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Relationship between Emotional Intelligence, Happiness, and Life Satisfaction among Adults

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Abstract: The present research investigates the relationship between Emotional Intelligence, Happiness and Life Satisfaction among adults. Emotional intelligence, happiness and life satisfaction play significant roles in determining a young adult's wellbeing, success, and proper functioning. The research population consisted of 53 adults, ranging from 18 to 28 years old were taken, including both males and females. The objectives of the study required the collection of relevant data through standardized tools on the proposed variables, Emotional Intelligence, Happiness and Life Satisfaction. The tools used for the collecting quantitative data are The Schutte Self Report Emotional Intelligence Test (SSEIT), The Oxford Happiness Questionnaire, The Satisfaction with Life Scale (SWLS). Both male and female were assessed on the relationship between Emotional Intelligence, Happiness and Life Satisfaction. The results indicate that there is a positive significant correlation between emotional intelligence, happiness and life satisfaction among adults.

Keywords: *Emotional Intelligence, Happiness, Life Satisfaction, adults*

1. Introduction

The pursuit of well-being has drawn a lot of interest in psychology study in recent years, with a special emphasis on the interconnected ideas of happiness, life satisfaction, and emotional intelligence (EI). Daniel Goleman coined the term "emotional intelligence," which describes the capacity to recognize, comprehend, control, and regulate one's own and other people's feelings. It significantly influences how people engage with their surroundings, form bonds with others, and handle obstacles in life. Emotional intelligence (EI) becomes crucial for

preserving psychological resilience and emotional equilibrium as individuals negotiate the challenges of the personal, social, and professional spheres.

Happiness encompasses both the experience of positive feelings and the absence of negative emotions and is frequently considered a component of subjective well-being. Life satisfaction, on the other hand, is a subjective evaluation of one's general quality of life based on personal criteria. Both dimensions are impacted by a variety of internal and external events and are significant markers of a person's psychological well-being.

Numerous studies have examined the dynamic relationship between emotional intelligence, happiness, and life satisfaction and found that emotionally intelligent people are more likely to feel good about themselves, have meaningful relationships, and feel more in control of their lives. Their general contentment and happiness with life can be greatly increased by these qualities. Additionally, persons with higher EI typically demonstrate improved social flexibility, empathy, and stress management, all of which lead to increased emotional stability and contentment.

In the context of maturity, a stage of life characterized by role transitions, work responsibilities, and changing social connections, it is especially critical to comprehend the interaction between these elements. In order to add to the larger conversation on psychological functioning and emotional well-being, this study intends to investigate the ways in which emotional intelligence affects adult happiness and life satisfaction. Such knowledge can guide workplace regulations, interventions, and personal growth plans meant to improve the quality of life.

Emotional Intelligence

Aristotle claimed that people who have the rare ability to be angry with the appropriate person to the appropriate degree at the appropriate time, for the appropriate purpose, and in the appropriate manner are at an advantage in all spheres of life. As a result, emotional intelligence can be regarded as a subset of social intelligence and is defined as a person's awareness of their own emotions as well as their ability to accurately judge the emotions of others. It is typically defined as "the capacity of a person to perceive, understand, and manage their emotions."

Derksen, Kramer and Katzko (2002), in his research paper, one of the theoretical claims made regarding the concept of emotional intelligence is that it concerns a range of human abilities which are independent of the more familiar concept of intellectual ability. This study was conducted to evaluate the divergent validity of Bar-On's EQ-i as compared to the General Adult Mental Ability Scale (GAMA), a measure of fluid intelligence. In a Dutch subject sample (n=873), results indicated that the correlations between the EQ-i and the GAMA were very

low, for both the total sample as well as for the sexes separately. These findings indicate that the two tests are psychometrically independent, in that the EQ-i is measuring something other than the GAMA. There were also some small age-related changes in the correlations between the EQ-i and GAMA. These results replicate and elaborate those reported by Bar-On (Bar-on, R. (1977). Bar On Emotional Quotient Inventory: technical manual. Toronto : Multi Health Systems)

Happiness

Easterlin (2004) conducted a survey on people across the world in which they listed the following aspects, priority-wise, that they would need for leading happy lives, Material living conditions, Happy family life, Personal or family health, interesting job and personal characteristics like emotional stability, self-discipline, etc.

On a sample of 240 people of various ages, Kharbade (2014) conducted research on happiness throughout life as a function of hardiness needs level and sex. The study's findings indicated that people who are more resilient than those who are less resilient are happier. People with high-order (growth) needs are actually happier than those with low-order (deficiency) needs, according to research on the role of need level. Three age groups—adolescents, adults, and seniors—were found to differ significantly in their levels of happiness. Similar circumstances applied to gender.

Life Satisfaction

According to Pavot and Diener (1993), life satisfaction is “the conscious and cognitive evaluation of one's life, with the individual setting the evaluation standards”. People who believe that life has purpose, meaning, and direction are frequently said to be the most content in their lives.

