



The Relationship between Emotional Skills and Emotive Security with the Quality of Marital Life in Bandar Abbas Couples, Iran

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ABSTRACT: This research was performed to study the relationship between emotional skills and emotive security with the quality of marital life in Bandar Abbas couples, Iran. It was developed and performed in descriptive-correlative method. The sample included 375 Bandar Abbas couples. The following tools were applied and filled out by the participants: The Marital Satisfaction Test by Enrich, Toronto Alexithymia Scale (TAS-20), and the revised Emotive security Questionnaire (ESQ-R). The sample included all Bandar Abbas couples 375 of which were selected using the multi-step random sampling according to Morgan's table. The multiple-regression analysis and Pearson's significance test of correlation coefficient were applied to analyze the data. The results indicated a direct significant relationship between emotional skills and emotive security with the quality of marital life in Bandar Abbas couples. The results obtained from the regression test indicated that emotional skills and emotive security elaborate on 18% of the quality of marital life variance. The research findings confirm this important point that there is a significant relationship between emotional skills and emotive security with the quality of marital life in Bandar Abbas couples, and the quality of marital life in couples can be predicted through emotional skills and emotive security.

Keywords: Quality of Marital Life, Emotional Skills, Emotive Security

INTRODUCTION

The "mental health" of the community generations depends on providing the mental health of family as a center full of love and peace for a revolution in aptitude growth, and it involves many social organizations with the future generation not being protected from any side effects of damages to it. Family is a fundamental social system. Any disorganizations or detachment in this system can be evaluated and regarded as the fragment in family unit or family detachment, and therefore a tribulation in social life foundations. Hence, studying the influential factors on it is highly important ¹. Each couple experiences some degrees of problems and discordances with each other during their marital life. Sometimes these conflicts are dissolved. In some other cases also, the severity of these conflicts and the couple's unawareness of the confrontation ways with difficulties

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contribute to marital dissatisfaction until the couples do not consider any other solutions except divorce. Therefore, it is important that family researchers study the factors affecting the relationship between the spouses. Most worldwide examinations of the satisfaction level after marriage indicate that a fall in satisfaction with emotional, social, or physical quality of marital life is seen after the marriage passes the primary emotions border and enters the daily life turbulence arena. This fall becomes even more serious with children and their problem on one hand, and an increase in life commitments and challenges on the other hand ². Regarding this, the quality of marital life is effective in family constancy and stability, yet effective in the spouses and children's mental health ³.

On the other hand, the quality of life is a component of the quality of marital life. Various concepts such as concordance, satisfaction, happiness, integrity, and commitment have been used for quality of marital life. There is no consensus on the meaning of each concept due to absence of a theory on the nature of marital quality. Cole and Spanner have described the quality of marital life as the success and function of a marriage. Larson and Hellman remarked that the quality of marital life is a dynamic concept because the nature and quality of interpersonal relationships change through the time which permits the recognition of the effective factors in the quality of a relationship, although these relations might be complex and contain the interaction among numerous variables ². Therefore, paying attention to family and the improvement of couple's relations seem important as the major and primary patterns for the couples³.

MATERIALS AND METHODS

The quality of marital life contributes greatly to quality of life, therefore will make the background for facilitating the material and spiritual growth, transcendence, and development of the community. Emotional Skills predict people's success in life and the proper communication with others. People with low Emotional Skills, and in a broader perspective, with low emotional intelligence; act seriously to other's view on themselves. They attempt to gain others' approval continuously and do things that limit their activity in life and create problems in their interpersonal relationships specially their marital relations.

The intimacy factor is closely related to emotive security. Intimacy is defined as the ability to communicate with others while preserving individuality. A prevailing indexing of intimacy in marital relationships includes the level of closeness to spouse, sharing values and ideas, common activities, sexual relationships, mutual identification, and emotional behavior such as caressing. Those experiencing higher levels of intimacy are able to present themselves in a more favorable way in relations and express their needs in a more effective manner towards their partners and spouses. Marital satisfaction can be higher in couples with higher levels of intimacy. That is, couples with higher intimacy may have higher capability in facing the problems and changes related to their relationship, therefore experience higher marital satisfaction. Hence, this research was performed to study the relationship between emotional skills and emotive

security with the quality of marital life in Bandar Abbas couples, Iran. The research proposal was performed in descriptive-correlative method. The research population included all Bandar Abbas couples, 375 of which were selected using the multi-step random sampling according to Morgan's table. Questionnaires were applied to collect the required data. The questionnaires were performed on the selected samples from the intended population. The following questionnaires were applied to access the required information:

The Marital Satisfaction Test by Enrich: The Marital Satisfaction Test by Enrich is applied to measure the quality of marital life in the tested group. It is prepared by Elson et al. with the purpose of measuring the pros and cons in marital relationship. The answers are in 5-option form of strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. Elson has used this questionnaire to study the marital satisfaction and believes that each questionnaire subject is related to an important area. The Enrich questionnaire is highly reliable and valid as the Chronbakh's Alpha indexes were reported 0.92, 0.94, and 0.93 respectively. The scores range from 47 to 235 here.

The Toronto Alexithymia Scale (TAS-20): The TAS-20 is applied to measure the emotional skills. It is a self-report scale comprised of 20 items applied to measure such constructs as difficulty identifying and verbally describing the feelings, difficulty separating real feelings from the experienced physical feelings, difficulty taking a tangible and supported cognitive approach by the reality. The tendency towards romanticizing and objectivity is applied more than the feelings. The emotional skill is a score obtained by the test group in TAS-20. The scores range from 20 to 100 here. Three factors were considered in factor analysis studies: difficulty identifying feeling (7 items), difficulty describing feelings (5 items), and externally oriented thinking (8 items). Items are rated using a 5-point Lickert scale whereby 1 = strongly disagree, and 5 = strongly agree. The higher scores indicate higher emotional skills. It has Demonstrated adequate test-retest reliability, internal consistency, and good levels of differential validity.

