

Study the Relationship Between Emotional Intelligence and Marital Adjustment among Secondary School Teachers of Amritsar District

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Abstract:

The present study was conducted to explore the relationship in emotional intelligence and marital adjustment among secondary school teachers of Amritsar district. The sample consisted of teachers of Amritsar district. They were selected by random sampling technique. For this study Marital adjustment of Promod Kumar and Kanchan Rohtagi (2010) and emotional adjustment inventory by S.K. Mangal (2012) was used. Result of this study showed significant difference between emotional intelligence and marital adjustment among secondary school teachers. Correlation analysis showed a significant relationship between emotional intelligence and marital adjustment among secondary school teachers.

Keywords: Emotional Intelligence, Marital Adjustment

Introduction: Family is a building block of the society and good family relations are the guarantee of future of the society. The base of a family is marriage for the foundation of the society. Marriage gives the opportunity to create a new life of love, companionship, co-operation. On the other hand, it demands us to walk the same path with other person. To have a successful marital relationship, a couple needs to have love, understanding, mutual respect, trust, commitment and many other factors. A successful marriage often results in the level of adjustment achieved by the individuals during married life. When the relationship between couples is better, safer and more attractive, the life is more pleasant and lively and successful. In recent years, there are various problems in married life. To deal effectively with some psychological situations of real life, we require some psychological resources other than general intelligence. One such resourcefulness is termed as Emotional Intelligence, which is a different way of being smart (Goleman, 1995) argues that emotional intelligence is being able to regulate our own emotional behavior such as aggression, fear and jealousy. An emotional level is a form of intelligence. Emotional intelligence is the ability to generate feelings, understand the feelings of others. It is the ability to sense, understand and effectively apply the power of emotions as a source of human energy, information, connection and influence (Cooper and Sawaf, 1998). According to various researches emotional intelligence can be influential on marital satisfaction. Couples intimate relationship needs communication skills such as paying attention to other person's view point, being able to emphasize perception with what their partner has experienced and also being sensitive and aware of his/her needs (Gottman and Levenson, 2022). Teachers come out to work for personal satisfaction, financial security, sharing of responsibility and so on. A well adjusted teacher is one whose behavior is

appropriately engaged with various numbers. It is believed that teachers with high level of emotional intelligence are socially well adjusted.

Objectives:

1. To study the difference in Emotional Intelligence among secondary school teachers of Amritsar district with respect to gender.
2. To study the difference in Marital Adjustment among secondary school teachers of Amritsar District with respect to gender.
3. To study the relationship in Emotional Intelligence and Marital Adjustment among secondary school teachers of Amritsar district.

Hypotheses:

1. There exists no significant difference in Emotional Intelligence among secondary school teachers of Amritsar district with respect to gender.
2. There exists no significant difference in Marital Adjustment among secondary school teachers of Amritsar district with respect to gender.
3. There exists no significant relationship between Emotional Intelligence and Marital Adjustment among secondary school teachers of Amritsar district.

Review of Related Literature:

Jarsaniya (2021) explored a study of emotional intelligence and marital adjustment in married couples relation to gender and family types. Data was collected from 120 participants and 60 heterosexual couples who have completed at least seven years of marriage. Emotional intelligence scale developed by Singh and Narayan, and the marital arrangement questionnaire by Kumar and Rohatgi were used for this study. Result of this study revealed that there exists a significant relationship between emotional intelligence and marital adjustment.

Dar (2022) conducted a study on Emotional intelligence and Marital adjustment among teachers of Anantnag district. Data was collected from 200 teachers (Male 100 and Female 100) by purposive sampling technique under the age of 25 to 45 years. Emotional Intelligence inventory and Adjustment questionnaire was used. Various statistical techniques were used for the analysis of data. Results of this study showed that male teachers have showed high marital adjustment than female teachers and female teachers were emotionally more intelligent than male teachers.

