

عنوان مقاله:

Investigating The Relationship Between Emotional Intelligence And Marital Satisfaction

محل انتشار:

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خلاصه مقاله:

Objective :Today, considering the theoretical and practical concepts of studies related to the relationship between emotion and cognition, as well as research findings in the field of emotional intelligence, as well as marital satisfaction and the structural relationship between these two concepts, are the basis for planning strategies and programs to prevent It is marital incompatibility. The present study "examines the relationship between emotional intelligence and marital satisfaction. Methods: In this study, a correlational research design was used. Samples were selected by random cluster sampling and tested according to the purpose and hypotheses. The instruments used are the Bar-On Emotional Intelligence Questionnaire and the Enrich Marital Satisfaction Scale. In this study, descriptive statistics and Pearson correlation coefficient and F tests were used to analyze the data. Findings: Findings show that there is a significant correlation ( $P < 0.05$ ,  $P < 0.01$ ) between "emotional intelligence" and "marital satisfaction" and the highest correlation between impulse control components and leisure activities, impulse control, respectively. And marital satisfaction, self-actualization and family and friends, independence and family and friends, self-actualization and personality issues, independence and personality issues, happiness and family and friends, independence and financial management. Conclusion: Research shows that emotional intelligence is a fundamental and effective structure on the process of improving and strengthening marital relationships and the training of acquired methods of emotional intelligence can improve the quality of marital relationships and prevent family disputes

کلمات کلیدی:

.Emotional intelligence, Marital satisfaction

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