



COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE AMONG ARRANGED MARRIED AND UNMARRIED WOMEN

SHIKHA YADAV ¹ | DR. MANORANJAN TRIPATHY ²

¹ STUDENT, DEPARTMENT OF PSYCHOLOGY, DEV SANSKRITI VISHWAVIDYALAYA, HARIDWAR, INDIA.

² ASSISTANCE PROFESSOR, DEPARTMENT OF PSYCHOLOGY, DEV SANSKRITI VISHWAVIDYALAYA, GAYATRIKUNJ, SHANTIKUNJ, HARIDWAR, UTTARAKHAND, INDIA.

ABSTRACT:

Emotional intelligence predicts success in all walks of life and hence it has gained paramount importance in all the fields. Emotional intelligence involves the ability to perceive accurately, appraise and express emotions; the ability to access and generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge and ability to regulate emotions to promote emotional and intellectual growth. The aim of the study was to investigate and compare emotional intelligence among married and unmarried women. The study was conducted on sample of 60 women (30 are arranged married women and 30 are unmarried women) from Gurugram district Haryana. Subjects were administered by emotional intelligence scale constructed and standardized by upinder dher, sanjoot and anukool. Result shows that there was significant difference between arranged married and unmarried women on Self-awareness, empathy, self-motivation, emotional stability, managing relation, integrity, self-development, value oriental, commitment, altruistic behavior.

KEYWORDS:

EMOTIONAL INTELLIGENCE, SELF-AWARENESS, EMPATHY, SELF-MOTIVATION, EMOTIONAL STABILITY, INTEGRITY, VALUE ORIENTAL, COMMITMENT, ALTRUISTIC BEHAVIOR.

INTRODUCTION

Emotional intelligence is a capacity, ability, skill, or self-perceived ability to assess, identify and manage the emotions of one's self, of others, and of groups. People who have a high degree of emotional intelligence know themselves very well and are also able to sense the emotions of others. What do happiness, fear, anger, affection, disgust, surprise, love, sadness, elation have in common? These are emotions, which directly affect our day-to-day life. Emotions color our life. We are green with envy, red with anger and blue with sorrow. The emotion has been originated from a Latin word 'emovere' "it means to strip up, to educate or to excite. Emotion is a complex state of human mind involving bodily changes such as breathing pounding hurt flushed face sweaty palms high pulse rate and gland secretion on the physiological side a state of excitement marked by strong feelings. Feelings are what when experiences as a result of having emotions. It colours our life. We are green with envy, red with anger, blue with sorrow, positive emotions such as love, compassion, affection, caring and desire fills our life with pleasure and gusto but negative emotions such as fear, depression and anger fill our life with bread and make each day our chore. Emotions our state of feeling that have cognitive, physiological and behavioral components. (Carlsen and Hatfield 1992; fischer1990). intelligence is the ability to acquire knowledge, to think and reason

effectively and to deal adaptively with the environment. Emotional intelligence is ability to express and control emotions, to understand, interpret and respond to the emotion of others. Emotional intelligence includes traits like self-awareness, empathy, self-motivation, emotional stability, managing relationship, self-awareness, integrity, self-development, value oriental, commitment, altruistic behavior. Emotional intelligence like cognitive intelligence is a broad-spectrum concept. It has been defined in multiple ways. There is no single comprehensive definition of the concept. Emotional intelligence is defined as an ability to effectively deal with emotions. Boyatzis and Sala, 2004 define emotional intelligence, as a set of competencies or abilities to recognize and use emotional information about oneself and others that lead to or causes effective and superior performance. Emotional intelligence is a fine art of self-control.

Greek philosopher Aristotle said 'to be angry with the right person, to the right degree, at the right time for the right purpose, in the right way is really very difficult'.

Daniel Goleman refers" emotional intelligence to a combination of skills. These include empathy, self-control, self-awareness, sensitivity to the feelings of others, persistence and a satisfying life, self-motivation among others."

