



“Relationship between Emotional Intelligence and Marital Satisfaction of Male and Female Married Teachers in Mysore District”

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Abstract

Marriages 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 teachers in Mysore District. Three research questions were formulated to guide the study while three null hypotheses were tested at 0.05 level of significance. Correlational research design was adopted for the study. A sample size of 183 married teachers was drawn from a population of 1450 married teachers. A multi-stage sampling procedure was followed selecting the sample. Two instruments: Emotional intelligence Scale (EIS) and Index of Marital Satisfaction (IMS) were adopted and used for data collection. The instruments are standardised measures and have the following reliability coefficient; 0.96 for IMS, 0.89 and for EIS. Data was collected through direct delivery approach. Data collected were analysed. Pearson correlation coefficients and regression analysis were used to answer research questions and test the hypotheses. Findings of the study showed among others that there is a significant low relationship existing among married teacher's emotional intelligence and their marital satisfaction. Based on the findings of the study it was recommended, among others that married teachers should be encouraged by the Counselors involved in marital counseling to pursue habits and attitudes that promote marital satisfaction through periodic seminars and counseling sessions.

Keywords: Emotional intelligence, marital satisfaction, married teachers, relationship.

I. Introduction

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 people's 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.

A number of 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, in today's society, 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 seem to be coping with a large number of 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.

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.

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 in order to foster emotional maturity in order 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.

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.

Especially here in Mysore district 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 district. This therefore instigated the need for this study.

II. Purpose of the Study

The main purpose of this study is to determine the relationship between emotional intelligence and marital satisfaction of married teachers in Mysore District. Specifically, the study intends to determine:

1. A study on relationship between the emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools.
2. A study on the difference marital satisfaction of between married male and female teachers in Mysore District secondary schools.
3. A study on the difference emotional intelligence of between married male and female teachers in Mysore District secondary schools.

III. Significance of the Study

Furthermore, findings of this study will benefit the Guidance Counsellors, 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 counsellors in understanding how these factors interplay in fostering existence of mutual understanding between married couples. Thereby enabling the guidance counsellors 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.

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.

IV. Research Questions

The following research questions guided the study.

1. What type of relationship difference between emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools?
2. What type the difference emotional intelligence of between married male and female teachers in Mysore District secondary schools?
3. What type the difference marital satisfaction of between married male and female teachers in Mysore District secondary schools?

V. Hypotheses

The following null hypotheses were formulated to guide the study and were tested at 0.05 level of significance.

1. The type of relationship difference between emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools is not significant.

2. The difference between emotional intelligence of married male and female teachers in Mysore District secondary schools is not significant.
3. The difference between marital satisfaction of married male and female teachers in Mysore District secondary schools is not significant.

VI. Method:

Techniques used in Research:

Statistical techniques used in Research in Correlation, 't' test.

Research Design

The study was conducted using a correlational research design. The design was used because it sought to establish the relationship that exists between variables; emotional intelligence and marital satisfaction of married teachers in Mysore District.

Participants

A total 183 married secondary school teachers, made up of 43 male teachers and 140 female teachers from secondary schools in Mysore District made up the sample for this study. In selecting the sample for the study, a multi-stage sampling approach was used.

VII. Instrument for Data Collection:

Two research instruments were used in this study to elicit information from the married school teachers. The instruments include: Emotional intelligence Scale (EIS) and Index of Marital Satisfaction (IMS). The Emotional Intelligence scale is a modified version of the emotional intelligence scale developed and standardized by Singh (2002) and was used to assess the emotional balance of the married teachers in dealing with issues related to their marriage. The instrument measures the self-awareness, self-regulation, self-motivation and social skills of the married teachers. Index of Marital Satisfaction (IMS) is a standardised instrument designed by Walter W. Hudson (1982) The Index of Marital Satisfaction (IMS), scale was designed to measure the degree, severity, or magnitude of the problem a spouse or partner has in a partner relationship. The IMS measures the magnitude of marital discord or dissatisfaction that is felt or perceived by one partner. The two instruments have all been subjected to internal consistency reliability test using Cronbach Alpha. The outcome yielded a coefficient Alpha of 0.89. for EIS and 0.96. for IMS.

VIII. Data Collection and Analysis

All the participants for the study were administered the two research instruments through direct delivery approach. The data collected for the research questions were analysed using Pearson Product Moment Correlation Coefficient (Pearson r), while t-test was used to test the null hypothesis.

IX. Findings:

In this section, the data collected from the field for this study were analysed and the summaries presented in tables to highlight the findings as follows:

Research Questions-1

1. What type of relationship difference between emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools?

Hypothesis-1

1. The type of relationship difference between emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools is not significant.

Table 1: Pearson r on emotional intelligence and marital satisfaction of Married teachers in Mysore District secondary schools.

Source of Variation	N	Emotional Intelligence r	Marital Satisfaction r	Remark
Emotional Intelligence	183	1.00	0.042	Low positive Relationship
Marital Satisfaction	183	0.042	1.00	

Table-1: it was observed that low positive relationship of 0.042 between married teacher's Emotional Intelligence and their marital satisfaction.

Research Questions-2

2. What type the difference emotional intelligence of between married male and female teachers in Mysore District secondary schools?

Hypothesis-2

2. The difference between emotional intelligence of married male and female Teachers in Mysore District secondary schools are not significant.

Table 2: t-test on difference between emotional intelligence of married male and female teachers in Mysore District secondary schools.

Emotional intelligence	N	Mean	SD	t-value	DF
male	43	159.95	7.60	0.48	181
female	140	160.61	7.90		

Table 2: indicates that at 0.05 level of significance and 181df, the calculated t 0.48 which is less than 0.05, therefore the null hypothesis is accepted. The difference between emotional intelligence of male and female married teachers in Mysore District secondary schools is not significant.

marital satisfaction	N	Mean	SD	t-value	DF
male	43	158.50	7.50	0.46	181
female	143	159.60	7.85		

Research

3. What difference marital satisfaction of between married male and female teachers in Mysore District secondary schools?

Hypothesis-3

3. The difference between marital satisfaction of married male and female teachers in Mysore District secondary schools are not significant.

Table 3: t-test on difference between marital satisfactions of married male and female teachers in Mysore District secondary schools.

Table 3: indicates that at 0.05 level of significance and 181df, the calculated t 0.46 which is less than 0.05, therefore the null hypothesis is accepted. The difference between marital satisfaction of male and female married teachers in Mysore District secondary schools is not significant.

Questions-3

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X. Conclusions

Relationship between Emotional Intelligence and Marital Satisfaction of Male and Female Married Teachers in Mysore District' in research the results of the research question and hypotheses are explained as follows

What type of relationship difference between emotional intelligence and marital satisfaction of married teachers in Mysore District secondary schools? In answer to the question it was observed that low positive relationship of between married teachers's Emotional Intelligence and their marital satisfaction.

What type the difference emotional intelligence of between married male and female teachers in Mysore District secondary schools? In answer to the question the difference between emotional intelligence of male and female married teachers in Mysore District secondary schools is not significant.

What type the difference marital satisfaction of between married male and female teachers in Mysore District secondary schools? In answer to the question the difference between marital satisfaction of male and female married teachers in Mysore District secondary schools is not significant.

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