Maladaptive Attachments and Emotional Intelligence: A Comparative Study Between Married and Unmarried Individuals

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ABSTRACT

The purpose of the study was to find out the Relationship between Emotional Intelligence and Depression. The study was conducted on the sample of 90 people aged between 18-40 years. The sample included 45 Married Individuals and 45 Unmarried Individuals. The sampling method that was used was Purposive sampling. The following study attempts to show the relationship of Emotional Intelligence and Maladaptive Attachment. The emotional intelligence is defined in terms of self- control, well-being, sociability, Emotionality. Emotional Intelligence (EI) includes the capacity to known and manages emotions of one's own self and also to deal effectively with others. Emotions significantly influence the relationship that is present between people. Maladaptive behaviors targeted in ABA (Applied Behavior Analysis) can include extreme tantrums, excessive and interfering self-stimulating behaviors, feeding limitations, aggression, self injury, elopement (running away) and sleep interfering behaviors. Hence, it was found that there exists both negative and positive correlation between and within both the groups married and unmarried.

Keywords: Emotional Intelligence, Maladaptive Attachment, Married, Unmarried

INTRODUCTION

Emotions have a big impact on how individuals interact with one another. Love, joy, surprise, wrath, fear, sadness, disgust, and surprise are the fundamental human emotions. These apply to everyone. Humans are also capable of higher-order self-conscious emotions. Due to their individuality, people have their own experiences with these. Guilt, envy, pride, embarrassment, and shame are a few of them. The ability to control one's emotions as well as their expression is both crucial. Different techniques are used in emotional self-regulation to bring our emotional state to a comfortable intensity level that can aid in the accomplishment of an individual's goals. One must voluntarily exert effort to control their emotions.

Paul Eckman enumerated six fundamental emotions in 1970 that all people, regardless of culture, shared. "Happiness, sadness, disgust, fear, surprise, and anger" were among these feelings. Later, he expanded the list of feelings to include pride, humiliation, embarrassment, and enthusiasm.

No one is immune to the effects of emotions since they are universal. It is impossible to sustain high levels of feeling for an extended period of time. Each person's emotional state lasts for a different amount of time.

There are occasions when people's inability to control their emotions can have very negative and detrimental effects. People are capable of becoming aware of own feelings as well as understanding those of others. Because of this, people are different from and more special than AI-equipped machines. Machines are incapable of managing emotions the way that people can. This is due to the fact that intelligence in humans has a significant impact on how emotions are expressed and understood.

INTELLIGENCE

Perception, memory, will, imagination, reason, and intuition are all significantly influenced by intelligence. Different psychologists have given their own unique definitions of intelligence. They have also attempted to determine if intelligence is made up of multiple factors or just one.

Researchers are also attempting to comprehend the connection between intelligence and emotions.

With time, how intelligence is perceived has evolved. The following list of developments in intelligence comprehension is provided:

The ability of people to "direct their behavior towards a goal" is what Binet (1905) defined as intelligence.

In 1927, Spearman claimed that intelligence is composed of two factors: a general component (the g-factor) and a particular element (the s-factor). The general intelligence that is present in all the various activities is known as the "g factor." Each work needs a particular skill known as the s-factor.

According to Moss and Hunt in 1927, having social intelligence makes it easier for people to "get along" with others.

In 1930, Edward Lee Thorndike claimed that intelligence consists of three distinct skills or parts. These skills include those listed below:

• Abstract intelligence – "Verbal and symbolic thinking" is a skill that falls under the category of abstract intelligence.

• Mechanical intelligence – This capacity for effective body control and the observation of the connections between various objects is referred to as mechanical intelligence. Additionally, it aids in the comprehension of how the physical world operates.

• Social intelligence (SI) refers to a person's capacity to interact with, understand, and excel in interpersonal relationships.

Vernon (1933) defined social intelligence as "the capacity to get along with people generally, social technique or ease in society, knowledge of social matters, susceptibility to stimuli from other members of a group, as well as insight into the temporary moods or underlying motivations of others."

MODELS OF EMOTIONAL INTELLIGENCE

Different researchers have prepared models to explain Emotional Intelligence .The three important of EI is discussed below:

ABILITY MODEL

Peter Salovey and John Mayer are the creators of this paradigm. In this model, the branches are "arranged from men's basic psychological processes to higher, more psychologically integrated processes" The simplest capacities of emotion detection and expression are related to the lowest level branch. The greatest level has to do with the reflecting and aware control of emotion. Different people

have varying capacities for handling emotionally charged information. The following list of abilities is included in this model:

1. The ability to recognize and understand the emotions communicated in voices, images, faces, and other physical features. Additionally, it includes the awareness of one's own emotions. A fundamental component of emotional intelligence is this. People must accurately perceive their feelings. They frequently need to interpret nonverbal cues, such as body language and facial expressions, for this. A person can more effectively and efficiently comprehend other people's feelings when they can recognise them from their voice or facial expressions.