Mayor and. Salovey 1997, proposed that emotional intelligence was a cognitive ability which is separate but also associated to General intelligence. This model consists

of four different abilities, including perception of emotion, emotional facilitation, understanding emotions and management of emotions. These branches are ordered from basic to higher order abilities, which develop as an individual matures. Emotion perception is the ability to perceive emotions in yourself and others. It also includes perceiving nonverbal signals, and emotion in stimuli, such as landscapes and art, (Mayor and Salovey, 2003). Emotional facilitation is ability of emotions to help thinking in three ways, by signaling important environmental changes. Second, changing mood, helping individuals to see a situation in several different ways. Third, facilitation assists different type of reasoning, understanding emotions involve knowledge of emotions, emotional vocabulary, and how they blend to create other emotions which change overtime. Managing emotions involves the ability to manage your emotions and those of people around you.

COMPONENTS OF EMOTIONAL INTELLIGENCE:

Mayor and Salovey, 2004 suggest that there are four critical components of emotional intelligence,

- 1) First component is accurate perception and expression of emotion. It is the first step to responding for your own emotions and feelings.
- 2) The second component is ability to access and generate emotion in the service of thinking and problem-solving.
- 3) The third component is understood emotion and its meaning. We often make incorrect attribution for our emotions, which can lead us to take unwise step.
- 4) The final component is emotional regulation being able to manage and control our own emotions.

Bar On's 2006 Model of Emotional social intelligence consists of certain emotional and social competencies, skills and facilitators divided into five different areas which interact with each other. First, Intrapersonal including emotional awareness, assertiveness, independence, self-regard and self-actualization. Second, Interpersonal, including empathy, social responsibility, and interpersonal relationships. Third, Stress management, including stress tolerance and impulse control., And fourth General mood, including happiness and optimism. Bar on in his model of translation, not only studies, intrapersonal, and interpersonal relationships, he also considers factors such as adaptability, impulse control, and general mood to be part of emotional intelligence.

OBJECTIVE OF THE STUDY.

To compare that Emotional intelligence among arranged marriage, women and unmarried woman.

HYPOTHESIS:

The study has been designed with our view to test the following hypothesis.

1. There is no significant difference between the emotional intelligence of arranged married woman and unmarried woman.

2. There is no significant difference between the self-awareness of arranged married woman and unmarried woman.
3. There is no significant difference between the Empathy of arrange married woman and unmarried woman.
4. There is no significant difference between the self-motivation of arrange married woman and unmarried woman.
5. There is no significant difference between the Emotional stability of arranged married women and unmarried women.
6. There is no significant difference between Managing relation of arrange married woman and unmarried woman.
7. There is no significant difference between Integrity of arrange married woman and unmarried woman.
8. There is no significant difference between self-development of arranged married women and unmarried woman.
9. There is no significant difference between. Value oriental of arrange married woman and unmarried woman.
10. There is no significant difference between Commitment of arrange married woman and unmarried woman.
11. There is no significant difference between Altruistic behavior of arrange married woman and unmarried woman.

VARIABLES:

A variable is something that can be changed or altered, such as a characteristic or value. There are two types of variables:

- Independent variable: Emotional intelligence
- Dependent variable: arranged married and unmarried women

METHODOLOGY:

RESEARCH DESIGN:

Ex-post facto research design is used to complete the study. Ex-post facto research design is a category of research design in which the investigation starts after the fact. has occurred without interference from the researcher.

SAMPLE OF THE STUDY:

A sample of 60 subjects were selected from urban area of district Gurugram, Haryana from which 30 were arranged married and 30 are unmarried women. The age ranged between 25 to 30 yrs. and arrange married women had of 1 yr. of marriage. Women selected are non-working, not having any jobs.

SAMPLING OF THE STUDY:

In the present study , the researcher used Quota Sampling to select sampling from Gurugram district, Haryana.

