



**A Correlation of Self-Esteem, Emotional Intelligence, and Relationship Satisfaction
Among Young Adults**

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ABSTRACT

This research explores the complex relationships between young adults, aged 15 to 28, and the relation between their emotional intelligence, self-esteem, and family dynamics (cohesion, expressiveness, and conflict). A convenience sample was taken and data was collected using self-report measures. Proposed routes were tested, and variable relationships examined, using statistical approaches like regression analysis, mediation/moderation analysis, and correlation analysis. It was anticipated that higher levels of emotional intelligence will positively connect with relationship satisfaction and favourable family dynamics, whereas relationship

satisfaction will be negatively impacted by family feud. The results indicated that higher emotional intelligence is associated with happier relationships ($r = 0.988$, $p < 0.01$). In contrast, a possible inverse association is suggested by the minor negative correlation ($r = -0.262$, $p < 0.01$) between self-esteem and relationship satisfaction. Furthermore, a correlation between emotional intelligence and self-esteem is shown by the moderately negative association between the two ($r = -0.336$, $p < 0.01$). These results clarify the complex links between emotional intelligence, self-esteem, and relationship satisfaction and emphasise the value of taking a multifaceted approach to understanding and fostering good relationships. The ultimate goal of this research is to improve our knowledge of the psychological and relational dynamics that young adults experience in their families. This knowledge will help with the creation of interventions that will fortify bonds and foster healthy family dynamics.

Keywords: *Self-Esteem; Emotional Intelligence; Relationship Satisfaction*

INTRODUCTION

Self-Esteem

A vital component of psychological health is self-esteem, which is an individual's total assessment and sense of value. Empathy, acceptance, and confidence in oneself are all components of self-esteem.

Due to the emphasis placed on its significance in human motivation and behaviour by psychologists such as Abraham Maslow and Carl Rogers, the notion of self-esteem gained widespread recognition. Self-esteem, for example, is considered necessary for reaching self-actualization, according to Maslow, who listed it as one of the higher-level wants in his hierarchy of needs.

American sociologist Morris Rosenberg provides a popular definition of self-esteem. "A favourable or unfavourable attitude towards the self" is how Rosenberg defined self-esteem in his groundbreaking 1965 study "Society and the Adolescent Self-Image" (Rosenberg, 1965). Rosenberg's view of self-esteem states that it is a person's overall assessment of themselves, which may be favourable or unfavourable.

In addition, the 1969 book "The Psychology of Self-Esteem" by prominent psychologist Nathaniel Branden offered a thorough explanation of self-esteem. "The disposition to experience oneself as being competent to cope with the basic challenges of life and as being worthy of happiness" is how Branden (1969) defined self-esteem. He underlined how crucial self-esteem is to relationships, career, and personal growth, among other facets of life.

Two components are usually considered to constitute self-esteem; global self-esteem and domain-specific self-esteem.

Global self-esteem is the term used to describe how someone feels about oneself generally in connection to different areas of their life, including relationships, employment, and personal accomplishments. It conveys an individual's overall sense of competence and worth.

Domain-specific self-esteem deals with how people view their value and competence in relation to spheres of life such as social skills, physical appearance, or academic achievement. It is possible for someone to have high self-esteem in one area but low in another.

Emotional Intelligence

The term emotional intelligence (EI) describes the capacity to identify, comprehend, regulate, and effectively communicate one's own emotions as well as the capacity to observe, decipher, and react to the emotions of others in social situations.

It entails a collection of abilities and proficiencies that empower people to manage the intricacies of social interactions, make wise choices, and meet the demands of daily living. Researchers such as Peter Salovey and John Mayer helped popularise the idea. They described emotional intelligence as "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions" (Salovey & Mayer, 1990).

Relationship Satisfaction

Subjective assessment and perception of the level of fulfilment, happiness, and quality found in a romantic or interpersonal relationship is referred to as relationship satisfaction. The degree of closeness and connection, the satisfaction of emotional and relational needs, and the partner's actions are all factors that contribute to people's general contentment and positive feelings about their relationships (Rusbult, 1980).

The family environment has a significant impact on how happy and fulfilled people are in life. Different dynamics within the family affect the connections and level of happiness that each member feels. Cohesion, expressiveness, and conflict are crucial elements of the family environment that have been extensively researched in relation to relationship satisfaction.

Research has repeatedly demonstrated a favourable correlation between relationship happiness, emotional intelligence, and self-esteem. People who possess elevated levels of

emotional intelligence and self-worth typically express better contentment in their romantic partnerships (Brackett & Mayer, 2003; Orth et al., 2012).