2. **Using emotions/reasoning with emotions** – This refers to the capacity to apply feelings to various cognitive tasks, such as problem-solving and decision-making. When tackling various tasks at hand, a person with high emotional intelligence is able to use his emotions constructively. Reasoning and other cognitive processes rely on emotions. Emotions aid in helping people prioritises their interests by elevating them in priority and directing their thought. Some people think that feelings play a big role in how creativity emerges.

3. **Understanding emotions –** This refers to a person's capacity to understand emotions and the connections between various emotions. This makes it easier to see how emotions vary and change. Different people interpret emotions differently. For instance, a person may become furious for a variety of reasons. Therefore, in order to comprehend a person's anger, one must first understand the underlying cause of it. Emotions carry a variety of messages and are linked to certain behaviours. When someone is angry, they wish to hurt other people. Understanding emotions and the acts that go along with them is crucial for one to be able to reason.

4. **Managing Emotions –** The ability to control and manage emotions, whether they are positive or negative, is referred to as emotion management. An important facet of emotional intelligence is effective emotion management. It includes rules governing emotions. The accomplishment of goals and objectives in the social and personal realms depends on one's ability to control their emotions. Emotional intelligence requires effective emotion management. It includes rules governing emotions. The accomplishment of goals and objectives in the social and personal realms depends on one's ability to control their emotions. Emotional intelligence's fundamental elements. It includes rules governing emotions. The accomplishment of goals and objectives in the social and personal realms depends on one's ability to control their emotions.

THE MIXED MODEL

An additional well-known Emotional Intelligence model is the Mixed Model. This Emotional Intelligence model, created by Daniel Goleman, places a strong emphasis on defining EI utilizing a variety of abilities and competencies that impact leadership effectiveness.

• As a result, the Mixed Model is commonly utilized in corporate settings or other professional settings to train and assess managerial potential and skills.

• The Mixed Model lists essential Emotional Intelligence constructs:

1. **Self-awareness -** the capacity to perceive and comprehend one's own emotions, strengths, limitations, desires, values, and aspirations, as well as how they affect others, while depending on intuition to guide action.

2. **Self-regulation or self-management**- involves restraining or rerouting irrational thoughts, feelings, or desires, as well as adjusting to shifting condition

3. **Social awareness-** is the capacity to perceive and respond to the emotions of others while being aware of social networks.

4. **Relationship management-** This entails having the capacity to motivate, encourage, and influence others in a conflict management environment. Goleman outlined each one with a set of emotional competences that must be cultivated and practiced in order to achieve exceptional performance. Each person is born with a certain level of emotional intelligence, which determines their propensity to learn, which they can use to develop their emotional competency.

TRAIT MODEL

Trait emotional self efficacy, also known as trait emotional intelligence, refers to a constellation of behavior dispositions and self-perceptions regarding a person's capacity to recognize, process, and make use of emotionally charged information. Trait emotional self efficacy should be assessed against a person's personality.

The EQ, the Six Seconds EI Assessment, the Swinburne University EI Test (SUEIT), and the Schutte Self Report EI Test (SSEIT) are some of the self-report measures used to measure the characteristic emotional intelligence. In order to accurately assess EI, a trait emotional intelligence questionnaire (TEIQUE) that is available in 15 languages was created.

MALADAPTIVE BEHAVIOUR

Maladaptive behavior is defined as acts or behavioral patterns that are damaging or get in the way of a person's ability to perform at their best in a variety of spheres of life. Maladaptive behaviors like tantrums, self-harming behaviors, and elopement are the focus of applied behavior analysis (ABA).

The distinctive manner in which people interact with others in close relationships, determined by self-worth and interpersonal trust, is known as attachment style. There are four types of adult attachment styles: dismissive, scared, preoccupied, and secure. Secure and insecure attachment are the two primary kinds recognized from infancy. These attachment styles are related to how successfully people bonded to others during childhood. Infant attachment differences are linked to a range of psychosocial outcomes in childhood and adulthood.