TOOLS AND TEST FOR THE STUDY:

In this present study investigator use emotional intelligence scale prepared by Upinder Dher, Sanjoot and Anukool. This scale comprises of 34 statements, each to be rated on a five-point scale ranging from strongly agree to strongly disagree. Reliability of this scale was 0.88 and validity of the test found to be 0.93. This scale comprises of ten dimensions:

- Self-awareness
- Empathy
- Self-motivation
- Managing relation
- Integrity
- Self-development
- Value oriental
- Commitment

- Altruistic behavior

PROCEDURE OF DATA COLLECTION:

Sample of 60 women collected with help of quota sampling from Gurugram district, Haryana. Sample collected are non-working women having age range between 25 to 30 yrs. Sample collected through online and offline mode. The subject will be briefed about the study and its relevance. Prior to the actual administration of the tools, significant rapport will be established. They will be assured that their responses will be kept confidential. After the data collect, they will be thanked for their cooperation.

ANALYSIS AND INTERPRETATION:

To compare the emotional intelligence among arrange married women and unmarried women , the mean score of the two groups were tested for significance of different using t-test.

ANALYSIS RESULT:

Significant difference between emotional intelligence of arrange married women and unmarried women.

TABLES 1

EMOTIONAL INTELLIGENCE	N	M	SD	SED	DF	T- VALUE	SIGNIFICANCE LEVEL
ARRANGE MARRIED WOMEN	30	140.2	4.42	2.797	58	8.24	SIGNIFICANT DIFFERENCE AT 0.05 LEVEL OF CONFIDENCE
UNMARRIED WOMEN	30	117.2	14.7				

The null hypothesis was rejected at 0.05 level of significance. The obtained t value, 8.24 is higher than required 0.05 level of confidence. Emotional intelligence of arrange married women is higher than that of unmarried women.

S.NO.	DIMENSIONS OF EMOTIONAL INTELLIGENCE	N	ARRANGE MARRIAGE WOMEN		UNMARRIED WOMEN		SED	T VALUE	SIGNIFICANCE AT 0.05 LEVEL
			M	SD	M	SD			
1	Self-awareness	60	15.17	2.26	11.33	2.47	0.61	6.27	Significant
2	Empathy	60	16.23	1.41	12.20	2.99	0.60	0.69	Significant
3	Self-motivation	60	21.20	3.88	17.43	2.14	0.81	4.65	Significant
4	Emotional stability	60	15.30	2.47	11.63	3.33	0.76	4.85	Significant
5	Managing relation	60	16.43	2.01	11.83	2.36	0.57	8.12	Significant
6	Integrity	60	11.40	2.58	8.71	2.49	0.70	3.87	Significant
7	Self-development	60	7.77	1.36	5.73	1.31	0.344	5.90	Significant
8	Value oriental	60	7.83	1.37	5.23	1.68	0.39	6.59	Significant
9	Commitment	60	7.30	1.21	5.63	1.10	0.29	5.59	Significant
10	Altruistic behaviour	60	7.70	1.53	5.90	1.35	0.37	4.82	Significant

The findings revealed that there is high level of self-awareness among arrange married and unmarried women, yet the arrange married women were inclined towards high level of self-awareness and those of

unmarried women. Hence the null hypothesis was rejected at 0.05 level of significance.

There is significant difference between the trait empathy among arrange married and unmarried women, hence the

null hypothesis is rejected at 0.05 level of significance. It was found that the arrange married have better understanding another person's experience by imagining oneself in that other person's situation than those of unmarried women.

Arrange married women found to be inclined more towards self-motivation to those of unmarried women. Hence, the null hypothesis is rejected at 0.05 level of significance. arrange married women have ability to drive oneself to take initiative and action to pursue goals and complete tasks slightly more than that of unmarried women.

There is significant difference in level of emotional stability of arrange married and unmarried women, as arrange married women have high emotional stability react less emotionally and are less easily upset. They tend to be emotionally stable, calm, and do not constantly experience negative feelings. Hence, null hypothesis is rejected at 0.05 level of significance.

The null hypothesis is rejected at 0.05 level of significance. There is significant difference between the managing relation among arrange married and unmarried women. As, arrange married women have better relationship management, understanding other emotions and regulate or manage others' emotions.

