



**Impact of Emotional Intelligence, Socio-economic status and Marital
Adjustment of Couples.**

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ABSTRACT

This study aimed to do the research work entitled on Impact of emotional intelligence and Socio-economic status on marital adjustment of couples. For this purpose 250 couples were purposively selected as a research sample. Marital Adjustment Inventory of Kumar and Rahtogi (1999), Emotional Intelligence Scale of Prasad, Sheetla (2009), Socio-economic Status Scale of Kulshreshtha, S.P. (1998) and Self Prepared Personal Data Sheet was administered upon research sample. The obtaining data were analyzed with comparative (t-test) method. The findings revealed that :(i) High emotionally intelligent respondents were found more adjusted in their married life than those of respondents of low emotional intelligent,(ii) The respondents of high socio-economic status were found more marital adjusted than those of respondents of low socio-economic status.(iii) Working women were found more adjusted in marital life than those of non-working women and (iv) Urban respondents were found more adjusted in marital life than those of rural respondents.

Keywords : Marital Adjustment, Emotional Intelligence, Socio-economic Status, Adjustment, Couples



INTRODUCTION :

Marriage is one of the most important institutions of human society. It has been variously defined by many scholars and experts. According to Majumdar "marriage is a socially sanctioned union of male and female for the purpose of establishing household, procreating and providing care for offspring." Beri explaining the object of marriage says that it is the source of every domestic comfort from infancy to old age; it is necessary for the prevention and well being of our species; it awakens and develops the best feelings of our nature; it is the source of important legal rights and obligations and in its higher forms it has tended to raise the weaker half of human race from a state of humiliating servitude. The Hon'ble Supreme Court of India has held that the relationship in marriage is considered to be love, affection, care and concern between the two sources.

Emotional intelligence is a very important skill in human life. It is said to have five main elements like self-awareness, self-regulation, motivation, empathy and social skills.

Emotional intelligence refers to the capability of a person to manage and control his or her emotions of others as well.

Emotional intelligence is generally said to include at least three skills like emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to task like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

Marital adjustment is a fundamental thread running through marriage or the relationship between man and women. The term marital adjustment corresponds to a process of adjustment of wife and husband.



Bowman (1954) believes marital adjustment to be a dynamic process being dynamic it implies the development mutual trust, satisfaction and happiness. More precisely successful marriage is a dynamic growing relationship in which personalities of both the partners continue to develop which leads to a relatively high level of personal satisfaction.

According to Burges and Cottrell (1939) well adjusted marriage is a marriage in which the attitudes and actions of each of the partners procedure and environment which is highly favourable to proper functioning of the personality structure of each partner, particularly in the sphere of primary relationship.

Socio-economic status is an economic and sociological combined total measure of a person's work experience and of an individual's or families economic and social position in relation to others. When analyzing a families SES the household income, earner's education and occupation are examined as well as combined income, whereas for an individual's SES only for their own attributes are assessed.

Marital adjustment is largely depends upon emotional intelligence and socio-economic status of family. Emotionally intelligent individual can easily adjust in their marriage life with his/her partners. In another side socio-economic status of family is also influence marital adjustment. By means of better level of socio-economic status couples can able to fulfill their familiar needs.

REVIEW OF LITERATURE :

Srivastava, Singh and Nigam (1988) studied the effects of certain demographic characteristics such as aged differences, duration of marriage, education, occupation, socio-economic status and numbers of children on marital



adjustment and found that aged difference between husband and wife highly contributed toward marital adjustment.

Akhtar and Sharma (1989) studies the marital adjustment in housewives of nuclear and joints families and found that housewives of neuclear families showed better marital adjustment and marital adjustment was found effected by interpersonal relation, economic, social and religious factors.

In another study, married couples with higher self respect, emotional intelligence reported higher marital satisfaction (Shutte et.al 2016).

Bricker (2005) found that emotionally intelligence is significantly correlated with marital satisfaction.

Sabre (2016) studied the marital adjustment among women of nuclear and joint family and found that there was significant difference and marital adjustment among women of nuclear and joint families.

PURPOSE OF THE STUDY :

The purpose of the study was to examine the impact of emotional intelligence and socio-economic status on marital adjustment.

HYPOTHESES :

- (i) The marital adjustment would be significantly differed between respondents of high emotionally intelligent and low emotionally intelligent.
- (ii) The respondents of high socio-economic status would be more maritally adjusted while respondents of low socio-economic status would be less maritally adjusted.
- (iii) The marital adjustment would be significantly differed between working and non-working couples.



(iv) There would be significant difference between rural and urban respondents.

METHOD :

(i) Sample :

Total 250 couples were selected from Samastipur district area. The purposive sampling technique were adhered during selection of sample.

(ii) The scales :

(i) Marital Adjustment Inventory :

To measure the marital adjustment of respondents Marital Adjustment Inventory developed by Kumar and Rahtogi (1999) was used.