ATTACHMENT STYLE

Relationship interaction and behavior patterns that start to emerge in early childhood and persist throughout adulthood are referred to as attachment styles. Three main attachment styles were established by Mary Ainsworth's "strange situation" study: secure attachment, ambivalent-insecure attachment, and avoidant-insecure attachment. Later, the disorganized-insecure attachment style—a fourth attachment type—was added. Opportunities for connection and high-quality care giving are two factors that affect attachment. The four types of attachment are secure attachment, avoidant attachment, ambivalent attachment, and disorganized. Attachment. The most typical attachment form is called secure attachment, and it is characterized by distress when a carer leaves but also by a sense of comfort that they will return

RATIONALE

The purpose of this research is to investigate the relationship between the Emotional Intelligence and Maladaptive Attachment of Married and Unmarried Individuals. There is very limited research conducted on the combination of these variables of the Emotional Intelligence and Maladaptive Attachment.

Although there is a gap in literature between Emotional intelligence and maladaptive attachment, there have been studies on factors influencing Emotional intelligence and maladaptive attachment separately. This study aims to explore this gap and tries to give it a new perspective.

Thus, this research is conducted to study the significant relationship between the emotional intelligence and maladaptive attachment of Married and Unmarried Individuals18-40 years of age.

METHODS OF THE STUDY

The present chapter deals with the method used in the study. The chapter is divided into the following sub-headings:

Purpose

The purpose of the study is to find a relationship between Emotional Intelligence and Maladaptive attachment among Married and Unmarried individuals. To find the significance between the chosen variables for the research.

Objective

- To compare the relationship between the variables of Emotional Intelligence and Maladaptive Attachment between and within Married and Unmarried Groups.
- Relationship between Emotional Intelligence with their Sub Factors and Maladaptive Attachment.

Hypothesis

- H1- There exists significance correlation between Emotional Intelligence and Maladaptive attachment among Married group.
- H2- There exists significant correlation between Well-Being and Maladaptive attachment among Married group.
- H3- There exists significant correlation between Self-Control and Maladaptive attachment among Married group.
- H4- There exists significant correlation between Emotionality and Maladaptive attachment among Married group.
- H5- There exists significant correlation between Socialibility and Maladaptive attachment among Married group.
- H6- There Exists significant correlation between Maladaptive attachment and sub factors of Emotional Intelligence among Unmarried group.
- H7- There exists significant correlation between Self-Control and Maladaptive and other variables among Unmarried group.
- H8- There exists significant correlation between Emotionality and other variables among Unmarried group.
- H9- There exists significant correlation between Socialibility and other variables among Married group.

- H10- There exists significance correlation between Emotional Intelligence and Maladaptive attachment among Unmarried group.

Variables
- Emotional Intelligence
- Maladaptive Attachment

Tools
The tools used in the present study for collecting data are:

1-Trait Emotional Intelligence Questionnaire: It is a freely available instrument designed to assess global trait emotional intelligence. The trait emotional intelligence Questionnaire, which is based on the Trait Emotional Intelligence theory, is an important aspect of research in emotional intelligence.

There are two versions of the Trait Emotional Intelligence Questionnaire: Long and Short.
- The TEIQUE-LF is a 153 item self report with 15 subscales that takes 25 minutes to complete.
- The TEIQUE-SF is a 30 item questionnaire. The items are scored on a 7-point scale by respondents.

2- The Experience in Close Relationship Scale (ECR-S): is a 12 items elf repot adult attachment style questionnaire focused on close relationships. Based on Ainsworth's Infant attachment styles literature, this scale measures maladaptive attachment in adulthood that is in romantic relationships.
- **Number of items:** 12 items
- **Rating scale:** Items were rated on a seven-point Likert scales ranging from strongly disagree to strongly agree.

Sample
Sample Size: 90 (45 of Married Individuals and 45 of Unmarried Individuals)
Sample Population: Married and Unmarried Individuals (Age range: 18-40 years)
Sampling Technique: Purposive Sampling

Research Design
The exploratory research design was utilized to understand independent variable, the married and unmarried groups upon two dependent variables, Emotional intelligence and maladaptive attachment between married and unmarried groups. This research design was chosen because the study is focused on such variables that have not previously been studied in depth.

Statistical Analysis:
The statistical analysis for the study was conducted using SPSS software to examine the relationship between Married and Unmarried Individuals in terms of the Emotional Intelligence and Maladaptive attachment.

The following analysis was performed to investigate the purpose of the study:
1. Pearson's Correlation, Regression correlation and T-test was used to examine the relationship between variables and the targeted groups that summarized the characteristics of the dataset.