The null hypothesis is rejected at 0.05 level of significance. Arrange married women (M=11.40) were inclined more towards integrity than those of unmarried women(M=8.71). Arrange married women have more quality of moral consistency, honesty and truthfulness with oneself and others than that of unmarried women.

The null hypothesis is rejected at 0.05 level of significance. The findings revealed that both arrange married and unmarried women show high self-development, yet arrange married women(M=7.77) inclined more towards self-development than those of unmarried women(M=5.73).

There is significant difference between the value oriental of arrange married and unmarried women. Hence, null hypothesis is rejected at level of 0.05 of significance.

Arrange married women have high preference about how to allocate resources between the self and another person than that of unmarried women.

The null hypothesis is rejected at 0.05 level of significance. Arrange married women have more mental and physical act of more directing increased resources to an activity or interpersonal relationship than those are unmarried women.

There is significant difference between altruistic behavior among arrange married and unmarried women. as, arrange married women (M=7.70) have more altruistic behavior than those of unmarried women(M=5.90). arrange married women have a motivational state that a person possesses with the goal of increasing the welfare of another person than those of unmarried women. Hence null hypothesis is rejected at 0.05 level of significance.

DISCUSSION:

The present study was conducted to compare the emotional intelligence among arrange married and unmarried women. The hypothesis stating that there is no significant difference in emotional intelligence among arrange married and unmarried women is rejected. As, $t=8.24$, $df=58$, $p>.05$.

Emotional intelligence is higher in arrange married women as they have ability to perceive accurately, appraise, express emotions and manage of one's self of others and of groups. Managing personal relationships can be enhanced through emotional intelligence. Evidence suggests that people with higher levels of emotional intelligence lead more successful careers and nurture better relationships than those with low emotional intelligence. Emotional intelligence is defined as, 'the ability to understand emotions of own and that of others. It is the ability to regulate and manage these emotions,' (Salovey & Mayer, 1990).

Gardner's theory of multiple intelligence has its importance in the beginning of EI; his model has two types of personal intelligence, interpersonal and intrapersonal intelligence. Interpersonal intelligence consists of the ability to understand other people. Intrapersonal intelligence ability is a correlative, ability, turned inward. Emotional intelligence as a proficiency to increase positive way of thinking toward work and compel positive behaviors and better outcomes [6,7]. Emotional intelligence refers to the personal-management and social skills that allow us to succeed in our interactions with other people. Integrity, intuition, character, motivation and communication and relationship skills are all part of emotional intelligence.

Bibi, Chaudhary, Awan, 2015: studied the influence of marital status on emotional intelligence among university teachers of KPK. The hypothesis mainly focused to find out that marital status is a predictor of emotional intelligence among university teachers of KPK. 374 university teachers as Participants were approached conveniently from five Universities of KPK. Self-Report Measure of Emotional intelligence scale was used [1]. Findings indicated that there was no significance influence of marital status on emotional intelligence.

Siamak khodarahimi, 2015: studied role of marital status in emotional intelligence, happiness, optimism and hope was examined as well as the relationships between emotional intelligence, happiness, optimism and hope. The participants included 500 individuals who were voluntary selected from Shiraz City: Fars province, Iran. A demographic questionnaire and five self-rating measures were used in this study. Married individuals demonstrated higher levels of "emotional intelligence", "happiness", and "trait/state hope" than widowed, divorced, single and remarried individuals. Emotional intelligence was found to correlate negatively to the "agency" factor of "state hope" on the "emotion clarity" subscale. Happiness correlated negatively with "optimism" and positively with "hope". The

roles of age, gender, occupation, the level of education and ethnicity in the emotional intelligence, happiness, optimism, and trait and state hope were not significant.

CONCLUSION:

The study confirmed that there is significant difference between the emotional intelligence among arranged married and unmarried women. Arranged married women have more emotional intelligence in all dimensions i.e. empathy, managing relations, altruistic behavior, commitment, motivation etc.

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