(ii) Emotional Intelligence Scale :

To measure the respondents emotional intelligence, Emotional Intelligence Scale developed by Prasad, Sheetla (2009) was used.

(iii) Socio-economic Status Scale :

To measure the socio-economic status of respondents Socio-economic Status Scale developed by Kulshreshtha, S.P. (1999) was used.

(iv) Personal Data Sheet :

Self-prepared Personal Data Sheet was administered upon research sample to obtain their background information.

ANALYSIS OF DATA :

The collected data were analyzed with t-test method and prepared result in current Indian context.

RESULT AND DISCUSSION :

(i) Comparison of Marital adjustment between High Emotionally Intelligent couples and Low Emotionally couples :



The marital adjustment of high and low emotionally intelligent couples were comparatively analyzed. The findings are given in following table no - i.

Table no. (i)

Comparison of Marital adjustment between High Emotionally Intelligent couples and Low Emotionally couples

Sl. No.	Group	N	Mean	SD	t-value	p-value	df
1	Respondents of High E.I.	114	53.74	9.44	4.83	<.01	230
2	Respondents of Low E.I.	118	48.23	8.13			

The result that contained in table no. i revealed that respondents of high emotional intelligence was showed better marital adjustment than respondents of low emotional intelligence. The calculated t-value (4.83) was found significant at less than .01 level of confidence.

The reason behind such findings may be that emotionally intelligent respondents use their intelligency during their marital life and make their married life better adjusted and happy. Thus, this result confirmed our hypothesis no. i that "the marital adjustment would be significantly differed between respondents of high emotionally intelligent and low emotionally intelligent."

(ii) Comparison between Socio-economic Status and Marital Adjustment:

During research work researcher wants to comprise the marital adjustment between high SES respondents and low SES respondents. For this purpose the



scores on marital adjustment measures of both (high SES respondents and low SES) group of respondents were comprised. The findings were presented in table no. ii.

Table no.-(ii)

Comparison of Marital Adjustment between High SES and low

SES Respondents:

Sl. No.	Group	N	Mean	SD	t-value	p-value	df
1	Respondents of High SES.	115	37.54	8.53	3.87	<.01	223
2	Respondents of Low SES.	110	33.74	6.11			

The result that, given in above table no. ii that, there were significant difference between high socio-economic status respondents and low socio-economic status respondents in term of their marital adjustment. In this result, respondents of high socio-economic family were found better maritally adjusted while respondents of low socio-economic family were found less maritally adjusted. The calculated t-value (3.87) was found significant at beyond chance.

The reason behind such findings that high socio-economic family can able to their choice based resources and acquire better adjustment and satisfaction in their married life. Thus, this result confirmed our hypothesis no. ii that "the respondents of high socio-economic status would be more maritally adjusted while respondents of low socio-economic status would be less maritally adjusted."

(iii) Comparison of Marital Adjustment between working and non-working respondents:

The marital adjustment of working and non working respondents were also comprised The findings displayed in table no. iii.



Table no. (iii)

**Comparison of Marital Adjustment between Working and
Non-working Respondents:**

Sl. No.	Group	N	Mean	SD	t-value	p-value	df
1	Working respondents	120	34.72	8.53	5.42	<.01	248
2	Non-working respondents	130	29.57	6.77			

The findings that presented in above table no. iii revealed that marital adjustment of working and non-working respondents were found significantly differed. In this context, working respondents were found better in their marital adjustment while non-working respondents were found comparatively less in their marital adjustment. The calculated t-value (5.42) was found significant at less than .01 level of confidence.

The reason behind such findings may be working respondents can able to use different resources related to their better marital adjustment. Thus, this findings confirmed our hypothesis n. iii that "the marital adjustment would be significantly differed between working and non-working couples."

(iv) Comparison of Marital Adjustment between Rural and Urban Respondents:

The marital adjustment was also comprised between rural and urban respondents. The findings are presented in table no.-(iv).



Table No.-(iv)

Comparison of Marital Adjustment between Rural and Urban Respondents:

Sl. No.	Group	N	Mean	SD	t-value	p-value	df
1	Urban respondents	125	33.64	8.11	4.38	<.01	248
2	Rural respondents	125	29.52	6.48			

An inspection of above table no.-iv displayed that, there were significant difference between rural and urban respondents. In this context, the urban respondents were found more adjusted in their married life than those of respondents of rural area. The calculated t-value (4.38) was found significant at <.01 level of confidence. According to this result, it can be say that urban respondents can able to fulfill their married life related needs than those of rural respondents. Thus, this result, confirmed our earlier made hypothesis no.-iv that, "there would be significant difference between rural and urban respondents" by empirical fact.

CONCLUSION :

- (i) High emotionally intelligent respondents were found more adjusted in their married life than those of respondents of low emotional intelligent,
- (ii) The respondents of high socio-economic status were found more maritally adjusted than those of respondents of low socio-economic status.
- (iii) Working women were found more adjusted in marital life than those of non-working women.



(iv) Urban respondents were found more adjusted in marital life than those of rural respondents.

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