Procedure:

- A sample of 18 – 40 years of age of Married and Unmarried individuals were assessed for Emotional Intelligence and Maladaptive attachment.
- Participants were recruited through social media platforms or any other means that permit broader outreach to the targeted population.
- After obtaining informed consent, participants were requested to complete the questionnaires online.
- Demographic information, such as age, gender and relationship status were collected from the participants.
- The scores of the participants of the emotional intelligence and maladaptive attachment of married and unmarried individuals were calculated and analyzed.
- Data analysis was investigated using statistical software, such as SPSS to examine the relationship between the variables by using psychological questionnaire.

RESULT AND INTERPRETATION

Table No-1 shows the descriptive statistics of the data

Descriptive Statistics			
	Mean	Std. Deviation	N
Maladaptive Attachment of Married	50.0000	11.64766	45
Well-being of Married	35.67	5.596	45
Self-control of Married	30.60	6.454	45
Emotionality of Married	40.69	10.260	45
Sociability of Married	31.87	6.066	45
Emotional Intelligence of Married	139.24	20.277	45
Maladaptive Attachment of Unmarried	46.9048	12.48169	45
Well-being of Unmarried	33.96	6.557	45
Self-control of Unmarried	28.42	7.730	45
Emotionality of	44.73	8.379	45

Unmarried			
Socialbility of Unmarried	31.42	6.920	45
Emotional Intelligence of Unmarried	139.00	23.585	45

➤ The descriptive statistical analysis results indicate that the mean of the Emotional Intelligence score is lower as compared to Unmarried individuals whereas the sub group of emotional intelligence i.e. well-being and self control have high score in married group in comparison to unmarried individuals and the other two sub-groups of emotional intelligence called Emotionality and sociability .the score of emotionality seem lower score in married individuals and sociability have somewhat equal scores in both married and unmarried group.

Table No-2 shows the Pearson correlation between variables and both the groups

		MA.M	WB.M	SC.M	E.M	S.M	EI.M	MA.UM	WB.UM	SC.UM	E.UM	S.UM	EI.UM
MA.M	r	1	-.434**	-0.263	-.479**	-.397**	-.556**	-0.120	0.001	-0.136	-0.056	-0.082	-0.062
	p		0.003	0.080	0.001	0.007	0.000	0.431	0.993	0.373	0.716	0.593	0.687
	N		45	45	45	45	45	45	45	45	45	45	45
WB.M	r		1	.513**	.351*	0.283	.674**	0.062	0.019	-0.048	0.097	-0.198	-0.055
	p			0.000	0.018	0.059	0.000	0.688	0.899	0.756	0.526	0.192	0.718
	N			45	45	45	45	45	45	45	45	45	45
SC.M	r			1	0.261	.361*	.657**	.296*	-.314*	-0.225	-0.126	-.397**	-.336*
	p				0.083	0.015	0.000	0.048	0.036	0.138	0.408	0.007	0.024
	N				45	45	45	45	45	45	45	45	45
E.M	r				1	.501**	.809**	0.184	-0.084	0.002	-0.207	-0.109	-0.135
	P					0.000	0.000	0.228	0.585	0.991	0.173	0.478	0.375
	N					45	45	45	45	45	45	45	45
S.M	r					1	.740	0.212	-0.167	0.026	-	-	-

						**			
							0.003	0.133	0.090
	P					0.000	0.162	0.273	0.866
	P					0.982	0.382	0.555	
	N					45	45	45	45
	N					45	45	45	
EI.M	r					1	0.240	-0.169	-0.069
						-0.100	-0.252	-0.197	
	P						0.113	0.268	0.653
	P						0.515	0.095	0.194
	N						45	45	45
	N						45	45	45
MA.UM	r						1	-.302*	-.324*
							-.360*	-.289	-.414**
	P							0.044	0.030
	P							0.015	0.054	0.005
	N							45	45
	N							45	45	45
WB.UM	r							1	.670**
								0.237	.562**	.739**
	P								0.000
	P								0.117	0.000	0.000
	N								45
	N								45	45	45
SC.UM	r								1
									.528**	.628**	.869**
	P									0.000
	P									0.000	0.000
	N									45	45	45
E.UM	r									1
										.581**	.758**
	p										0.000	0.000
	N										45	45
S.UM	r										1
											.581**
	p											0.000
	N											45
EI.UM	r											1
	p											
	N											45

The correlation between the variables of married and unmarried groups which are measured using Pearson correlation coefficients. The variables included indicate the following results:

➢ There is a significant negative correlation between the maladaptive attachment of married group and the well being, emotionality, sociability and emotional intelligence of Married group.

➢ There is a significant positive correlation between the well-being of married group and the self-control, emotionality and emotional intelligence of married group.