Anyamene (2020) explored the relationship between emotional intelligence and marital satisfaction of male and female teachers in Anambra state. A sample of 1344 married teachers were taken for this study. Emotional Intelligence scale (EIS) and Index of Marital Satisfaction (IMS) were adopted for data collection. Findings of this study showed that there was a significant low relationship existed among teachers. It was also recommended among others that married should be encouraged by the counselor involved in marital counseling to pursue habits and attitude that promote marital satisfaction through periodic sentiments and counseling sessions.

Kumar (2022) explored the relationship between emotional intelligence and marital satisfaction of male and female married teachers in Mysore district. Three questions were formulated to guide the study while three hypotheses were tested at 0.05 and at 0.01 level of significance. Correlational designs was adopted for this study. Sample of 183 married teachers were taken for this study. Result of this study showed that there exists a significant low relationship among married teachers of emotional intelligence and marital satisfaction.

Method and Procedure:

Tools :

Marital Adjustment Questionnaire of Promod Kumar and Kanchan Rohtagi (2010)

Emotional Intelligence Inventory by S.K. Mangal and Shubra Mangal (2012)

Sample: The sample consisted of 200 male and female secondary school teachers. The data was collected from Amritsar district.

Analysis of Result:

Hypothesis 1: There exists no significant difference in Emotional Intelligence among secondary school teachers of Amritsar district with respect to gender.

Table1: Showing Mean, Standard- deviation, t- ratio of significant difference in emotional intelligence among secondary school teachers of Amritsar district w.r.t. gender.

S.No.	Gender	N	Mean	S.D.	S.ED.	df	t- value	Inference
1.	Male	100	23.72	9.46	1.55	198	4.34	Significant at 0.05 and at 0.01 level
2.	Female	100	30.46	12.34				

Table-1. Shows that mean score and S.D. of boys is 23.72 and 9.46 respectively and in case of girls mean score and S.D. of girls is 30.46 and 12.34 . The t-value comes to be 4.34 which is not significant at 0.05 and at 0.01 level. The calculated value of t is less than table value. So, the hypothesis-1 There exists no significant difference in emotional intelligence among secondary school teachers of Amritsar district w.r.t gender is rejected.

Hypothesis 2: There exists no significant difference in Marital adjustment among secondary school teachers of Amritsar district with respect to gender.

Table -2: Showing Mean, Standard- deviation, t- ratio of significance in Marital adjustment among secondary school teachers of Amritsar district w.r.t. gender.

S.No.	Gender	N	Mean	S.D.	S.ED.	df	t- value	Inference
1.	Male	100	20.36	9.82	1.095	198	5.46	Significant at 0.05 and 0.01
2.	Female	100	14.62	5.66				

Table-2. Shows that mean score and S.D. of boys is 20.36 and 9.82 respectively and in case of girls mean score and S.D. of girls is 14.62 and 5.66. The t-value comes to be 5.46 which is significant at 0.05 and at 0.01 level. The calculated value of t is greater than table value. So, the hypothesis 2. There exists

no significant difference in marital adjustment among secondary school teachers of of Amritsar district w.r.t. gender is rejected.

Hypothesis-3: There exists no significant relationship between emotional intelligence and marital adjustment among secondary school teachers of Amritsar district.

Table:3 Showing correlation of significance in Marital adjustment and emotional intelligence among secondary school teachers.

Variables	N	r- correlation	Inference
Emotional Intelligence	200	0.63	Significant at 0.05 and at 0.01 level
Marital Adjustment			

Table- 3. reveals that correlation between emotional intelligence and marital adjustment among secondary school teachers of Amritsar district was found to be 0.63 which is significant at 0.05 and at 0.01 level.

Educational Implications:

1. Marriage programme may benefit by including task and education that would improve partner’s level of emotional intelligence.
2. For a happy and married life it is essential to have emotional intelligence and marital adjustment . There is a need to facilitate good quality of emotional intelligence from childhood. Hence , emotional intelligence must be inculcated from childhood as it helps in succeeding in all aspects of life.
3. Couples should be introduced the competencies of E.I. and should be taught emotionally intelligent skills , emotional management skills and emotional sensitivity skills.

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