenting, 8.Ajustment in household activities, 9.Adjustment in conflict resolution. There are positively and

negatively phrased items in the questionnaire. Each statement has given a choice from Always, Often, sometimes, rarely, and Never. The alpha reliability coefficient of the questionnaire is $r = 0.896$.

Personal information Questionnaire

The Personal information questionnaire includes demographic information consisted of Name, age, qualification, and family system information i.e. joint or nuclear family system.

Participants

Participants of the study comprised 50 married women, having master's degrees living in a joint family system. Age of the participants range between 30 to 50 years. Participants of the study were selected from friends, family members, colleagues, and acquaintances.

Procedure

According to the requirement of the study 50 married women from friends, family members, colleagues, and acquaintances were approached. They were assured of confidentiality and that their responses will be used for research purposes only and their responses would remain anonymous. After taking their consent, to participate in the study they were given three questionnaires one by one. First of all, we administered a personal information questionnaire including age, level of education, marital status, and family system of the participants (i.e. joint family system, or nuclear family system) on participants, which took ten minutes to complete. After that Self Report Measure of emotional intelligence scale was given to them, within 35 minutes they completed their responses on 60 questions scale. At the last participants were asked to fill marital adjustment Questionnaire, they completed 50 questions in thirty minutes.

Results

Table 1: *Mean and standard deviation of the married women on SRMEI and MAQ*

	N	Range	Minimum	Maximum	Mean	SD	Variance
Age	50	2.00	1.00	3.00	1.7200	.80913	.65
Level of EDU	50	1.00	1.00	6.00	4.2200	1.43271	2.05
Total_ MA	50	124.00	87.00	211.00	145.5200	28.36514	804.581
Total_ EI	50	104.00	147.00	251.00	192.8200	23.98357	575.212
Valid N(listwise)	50						

Table 1 is showing the mean, and SD of married women's scores on self report measure of emotional intelligence and marital adjustment questionnaire. According to the findings of the study there is a significant difference in the mean value of married women on emotional intelligence (Mean = 192.8200) is higher than the Mean value of married women on level of education (Mean=1.7200).

Table 2: *Regression analysis: predicating marital adjustment from emotional intelligence*

Predictor	R	B	SE	t	p
EI	.675	.798	.126	6.330	.000
R-Squared	.455				
Adjustment R-Squared	.444				
F	40.649				
df	49				

EI=Emotional Intelligence, df=degree of freedom

Table 3: *Regression analysis: predicating marital adjustment from level of education*

Predictor	R	B	SE	t	p
EI	.979	0.51	.002	32.961	.000
R-Squared	.958				
Adjustment R-Squared	.957				
F	1086.413				
df	49				

EI=Emotional Intelligence, df=degree of freedom

The results of simple linear Regression as presented in Table 2 found a statistically significant predictive relationship between emotional intelligence and marital adjustment ($R^2=.444, F=40.649, p=.000$) The R-squared value indicates that emotional intelligence explains.455% of the variance in marital adjustment. The positive *B* value indicates that there are .789 increases in the level of marital adjustment with every 1-point increase in the score of emotional intelligence.

The results of Simple linear Regression as presented in Table 3 is also found a significantly predictive relationship between emotional intelligence and level of education ($R^2 =.958, F=1086.413, P=.000$) . The R- squared value indicates that level of education explains .958% increase in the level of marital adjustment with every 1-ponit increase in the score of the level of education.

Discussion

The present research was focused to evaluate the role of emotional intelligence and education in marital adjustment among married women. The study was conducted on 50 married educated women living in a joint family system. There were two hypotheses of the study1. Emotional intelligence would be a positive predictor of marital adjustment among married women living in a joint family system.2. Level of education would be a positive predictor of marital adjustment among women. Hypotheses of the study were confirmed.

A Marital adjustment has the importance of backbone in married life, which is crucial in the overall well-being and satisfaction among couples (Allendorf & Ghimire, 2013; Basharpoor & Sheykholeslami, 2015). There are several factors that contribute to happy and healthy married life, including emotional intelligence and education. Many previous research studies focused, to investigate the role of emotional intelligence in marital adjustment confirmed strong association between both of the variables (Heidari, Venkatesh &Kumar, 2021; Jarsaniya, 2021), finds higher emotional intelligence among couples leads to better marital satisfaction. In Pakistan Arshad et al (2015) conducted their research on 300 professionals (Doctors, Engineers, and Lecturers) to investigate the association between emotional intelligence and marital adjustment among them. Data was collected from Lahore, Multan, and Faisalabad results of the study revealed marital adjustment was positively correlated with emotional intelligence. Another important element in marital adjustment is married women's level of education. Education has a significant role before and after the wedding, education gives awareness, and skills to adjust to new environment, especially in a joint family system. Angusamy, Kuppusamy, and Anantharaman, (2017) confirmed education as an important factor behind marital satisfaction among couples. Results of the study indicate emotional intelligence as very important predictor for marital adjustment than level of education. Previous studies indicate the reason behind marital adjustment lies in the level of education of a married woman (Härkönen & Dronkers 2006; Kalmijn 2013; Kreager et al., 2013; Matysiak, Styr, & Vignoli 2014; McLanahan & Jacobsen 2015).

