

# The Effectiveness of Emotional Intelligence Training on Marital Satisfaction of Married Teachers Women in City of Yasuj

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## ABSTRACT

**Objective:** This study aimed to investigate the effect of emotional intelligence on marital satisfaction in married women teachers in city of Yasuj. **Methodology:** In this study random cluster sampling is used. Among married women teachers in all schools city of Yasuj, 40 subjects were selected and the two control groups were replaced by random assignment. After pre-test using marital satisfaction questionnaire (1992) was used to the experimental group received 8 weekly sessions of emotional intelligence training and the control group were placed on a waiting list. **Results:** The test was performed using the same tools. Analysis of covariance showed emotional intelligence training to improve marital satisfaction, participants also had a significant effect ( $P < 0.05$ ). **Conclusion:** The results of this study raise the couple's emotional abilities by emotional intelligence and its effect on marital satisfaction emphasized.

## 1. Introduction

Translation used to be considered an inter-language transfer marital bond of friendship with each other and achieve a reasonable understanding of the material and spiritual needs of the spouses. Marital satisfaction is the most fundamental pillars of family mental health factors such as financial status, age, marital status, employment, etc. are affected (Mousavi Zadeh et al, 2013). One of the primary purposes of marriage is marriage. All people want to have a happy marriage. This satisfaction stems from several factors. The example can be factors such as economic, religious beliefs, traditions and social and community factors, understanding, intellectual, emotional satisfaction and sexual satisfaction in noting (Asgari, 2011). Recent advances in the field of health psychology, health psychology and behavioural medicine excitement role in human health and disease is considered (Lopes et al., 2003). As well as how to cope with their emotions are part of the human personality and mental health and quality of life impact (Esmaili et al., 2007). Although factors associated with marital satisfaction and widely researched it are still interested researchers. The scope of the research is the importance of marital satisfaction on the health of individuals, families and the community (Aïte et al, 2014). Satisfying marriages could save a couple of negative life events and psychological distress. So marriage is an important aspect of overall satisfaction in people's lives. This concept by researchers, are widely used to determine predictors of it, is studied. The marriage of a couple of important structures is expensive. Marital satisfaction, marital satisfaction at the end of the study, is the subject of ENRICH marital satisfaction questionnaire (1989) obtains. Operational definition of married women teachers: for married women who were employed at the Department of Education and now they are taught.

### 1.1 Marital Satisfaction

Marital satisfaction is the subjective feelings of pleasure, satisfaction and enjoyment experienced by the wife or husband, their marriage when all aspects are considered. Satisfaction is an attitude and so are a couple of personal property (Soleimani, 1994). (Esmaili et al, 2007) perception of the husband or

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wife, intensity and the problems in the relationship reflects their level of marital satisfaction. Marital satisfaction is a subjective feeling of happiness, satisfaction and enjoyment experienced by the wife or husband, when they consider all aspects of their marriage (Soleimani, 1994). Archuleta, et al (2011) believes that marriage compatibility between the current situation and the situation is expected. According to the definition of marriage will happen when the situation in the marital relationship is consistent with the expected one. Individual behavior usually leads to the formation of the rules of communication between couples. So accept the tastes and behavior of your spouse or, in other words, the wife of acceptable behavior can form binary relations and provide a context for establishing consensus among couples and marital satisfaction in fact, a general assessment of the current situation related offers.

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## 2. Materials and methods

### 2.1 Emotional Intelligence

First in the nineties, psychologist Salovey term "emotional intelligence" to describe the quality and understand the feelings of sympathy with the feelings of others and the ability to better manage the mood to work. In fact, this intelligence, including knowledge of self and others' feelings and use it to make appropriate decisions in life, what you fail, the individual motivation and social skills by having high, leading to establishing a good relationship with the people (Martinez, 2001). First, emotional intelligence Salovey two psychologists named Peter and John Mayer in 1989 in an article of the same name, in the journal "Cognition and Personality imagination as a form of social intelligence offered up. Salovey and Mayer were trying to answer the question of why some intelligent people can be successful. Salovey and Mayer term emotional intelligence to describe the quality and understanding of people's feelings empathize with the feelings of others and the ability to better manage mood applied (Paru, 2001). In fact, this is an intelligence failure on the motivation because they have high social skills, leading to good relations with people. Emotional intelligence is the ability to understand themselves and others (of self and others), the relationship between people and their compatibility with the environment, linked. Makes it possible to predict the success of a person's cognitive intelligence in other words, the cognitive intelligence as measured and measure a person's ability to adapt and survive life in the world (Aminabadi et al, 2013).

