

Role Of Spiritual Intelligence And Emotional Intelligence In Married Couples

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Abstract

This study delves into the link between Spiritual Intelligence (SI) & Emotional Intelligence (EI), specifically looking at how these two dimensions impact communication styles and methods for resolving conflicts among married couples. If we want to see more happy and healthy marriages, we need to know what makes couples happy, and marital happiness is a good measure of that. In contrast to Emotional Intelligence, which entails seeing, understanding, and successfully managing emotions, SI includes qualities like self-awareness, transcendence, and connection. This research uses a mixed-methods approach to look at how variables, communications dynamics, & marital conflict resolution are related. More positive communication styles and methods for resolving conflicts are linked to higher both variables, which in turn leads to better marital satisfaction, according to the findings. In order to cultivate healthy marriage outcomes, it is essential to possess certain components of both variables, such as comprehension, empathy, and emotional control. It is important to note that culturally sensitive treatments are necessary since cultural and contextual variables impact the link between two variables, & marital satisfaction. These findings provide practical suggestions for improving marital relationships and add to our knowledge of the processes driving marital dynamics.

Keywords: Spiritual Intelligence, Emotional Intelligence, Marital Relationships, Communication Patterns, Conflict Resolution.

CHAPTER-1 INTRODUCTION

Marriage dynamics in modern culture show the multiplicity of difficulties impacted by psychological, emotional, & spiritual components, going beyond traditional rules. Marriage is a fundamental social institution because it allows people to form bonds, get emotional support, and develop as individuals. Marital relationships are complex, and to fully grasp them, one must look closely at each partner, taking their emotional and spiritual intelligence into account. The complex relationship between SI and EI as they pertain to marital relationships is the subject of this dissertation. Emotional intelligence refers to being aware of, processing, and in control of one's own and other people's feelings, whereas spiritual intelligence is being able to go beyond the material world in search of purpose, meaning, and interconnection. Individuals' perspectives, actions, and interactions within marriage ties are significantly impacted by these concepts.

This study might provide light on how SI & EI affect the strength, durability, and length of marriages, which is why it is important. While some research has looked at how spirituality and emotions affect marriage on their own, very less has looked at how they interact with one another. Recognizing the complex interplay between spiritual and emotional factors in influencing marital dynamics, this dissertation takes an integrated approach in an effort to fill this knowledge vacuum. In order to accomplish these goals, a mixed-methods research strategy that combines quantitative surveys with qualitative interviews will be used. To provide a thorough knowledge of the issue being studied, participants will consist of married persons from varied demographic backgrounds.

This dissertation seeks to provide couples, therapists, and lawmakers with practical insights by illuminating the complex relationship between spiritual & emotional intelligence within the framework of marriage. The outcomes of this study project aim to enhance theoretical frameworks, guide therapeutic treatments, and raise awareness about the complex nature of marriage in today's society.

CHAPTER-2 REVIEW OF LITERATURE

(Emmons, R. A. (2000)) In this piece, we look at spirituality through the lens of intellect. The evidence of spirituality is assessed as a collection of skills and talents that individuals use in their daily lives to solve issues and achieve their objectives. A person with spiritual intelligence possesses the following five qualities: (a) the ability to transcend into a higher spiritual realm; (b) the ability to access profound spiritual states for consciousness; (c) the capacity to imbue ordinary things, situations, and connections with a sacred quality; (d) the ability to draw on spiritual resources to address life's challenges; and (e) the the capacity to act in a virtue-filled manner, demonstrating forgiveness, gratitude, humility,

and compassion. The review focuses on the evidence that spirituality satisfies the intelligence criterion. There is a discussion of the implications of researching spirituality via an intelligence perspective.

(Nasrul, L., & Alfalah, A. (2020) The business has made strides in the areas of operations, finances, and assets this year. The purpose of this research is to determine how IQ, emotional intelligence, and spiritual intelligence influence productivity in the workplace. A total of 250 workers made up the sample for this causal quantitative investigation, which used a random sampling approach. This research used Multiple Linear Regression as its technique of analysis, which included a battery of statistical tests for things like reliability, validity, and normalcy. The results demonstrate that IQ and SG do have a good influence on performance in the workplace, but that this effect is not statistically significant. On the other hand, emotional intelligence is a key performance indicator that positively and significantly impacts business outcomes.