Conclusion

Family is a small unit of society, which has the prime importance in the foundation of personality and in marital adjustment. All social communications including communication between couples require

emotional intelligence. Emotional intelligence is helpful to convey beliefs, thoughts, feelings and ideas, in a meaningful way. A married woman's interpersonal relationship with her spouse shows her emotional capacity, to adjust in married life. The intimacy, closeness and conflict management techniques determine her level of emotional intelligence. Education is another stepping stone in the adjustment of all relations including married life. The term education has broader meaning including formal and informal. In past when female education was not common, women get benefit from their informal education.

Acknowledgements

None.


Conflict of Interest


Authors declared no conflict of interest.


Funding Source

The authors received no funding to conduct this study.

ORCID iDs

Fozia Aamir Siddiqui ¹  <https://orcid.org/0009-0003-3321-2691>

Farhat Jokhio ²  <https://orcid.org/0009-0008-6699-7313>

Shahana Mashooque Siddiqui ³  <https://orcid.org/0000-0001-6978-6281>

References

- Akhtar (2021). An Analysis of the Differences of Marital Adjustment among Educated Career and Non-career Women in Bangladesh., *International journal of social sciences and management*, 8(2), 372-379.
- Allendorf, K., & Ghimire, D. J. (2013). Determinants of marital quality in an arranged marriage society. *Social Science Research*, 42(1), 59–70. <http://dx.doi.org/10.1016/j.ssresearch.2012.09.002>
- Angusamy, A., Kuppusamy., Anantharaman, R.N., (2017). A study on study marital satisfaction among Malaysian women, *International Journal for Studies on Children, Women, Elderly And Disabled*, 1. 85-89.
- Basharpoor, S., & Sheykhosslami, A. (2015). The relation of marital adjustment and family functions with quality of life in women. *European Journal of Psychological*, 11(3), 432-441.
- Dildar, Saadia, et al. (2012). Chains do not hold a marriage together: emotional intelligence and marital adjustment (A case of Gujarat district) *East Journal of Scientific Research*, 11(7), 982-987
- Fitness, J. (2001). *Emotional intelligence and intimate relationships*. In J.Ciarrochi, J.P.Frorgas & J.D. Mayer (Eds), *Emotional intelligence in everyday life: a scientific inquiry* (Pp. 98-112) Psychology Press.
- Greenstein, T. N (1990): Marital disruption and the employment of married women. *Journal of Marriage and Family*, 52, 657-676.
- Hashmi, H. A. Khursheed, M. & Hassan, I. (2007). Marital Adjustment, Stress and Depression among Working and Non-Working Married Women. *Internet Journal of Medical*, 2(1), 19-26.

- Heidari, M., Venkatesh Kumar, G., (2021), Influence of emotional intelligence on marital satisfaction among married couples, *International journal of scientific research*, 10(09), 61-65.
- Illyas, S., Habib, S., (2014). Marital Satisfaction and Emotional Intelligence among Different Professionals. *International Journal of Scientific & Engineering Research*, 5(11), 302-307.
- Jarsaniya J (2021). A study of emotional Intelligence and marital adjustment in married couples relation to gender and family type. *International journal of Indian Psychology*, 9(2), 1793-1802. DOI:10.25215/0902.179
- Kamomoe, P. K., Ngari, S. M., Gichure, P., Ndung'u, E. M., Esiu, E. M. (2021). The effect of emotional intelligence on marital quality in Kenya: A case of the Catholic Archdiocese of Nairobi, Kenya. *International Academic Journal of Social Sciences and Education*, 2(2), 394-411.
- Lodhi, F.S., Rabbani, U., Khan, A.A. (2021) Factors associated with quality of life among joint and nuclear families: a population-based study. *BMC Public Health*, 21, 234. <https://doi.org/10.1186/s12889-021-10265-2>
- Mayer, J.D., Salovey, P. (1997). *What is emotional intelligence?* In P. Salovey & D. Sluyter (Eds). Emotional development and emotional intelligence: Implications for Educator's pp: 3-31. New York: Basic Books.
- Nighat, A. (2013) Evaluation of the joint family system as a major cause of depression among married women of Sindh. *Interdiscip J Contemp Res Bus*, 4(10), 113–132.
- Schutte N.S, Malouff, J.M, Bobik C, Coston T,D, Greeson C, Jedlicka C. (2001). Emotional intelligence and interpersonal relations. *Journal of Social Psychology*, 141(4), 523–536.
- Singh, R., Thind, S.K., Jaswal, S. (2006). Assessment of Marital Adjustment among Couples with Respect to Women's Educational Level and Employment Status, *Anthropologist*, 8(4), 259-266.