The Revised Emotive security Test (ES): The revised ES test is applied to measure the emotive security in the test group. This scale was composed for testing the comfort level with susceptibility from partner's side in different areas of the relation. It gives a total score from 0 to 112. The participants mark the items in a 4-point lickert scope ranging from never (0) to always (4). The higher is the score, the more will be the emotive security. Studies have shown that this scale has a proper internal reliability. The construction validity was confirmed acceptable through studying the correlation of emotive security and scales from some other theoretically related constructs (Cordova, 2007). The scores range from 0 to 112. The Chronbakh's Alpha was applied to measure the reliability of the applied variables. As shown in table 1, the Chronbakh's Alpha index is acceptable for the variables.

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Table 1. The variable reliability index

Variable	Statement Count	Reliability Index
Marital Satisfaction	47	0.81
Emotional Skills	20	0.72
Emotive security	28	0.71

The collected information was classified and summarized using the frequency table. The central and distribution indexes of descriptive statistics such as average and standard deviation were also applied to describe and summarize the data. The multiple-regression analysis and Pearson's significance test of correlation coefficient were applied to analyze the research hypotheses. The multiple-regression analysis was applied to study the predictability of the quality of marital life variable based on the emotional skills and emotive security variables.

RESULTS

According to the obtained results, 49.3% of the participants were female and 50.7% of them were male. The result of the Pearson's correlation test between emotional skills and the quality of life is presented in table 2.

Table 2. The result of the Pearson's correlation test between emotional skills and the quality of life

Statistical Test	Emotional Skill/The Quality of Marital Life
Pearson's Correlation Index	0.40
Significance Level	Sig=0.000
Valid Frequency	375

The results obtained from Pearson's test indicate a significant relationship between Emotional Skills and the quality of life. The correlation index of 0.40 and the significance level of 0.000 are acceptable in this regard.

Table3. The result of the Pearson's correlation test between emotive security and the quality of marital life

Statistical Test	Emotive security/The Quality of Marital Life
Pearson's Correlation Index	0.30
Significance Level	Sig=0.000
Valid Frequency	375

The results obtained from Pearson's test indicate a significant relationship between emotive security and the quality of marital life. The correlation index of 0.30 and the significance level of 0.000 are acceptable in this regard.

Table 4 shows the standard regression indexes of the level of satisfaction with the quality of marital life among the responders, according to the research independent variables. The findings in the table stated that the two prediction variables could elaborate on about 18% of the quality of life variance ($R^2 = 0.184$).

Table 4. The regression analysis results on the effective factors in the quality of marital life

Variable Input Method Step by Step	Method = stepwise
Multiple Correlation Index	0.429
Determination Index (R^2)	0.184
Adjusted R^2	0.176
Standard Error	17.04

Observation Frequency	375
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Table 5. The multiple-regression of the effects of independent variables on the quality of marital life

Independent Variables	Standardized Regression Index	Standard Deviation	Beta Index (b)	t	Significance Level
Emotional Skills	0.693	0.141	0.353	4.904	0.000
Emotive security	0.231	0.131	0.127	1.763	0.049

The linear multiple-regression results of the Emotional Skills and emotive security variables with the quality of life indicate that both variables have remained in the equation.

DISCUSSION

The results indicated a significant relationship between emotional skills and emotive security with the quality of marital life in Bandar Abbas couples, and the prediction possibility of the quality of their marital life through emotional skills and emotive security. The results of the regression index analysis indicated that Emotional Skills have a greater share in the quality of marital life than the emotive security. Each of Emotional Skills and emotive security can also predict the criteria variable of the quality of marital life in Bandar Abbas couples. These results are in line with findings by Heydari and Eghbal⁴, Motavalli et al.⁵, Fatehizadeh and Ahmadi⁶, Besharat⁷, who also emphasized the effects of Emotional Skills and emotive security on the quality of marital life.

There is a relation between emotional skills and the quality of marital life in Bandar Abbas couples. The results of the second hypothesis using Pearson's significance correlation index expressed a relation between emotional skills and the quality of marital life in Bandar Abbas couples. This finding is in line with results by Heydari and Eghbal⁴, Motavalliet al.⁵, Ehteshamzadeh⁸, who also referred to the relation between emotional skills and the quality of marital life.

The third hypothesis was the relation between emotive security and the quality of marital life. The results of the third hypothesis using Pearson's significance correlation index expressed a relation between emotive security and the quality of marital life. These results are in line with findings by Gholamalian² and Ahmadi², Samani³, Akherati¹, Fatehizadeh and Ahmadi⁶, Besharat⁷, who also referred to the relation between the emotive security and the quality of marital life in their studies.

As seen above, the test of hypotheses results state the effect of emotional skills and emotive quality on the quality of marital life in Bandar Abbas couples. The results of other studies also support interventions and training to increase the emotional skills and improve emotive security in couples. According to this study, persuading the married people to behaviors enhancing these factors in them will improve the quality of their marital life, strengthen their family function, and have a considerable effect on preventing their marital problems. The incapability to control the effective variables in an increase or decrease in the quality of marital

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life of the tested group, and the noncooperation of some in filling out the questionnaires were among the research limitations. It is suggested that the relation between variables such as discordance schema with the quality of marital life be studied in future research.

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