(Purwati, W. D. (2020) Consistently high-quality nursing care is an essential duty of nurses. Here, the nurse's caring behavior includes an attitude of care, which includes building trust, being attentive to patients' emotions, and providing genuine care to all patients. In practice, however, many nurses still lack the interpersonal skills necessary to provide compassionate care to their patients. Emotional intelligence, spirituality, and efficient communication are aspects of leadership style that might impact caring behavior. The purpose of this research is to identify the factors that influence the compassionate actions of the nurses working at X Hospital Tangerang in connection to spiritual and emotional intelligence, as well as successful communication and leadership styles. Quantitative research methods are used in this study. A complete sampling strategy was used to choose 33 nurses for the sample. Path analysis, a statistical test in the Amos software, was used to analyze the collected data. The findings demonstrated that nurses' caring behavior was significantly impacted by the emotional intelligence factor ($p = 0.006$). Additionally, neither spiritual intelligence nor good communication had a significant impact on nurses' caring behavior ($p = 0.398$ and $p = 0.122$, respectively). The data did reveal, however, that effective communication had a substantial impact on caring behavior among nurses ($p = 0.016$) and that leadership style significantly impacted this behavior ($p = ***$). Using a superior leadership style as a go-between, this research found that nurses' caring behavior is influenced by their emotional and spiritual intelligence.

CHAPTER 3 METHODOLOGY

Aim Of The Study

The purpose of this research was to investigate the role of spiritual intelligence and emotional intelligence on marital satisfaction among married people.

Variable Of The Study

Independent Variable

Emotional Intelligence: Emotional intelligence (EI) is the capacity to not only identify, comprehend, control, and articulate one's own emotions, but also to sense, interpret, and impact the emotions of others around one. It encompasses traits like social competence, empathy, self-awareness, and self-regulation. The degree to which married people are emotionally aware and competent is represented by emotional intelligence, which is one of the independent variables in this study.

Spiritual Intelligence: Spiritual intelligence (SI) is the capacity to access and employ spiritual resources to help in issue solving, coping, and personal growth. It includes traits like knowledge, compassion, and the ability to transcend oneself and connect with higher ideals or objectives. The degree to which married people are spiritually aware and involved is reflected by spiritual intelligence, another independent variable in this study.

Dependent Variable

Marital Satisfaction: Marital satisfaction is a measure of how happy and fulfilled a couple feels in their marital or intimate relationship. It includes things like being happy generally, having good communication, having someone to lean on emotionally, being able to resolve conflicts, and having common values and goals as a couple. In this study, marital satisfaction is used as the dependent variable to represent the degree to which married people feel fulfilled and content in their relationships.

Objectives

- To examine the impact of emotional intelligence on marital satisfaction among married people.
 - To examine the impact of spiritual intelligence on marital satisfaction among married people.
 - To examine the relationship between emotional intelligence, spiritual intelligence and marital satisfaction among married people.
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Hypothesis

- There is no significant impact of emotional intelligence on marital satisfaction among married people.
 - There is no significant impact of spiritual intelligence on marital satisfaction among married people.
 - There is no significant relationship between emotional intelligence, spiritual intelligence and marital satisfaction among married people.
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Participants Of The Study

The research encompassed a total of 100 participants, comprising both males and females. A varied sample demographic was attained through the implementation of sampling techniques like random and purposive selection. Participants fell within the age range of 25 to 35 years old.

Data Collection Instruments

The process of gathering data included utilizing a number of tools, including demographic questionnaires along with the **“Kansas Marital Satisfaction Scale, Schutte Self-Report Emotional Intelligence Test, and a 29-item spiritual intelligence questionnaire”**.

Data Collection Procedure

The data for this research investigation were collected through the distribution of three standardized questionnaires: the **“Kansas Marital Satisfaction Scale, Schutte Self-Report Emotional Intelligence Test, and 29-item spiritual intelligence questionnaire”**. Careful consideration was given to each question type to guarantee that it was in line with the aims of the study. The researchers informed the participants of the study's goals, gave them a questionnaire to fill out, and included detailed instructions, information about the study, privacy guarantees, and how to get in touch with the researchers. In a ten-minute workshop, we made sure everyone understood the questionnaires by explaining them in detail.