### 2.2 Background research

Ali Akbari (2012) in their study investigates the relationship between emotional intelligence and marital satisfaction in couples pay. The research was conducted on 500 women were randomized sampling method. The results showed a Positive relationship between emotional intelligence and marital satisfaction Anna and their spouses are meaningful. In addition, 35% of the variance in emotional intelligence wives and husbands of women's marital satisfaction research and 6% of the variance in marital satisfaction determines their wives. In other research, Foroughi et al (2008) examined the relationship between emotional intelligence and its components and marital satisfaction among hospital staff began. The results showed that there is a positive relationship between emotional intelligence and marital satisfaction. Also, the components of emotional intelligence (self-awareness, empathy, self-control and social skills) there is a significant positive relationship and marital satisfaction. The study found that there is no significant relationship between marital satisfaction and motivation components. Esmaili et al (2007) in their study to investigate the relationship between emotional intelligence and marriage began. During their research they found that there is a significant positive relationship between marital satisfaction and emotional intelligence. Cui & Donnellan (2009) studied the relationship between emotional intelligence and interpersonal relationships of seven couples were evaluated. In the first study, participants who scored higher on emotional intelligence, empathy and high scores achieved mastery in social situations. In the third study, participants with high scores glory of emotional intelligence, social skills gained in the upper grades. In the fourth study, participants with high scores on the hash emotional responses were more cooperative. The fifth study showed that participants with high scores on emotional intelligence, emotional and received high marks in intimate relationships. In the sixth study, the group that their sex partners have a higher emotional intelligence assessment achieved higher scores in marital satisfaction. Finally, in the seventh study, participants what they knew as emotional intelligence, it is not implicated in relations of husband and satisfaction.

### 2.3 Methods

The present study is a semi-experimental method. Research design, pretest-posttest control group design is. In this study, the identification of individuals who have high levels of emotional and marital satisfaction were low, 40 patients were randomly assigned to experimental and control groups.

### 2.4 The population, sample size, sampling

The population consisted of all high school teachers in the school year 92-93 are married city of Yasuj. The research cluster random sampling method. Out of all the schools in the areas of education city of Yasuj which there are 20 schools, 4 schools were randomly selected. Of all married women teachers of these schools were asked to complete questionnaires.

### 2.5 The purpose of the study

Determine the effectiveness of emotional intelligence training on marital satisfaction of married women teachers' city of Yasuj.

### 2.6 Hypothesis

Emotional intelligence training on marital satisfaction of married women teachers' city of Yasuj impact.

### 2.7 Research tools

In the present study to measure marital satisfaction, ENRICH marital satisfaction questionnaire was used. This questionnaire by Olson (1989) is designed to assess potential problem areas and identify areas of strength and used in relationships.

This test has 115 questions of the form (used in this study) and 125 questions which consist of 12 subtests. Because of the form of the questionnaire, participants were led to fatigue. Soleimanian (1994), a short form of the questionnaire prepared 47 questions. The main form of marital satisfaction, reliability using Cornbrash's alpha coefficient was 92%. Soleimanian reliability of long-form questionnaire through Cornbrash's alpha coefficient was calculated as 90% have been reported. Vadsbay (according to the dynamic character, 2008) in terms of reliability and validity has done extensive research, so that the test-retest reliability of the test between 65% to 94% and 90% reported that it's cleaning power. Previous studies using this scale on a pair of happy, stable, divorced and is divorced, has confirmed the validity of this scale. The questionnaire also has good construct validity and criterion. The correlation coefficient of the questionnaire with family satisfaction scale from 41% to 60% and life satisfaction by 32% to 41% is a good indication of its validity. All subscales of the questionnaire were satisfied and dissatisfied couples distinguishes this marks the criterion validity of the questionnaire.

## 3. Discussion and results

### 3.1 A descriptive study of demographic variables

**Table 1. Mean, standard deviation varies according to the age distribution of the sample groups.**

Group	N	Mean	SD	Minimum	Maximum
Control	16	32.61	2.19	18	40
Experimental	10	33.71	1.98	20	38

As seen in the above table is the average age of the control group (32.61) and experimental group (33.71), respectively. Therefore, the distribution of age groups in a range.