➢ There is a significant positive correlation between the self-control of married group and sociability, emotional intelligence of married and maladaptive attachment of unmarried group.

➢ There is a significant negative correlation between the self-control of married group and well-being, sociability and emotional intelligence of unmarried group.

➢ There is a significant positive correlation between the emotionality of married group and sociability and emotional intelligence of married group.

➢ There is a significant positive correlation between the sociability of married group and emotional intelligence of married group.

➢ There is a significant negative correlation between the maladaptive attachment group of unmarried and well-being, self-control, emotionality and emotional intelligence of unmarried group.

➢ There is a significant positive correlation between the well-being of unmarried group and self-control, sociability and emotional intelligence of unmarried group.

➢ There is a significant positive correlation between the self-control of unmarried group and emotionality, sociability and emotional intelligence of unmarried group.

➢ There is a significant positive correlation between the emotionality of unmarried group and sociability of unmarried group.

➢ There is a significant positive correlation between the sociability of unmarried group and emotional intelligence of unmarried group.

DISCUSSION AND CONCLUSION

The study attempted to determine the Emotional Intelligence and Maladaptive attachment og Married and Unmarried Individuals. The objective is to compare the relationship between the variables of Emotional Intelligence and Maladaptive attachment between and within Married and Unmarried Groups. Purposive sampling was chosen since the researcher opted to aims on specific populations, i.e. Married and Unmarried Individuals. There is a gap in literature between Emotional intelligence and maladaptive attachment; there have been studies on factors influencing Emotional intelligence and maladaptive attachment separately. This study aims to explore this gap and tries to give it a new perspective.

Emotional Intelligence (EI) includes the capacity to known and manages emotions of one's own self and also to deal effectively with others. Emotions significantly influence the relationship that is present between people. The basic emotions are love, happiness, surprise, anger, fear, sadness, disgust, these are universal. Human beings also have some self-conscious emotions of a higher order. These are experienced by individuals because of their uniqueness. These include the emotions of guilt, envy, pride, embarrassment, shame. Both expression of emotions and the regulation of emotions are very important.

Maladaptive behaviors targeted in ABA (Applied Behavior Analysis) can include extreme tantrums, excessive and interfering self-stimulating behaviors, feeding limitations, aggression, self injury, elopement (running away) and sleep interfering behaviors. Where Attachment style are characterized by different ways of interacting and behaving in relationship. During early childhood, these attachment

styles are centered on how children and parents interact. In adulthood, attachment styles are used to describe patters of attachment in romantic relationships. The concept of attachment styles grew out the attachment theory and research that emerged throughout the 1960s and 1970s.According to APA dictionary of psychology Attachment styles is characterized way people relate to others in the context of intimate relationships, which is heavily influenced by self-worth and interpersonal trust.

There are a number of observations and inferences that may be made based on the presented data: Emotional Intelligence and its Four Sub-Factors (Well-Being, Self-Control, Emotionality and Sociability); The emotional intelligence of married people is adversely connected with their maladaptive attachment but positively correlated with their well-being, self-control, emotionality, and sociability. Maladaptive attachment; the correlation coefficients are statistically significant and vary from 0.240 to 0.809. The relationship between married people's maladaptive attachment and their well-being, self-control, emotionality, sociability, and emotional intelligence is statistically significant and ranges from -0.479 to -0.556.

The results of the independent samples t-tests showed that there were no significant differences in Variables: Emotional Intelligence and its sub-factor (Well-Being, Self-Control, Emotionality and Sociability) and maladaptive attachment between the two groups (Married and Unmarried).

Overall, the study sheds some light on the relationships between married people and single people in terms of emotional intelligence and maladaptive attachment. There are several limitations, nevertheless, that should be taken into account. The study only included 90 participants, which may limit how extensively the findings may be applied. The study only included two groups, thus it might not adequately represent the entire population. Future research could build on this study by assessing additional factors that may have an impact on emotional intelligence and maladaptive attachment in addition to gathering bigger and more diverse sample sizes.

SUGGESTION AND LIMITATIONS

The sample size of this study is not sufficient for generalization. Increasing the sample size may lead to useful results in terms of generalization of the obtained results. Another limitation is that the study relied on self-report measures that may be subject to bias, and the results may not accurately reflect the participants' actual behaviour or emotional state.

Although this study cannot be generalized, it offers useful results for policymakers. On the other hand, this study had only four variables, and the study did not account for potential confounding variables that may have influenced the relationship. If different variables are included in this kind of research, possible future studies can provide different findings that may have a possible negative or positive relationship can have significance relationship between the targeted groups and population.

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