Kansas Marital Satisfaction Scale

A three-item measure called the Kansas Marital Satisfaction Scale (KMSS) is used to evaluate married couples' marital satisfaction. On a 7-point Likert scale, where higher scores indicate a higher quality marriage, the items are evaluated. If you want an easy and fast approach to gauge marital quality, take the KMSS.

Reliability

The KMSS showed a good level of internal consistency with a Cronbach's alpha coefficient of 0.901. In addition, all of the adjusted item-total correlations (ranging from 0.790 to 0.831) were higher than the cutoff value of 0.3.

The Schutte Self Report Emotional Intelligence Test

The 33 items on the Schutte Self-Report Emotional Intelligence Test (SSEIT) are based on the Salovey and Mayer (1990) paradigm and are intended to measure emotional intelligence. Respondents expressed their views on a 5-point scale, with 1 indicating significant disagreement and 5 indicating strong agreement, in a manner that was consistent with the Emotional Intelligence model. The overall score was calculated by adding together the evaluations that participants gave on each subtest.

Reliability

The reliability coefficient of the emotional intelligence evaluation is 0.90, which is respectable. In addition, with Cronbach's alpha values between 0.87 and 0.90, it shows good internal consistency.

29-Item Spiritual Intelligence Questionnaire

Spiritual intelligence, which includes self-awareness and awareness of one's relationships to God, other people, and all living things, is the construct that this study's questionnaire seeks to measure. The text explores the importance of seeing things from a different angle and highlights how perception, faith, and actions are all interrelated. According to the scoring strategy, the following responses are given numerical values: "I completely disagree" is scored as 5, "I disagree" as 2, "I almost disagree" as 3, "I agree" as 4, and "I totally agree" as 5. Participants' assessed levels of spiritual intelligence may be gleaned from the sum of the scores obtained using this scoring method, which range from 29 to 145.

Reliability

The spiritual intelligence questionnaire has a good degree of consistency in evaluating attributes, as seen by its reliability coefficient of 0.89. This consistency highlights the instrument's trustworthiness and dependability in assessing spiritual intelligence in different contexts and with different people.

Statistical Analysis

The study's analytical processes, such as regression analysis, Pearson correlation analysis, and descriptive statistics, were carried out more efficiently with the use of SPSS software.

CHAPTER 4 RESULT & DISCUSSION

This chapter aims to provide light on the ways in which spiritual intelligence and emotional intelligence impact relationship dynamics by exploring their interaction within the framework of marriage. The purpose of this study is to use survey data to better understand how emotional and spiritual intelligence impact marital happiness, strength, and lifespan. In addition, it delves into the consequences for programs in personal development, relationship education, and couples therapy that attempt to boost emotional and spiritual intelligence in married couples.

Table 1: Descriptive statistics of all variables

	Emotional Intelligence	Spiritual Intelligence	Marital satisfaction
Mean	124.51	89.99	12.74
Standard Deviation	13.15141	9.884684	4.758024
N	100	100	100

The table displays the descriptive statistics for the three variables marital satisfaction, spiritual intelligence, and emotional intelligence—based on a sample size of 100 respondents. On average, respondents score reasonably high in emotional intelligence (EI), with substantial variability across people. The standard deviation of the score is 13.15, and the mean score is 124.51. This data demonstrates that the sample as a whole is emotionally intelligent and self-aware. Based on the data, it appears that the average degree of spiritual intelligence among respondents is moderate, with relatively little variability across people. The standard deviation of the score is 9.88, and the mean score is 89.99. Despite some variation in spiritual intelligence, the vast majority of responders show a comparable degree of insight and comprehension. The average score on the Marital Satisfaction (MS) scale is 12.74, with a standard deviation of 4.76. This indicates that, generally speaking, respondents are somewhat satisfied with their marital relationships, while there is considerable individual variation. While the majority of respondents do report being satisfied in their marriages, the results show that the level of satisfaction varies across the sample members. These descriptive data suggest that, on the whole, the sample's respondents are emotionally intelligent, spiritually intelligent, and marriage satisfaction levels range from moderate to high. Diverse individuals make up the sample population, as shown by the fact that there are differences in each of these features.