**Table 2. Mean and standard deviation of Experiment and control groups' marital separation process**

Variable	Phase	Index	Mean	SD	Number
		Group			
Marital Satisfaction	Pretest	Experimental	6.21	2.11	20
		Control	7.55	2.87	20
	Post-test	Experimental	16.43	5.29	20
		Control	8.49	3.61	20

Descriptive measures of central tendency table variable marital satisfaction for both groups. And stage shows. As can be seen in the pre-test and control groups mean marriage at the time is near the post-test Mean of the experimental group increased.

**Table 3. Results of t-test for comparison of means test before marriage**

Group	Mean	SD	Difference	Value of 't'	Degree of freedom	Significance level
Experiment	6.21	2.11	1.34	0.265	38	0.1
Control	7.55	2.87				

The table above Mean and standard deviation of the experimental and control groups in the pre-test shows that marital satisfaction. To a significant means of two independent t-test was used. As can be seen in the table above, the calculated t (0.256) was rejected at a significance level 0.10. In other words, between the experimental and control groups, there were significant differences in premarital satisfaction. To evaluate the emotional intelligence training on marital satisfaction of married women teachers of analysis of covariance was used. This test can neutralize the effect of the test results.

**Table 4. Analysis of covariance of the effect of emotional intelligence on marital satisfaction**

Dependent variable	Sum of squares	Degree of freedom	Mean square	F	Significantly	Size effect	Statistical power
effect pre-test	248.29	1	248.29	31.33	0.03	0.55	0.91
Group	214.31	1	214.31	15.59	0.01	0.2	0.94
Error	111.4	37	49.49				
Total	12459	41					

The above table shows that a significant level  $F = 15.95$   $p \leq 0.05$  is significant, the difference between the mean scores of the experimental group and control test of marital satisfaction, is significant. In other words, emotional intelligence training could affect marital satisfaction. The effect is that the group represents 20 percent of the increase in marital satisfaction after the test is due to the effect of emotional intelligence. Statistical power 94/0 indicates that the sample size is sufficient for analysis. This hypothesis is confirmed and emotional intelligence training on marital satisfaction of married women teachers in post-effective.

#### 4. Conclusion

In other words, emotional intelligence training could affect the marital satisfaction of married women teachers. This indicates that the effect of group 59 percent of the increase in marital satisfaction after the test is due to the effect of emotional intelligence. Statistical power 0.98 indicates that the sample size is sufficient for analysis. In simpler terms emotional intelligence training on marital satisfaction of married women teachers in post-effective.

The research hypothesis was that the emotional intelligence training is to increase marital satisfaction in married women teachers. The results of analysis of covariance showed the differences observed marital satisfaction scores between the test and control groups, is significant. In other words, teaching emotional intelligence has impact on marital satisfaction. This indicates that the effect of group 20% of the increase in marital satisfaction after the test is due to the effect of emotional intelligence. Statistical power 94/0 indicates that the sample size is sufficient for analysis. In simpler terms emotional intelligence training on marital satisfaction of married women teachers in post-effective. Train control and emotion regulation during these training sessions has made women more positive relationships with their partners and have less conflict. On the other hand the unpleasant emotion caused by positive reactions from others while the incidence of negative emotions often makes them far apart. Emotions can be expressed directly affect social attitudes and motivations. The correct understanding of their emotions and wife and empathy as an essential component of emotional intelligence, will deepen the relations between the spouses, strengthens protections, feelings and received help from his wife that will lead to an increase in marital satisfaction (Slaski & Cartwright, 2003).

#### 4.1 Suggestions

Due to the quality of marital satisfaction in couple's communication it also confirms the effectiveness of emotional intelligence training on increasing women in relationships, it is recommended that the educational approach to enhance marital and the closer ties to the couple that their marriage will lead to continuity and quality of life, should be used.

Because of dissatisfaction with the lives of a couple's desire to reduce social relationships and social isolation, it is recommended emotional intelligence training to enhance social interaction couples used. Due to the physical and emotional impact of marital satisfaction decreases the sexuality of couples that it contributes to the continued intransigence cycle and according to verify the effectiveness of emotional intelligence training on these components, it is recommended that the training was to improve a couple's sexual relationship.

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