Despite its relative rarity, cancer is a topic of many studies because it is a chronic condition that may be life-threatening (Grinyer, 2006). Parents must endure protracted periods of uncertainty about the results that will change their families' daily lives (Eiser, 1993). Parents of children with cancer have been the subject of studies on uncertainty, such as Cohen's (1995a) study, which looked at how families deal with ongoing uncertainty about their child's condition. Three sources of data and a grounded theory methodology were employed. These included the available research, data from ten parents of children with cancer and a cross-sectional sample of parents of children with various chronic, life-threatening illnesses, as well as the literature.

2. Purpose

The purpose is to study the relationship between emotional intelligence, happiness and life satisfaction among adults.

3. Hypothesis

1. Emotional intelligence will have a positive relationship with happiness among adults.
2. Happiness will have a positive relationship with life satisfaction among adults.
3. Emotional intelligence will have a positive relationship with life satisfaction among adults.

4. Methodology

4.1 Sample

The population for the present study consisted of adults ranging from 18 - 28 years old. The sample as the representative portion of the population selected with a sample survey questionnaire. A sample of 53 adults , ranging from 18 to 28 years old were taken, including both male and female were selected who fits in the age limit.

4.2 Design

Quantitative data from the selected sample was collected (adopting the questionnaire method for data collection).

4.3 Measures

The tools used for collecting quantitative data were as follows:

1. The Schutte Self-Report Emotional Intelligence Test (SSEIT)
2. The Oxford Happiness Questionnaire
3. The Satisfaction eith Life Scale (SWLS)

5. Results

Table 1. *N, Mean and Standard Deviation*

	Emotional Intelligence	Happiness	Life satisfaction
N	51	51	51
Mean	129	3.70	21.7
Standard deviation	15.0	0.396	6.17

Table 2: *Correlation between Emotional Intelligence, Happiness, Life Satisfaction*

	Emotional Intelligence	Happiness	Life satisfaction
Emotional Intelligence	—		
Happiness	0.580***	—	
Life satisfaction	0.259	0.567***	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

6. Discussion of Results

The relationship between emotional intelligence, happiness, and life satisfaction among adults. The sample of 51 adults was collected; both males and females who fit in the age limit of 18 to 28 years old were selected. They were selected through purposive random sampling technique from the middle and upper socioeconomic strata residing in Mohali, Chandigarh, and Panchkula.

Both males and females were assessed on the relationship between emotional intelligence, happiness, and life satisfaction.

Interpretation of the data is done purely on the basis of the objective approach of the investigator. There is no subjectivity, and the manipulation of the data occurs in any result.

- a) The results show that there is a significant, strong, positive correlation between emotional intelligence and happiness ($r = -0.580$, $p < .001$).
- b) The results show that there is a positive correlation between emotional intelligence and life satisfaction. ($r = 0.259$). However, the results were insignificant.
- c) Further, the results show that there is a significant, strong, positive correlation between happiness and life satisfaction ($r = 0.567$, $p < .001$).

Mean scores of the sample were 129 on emotional intelligence, 3.70 on happiness, and 21.7 on satisfaction with life and **SD** was 15.0 on emotional intelligence, 0.396 on happiness, and 6.17 on satisfaction with life. **The correlation** between emotional intelligence and happiness was 0.580, the correlation between happiness and satisfaction with life was 0.567, and the correlation between emotional intelligence and satisfaction with life was 0.259

Emotional intelligence has a positive relationship with happiness, as seen in the result that the correlation of emotional intelligence is positively correlated with happiness among adults. It means higher emotional intelligence, more happiness is possible, which is correlated with advantages in health, with better marriages, and with attaining your goals. Individuals will show greater success. Happiness has a strong positive relationship with life satisfaction. It

shows that individuals who experience happiness are extremely satisfied with their lives. Life satisfaction has a positive correlation with emotional intelligence, but it is not significant, which means that emotional intelligence may be related to life satisfaction, but the relationship is not strong enough to be conclusive.

7. Conclusion

The present research investigates the relationship between emotional intelligence, happiness, and life satisfaction among adults. The research population consisted of 53 adults, ranging from 18 to 28 years old, including both males and females who fit in the age limit. The qualitative data was collected from representative members of the total sample. Emotional intelligence, happiness, and life satisfaction play significant roles in determining a young adult's well-being, success, and proper functioning.

The objectives of the study required the collection of relevant data through standardized tools on the proposed variables of emotional intelligence, happiness, and life satisfaction. The tools used for the collecting quantitative data are the Schutte Self-Report Emotional Intelligence Test (SSEIT), the Oxford Happiness Questionnaire, and the Satisfaction with Life Scale (SWLS). Both males and females were assessed on the relationship between emotional intelligence, happiness, and life satisfaction. There is a positive correlation between emotional intelligence and happiness, a positive correlation between happiness and life satisfaction, and a positive correlation between emotional intelligence and satisfaction with life. Therefore, hypotheses 1, 2, and 3 have been proved. It means higher emotional intelligence, more happiness is possible, which is correlated with advantages in health, with better marriages, and with attaining your goals. Individuals will show greater success.

Happiness has a positive relationship with life satisfaction. It shows that individuals experience happiness and are extremely satisfied with their lives. Life satisfaction has positive correlation with emotional intelligence, but it is not significant, which means that emotional intelligence may be related to life satisfaction, but the relationship is not strong enough to be conclusive.

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