DISCUSSION

The results of the examination of married people's emotional intelligence (EI), spiritual intelligence (SI), & marital happiness offer important new perspectives on the dynamics of relationships in the setting of marriage.

First, the findings show that among married individuals, emotional intelligence has a major influence on marital satisfaction. According to the regression analysis, there is a statistically significant correlation between emotional intelligence (EI) and marital satisfaction. This means that those who have greater EI also typically report being happier in their marriages. This is consistent with research that shows emotional intelligence, emotional control, and empathy are essential elements of happy and healthy marriages. Therefore, programs and treatments targeted at raising emotional intelligence may be able to improve couples' quality of relationships and level of marital satisfaction.

However, the study finds no evidence to suggest that spiritual intelligence has a major influence on married people's marital pleasure. It appears that spiritual intelligence by itself may not be a reliable indicator of marital pleasure, since the regression analysis is unable to find a significant correlation between spiritual intelligence & marital satisfaction. It's important to remember, though, that spirituality as well as its impact on relationships are intricate and multidimensional, involving practices, beliefs, and values that can differ significantly across people and romantic partners. More investigation into the many facets of spirituality and how it interacts with marital dynamics may yield more profound understandings of its significance for relationship fulfillment.

Furthermore, the correlation analyses clarified the relationships between married men and women individually in terms of emotional intelligence, spiritual intelligence, as well as marital satisfaction. Positive connections between spiritual intelligence, emotional intelligence, and marital satisfaction are seen among married women, suggesting that these factors are somewhat related. Though statistically significant, the relationships are not very strong, indicating that other factors could possibly play a role in women's marital happiness.

In a similar vein, there is no evidence of a significant relationship between spiritual and emotional intelligence as well as marital satisfaction among married males. In married males, however, there seems to be a modestly positive correlation between spiritual and emotional intelligence. This shows that spiritual intelligence may interact with emotional intelligence to influence men's relationship dynamics, even if it may not directly affect marital pleasure.

Overall, these results highlight how critical it is to take into account both spiritual and emotional dimensions while attempting to comprehend and foster marital fulfillment. While it is clear that emotional intelligence plays a big part in marital satisfaction, further research is needed to fully understand spiritual intelligence's function. A holistic strategy for strengthening marriages and fostering general well-being may involve including therapies that address the emotional and spiritual components of couples' life.

CHAPTER 5 CONCLUSION

This study sheds light on several elements of the effects of emotional intelligence (EI), spiritual intelligence (SI), & marital happiness on relationship dynamics within the marriage setting by analyzing their complex interaction. Descriptive statistics revealed that respondents had a moderate level of spiritual intelligence, varied degrees of marital happiness, and overall high emotional intelligence. Divergent findings emerged from the regression analyses with respect to the impact of spiritual intelligence and emotional intelligence on marital satisfaction. Spiritual intelligence did not seem to have a substantial influence on marital satisfaction within married persons, while emotional intelligence showed a statistically significant effect.

These results were further clarified by the correlation analysis, which revealed weak but significant relationships between these factors. emotional intelligence, Spiritual intelligence, & marital satisfaction were found to positively correlate with one another among married women, but to very small degrees. On the other hand, the associations between emotional intelligence, SI, & marital satisfaction were not as strong among married males. These findings suggest that whereas spiritual as well as emotional intelligence are somewhat related to marital happiness, the intensity of these associations differs between genders.

Based on these views, it can be said that, within the confines of this study, emotional intelligence influences marital pleasure more significantly than spiritual intelligence. It's crucial to remember that spiritual intelligence could, albeit to a lower degree, nevertheless influence interpersonal dynamics. According to the research, married couples who get interventions targeted at improving their emotional intelligence may see an improvement in their level of marital happiness. Furthermore, given the subtle variations noted between genders, customized methods in couples counseling and relationship education can be necessary.

In conclusion, this research advances our knowledge of the complex relationships between spiritual and emotional intelligence and marital dynamics. To better understand the underlying processes underlying these associations and identify possible moderating factors that may affect how EI and SI affect marital happiness in a variety of demographic contexts, more study is necessary. These realizations can guide the creation of more focused and successful treatments meant to promote happier, healthier marriages.

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