Along with this, numerous scholarly investigations have explored the intermediary function of emotional intelligence in the correlation between self-worth and contentment in relationships. For instance, Mikolajczak et al., (2007) discovered that emotional intelligence functioned as a partly mediating factor in the relationship satisfaction and self-esteem relationship among couples.

METHODOLOGY

Sample

Young adults between the ages of 18 and 28 were taken as participants through convenience sampling from a variety of areas, including community organisations, businesses, and universities.

Hypotheses

- Self-Esteem and Emotional Intelligence will be positively correlated with Relationship Satisfaction.
- Higher levels of Self-Esteem and Emotional Intelligence will indicate higher Relationship Satisfaction.
- Emotional Intelligence will control the relationship between Self-Esteem and Relationship Satisfaction.

- Relationship Satisfaction and Emotional Intelligence will be more strongly correlated than Relationship Satisfaction and Self-Esteem.

Statistical Design

The correlations between self-esteem, emotional intelligence, and relationship satisfaction will be investigated using Pearson correlation analysis. Furthermore, regression analysis will be used to evaluate the relationship satisfaction predictive value of emotional intelligence and self-esteem.

Tools

- **Rosenberg Self-Esteem Scale (RSES):** The RSES is a widely used measure of self-esteem that assesses individuals' overall evaluations of their self-worth and competence (Rosenberg, 1965). Participants rate their agreement with statements such as "I feel that I am a person of worth" and "I take a positive attitude toward myself" on a Likert scale ranging from strongly disagree to strongly agree.
- **The Schutte Self Report Emotional Intelligence Test (SSEIT):** A self-report tool called the SSEIT is used to evaluate a person's emotional intelligence in a number of areas, such as emotion perception, comprehension, and management.
- **The Brief Family Relationship Scale (BFRS):** A Brief Measure of the Relationship Dimension in Family Functioning. A quick self-report tool called the BFRS evaluates how well family relationships are seen to operate, taking into account factors including cohesiveness, expressiveness, and conflict resolution.

RESULT**Table 1***Descriptive statistics of study all variables*

		Mean	Standard Deviation
1.	Relationship Satisfaction	112.93	15.674
2.	Emotional Intelligence	122.69	16.158
3.	Self-Esteem	34.03	7.340

Table 2*Pearson's correlation analysis*

	Relationship Satisfaction	Self-Esteem	Emotional Intelligence
Relationship Satisfaction	-		
Self-Esteem	-.262**	-	
Emotional Intelligence	.988**	-.336**	-

**Correlation is significant at the 0.01 level (2-tailed).

Table 3

Linear Regression Table relationship between the predictor variables (emotional intelligence and self-esteem) and the outcome variable (relationship satisfaction)

Regression Statistics	
Multiple R	.990 ^a
R Square	.981
Adjusted R Square	.980
Standard Error	2.198
Observations	102

Table 4

ANOVA

	df	SS	MS	F	Significance F
Regression	2	24336.132	12168.066	2518.124	0.000
Residual	99	478.387	4.832		
Total	101	24814.520			

Table 5*Coefficients*

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1.	(Constant)	-14.205	2.467		-5.758	.000
	SSEIT	.984	.014	1.014	68.442	.000
	RSES	.188	.035	.079	5.304	.000

DISCUSSION

The results of this study provide insights into the important functions that self-esteem and emotional intelligence play in determining young people' contentment with their relationships. The associations between these factors were demonstrated by the correlation coefficients.

The findings show that relationship satisfaction can be strongly predicted by both emotional intelligence and self-esteem. Relationship satisfaction is correlated with better

emotional intelligence and self-esteem levels. This is consistent with other research showing how crucial emotional intelligence and a high sense of self-worth are to the development of strong interpersonal bonds.

Among young adults, emotional intelligence is found to be a significant factor influencing relationship satisfaction. The robust positive association implies that those with greater emotional intelligence—that is, those with better levels of empathy, emotional control, and social competence—have a higher probability of having happy and satisfying relationships. This is consistent with the idea that handling the intricacies of love relationships requires strong interpersonal and emotional management abilities. Relationship satisfaction and emotional intelligence have a substantial positive association ($r = 0.988$, $p < 0.001$), which implies that those with higher emotional intelligence typically report better relationship satisfaction. This result supports earlier studies showing that relationships that are better and more satisfying are associated with emotional intelligence competencies including empathy, communication, and conflict resolution.

The results showed that, in contrast to predictions, there was a negative association ($r = -0.262$, $p < 0.01$) between relationship satisfaction and self-esteem. This surprising outcome calls into question the conventional wisdom that says relationship pleasure increases with self-esteem. To fully comprehend the underlying causes of this unhealthy relationship and how it affects the dynamics of relationships among young adults, more research is required. The conventional view on the connection between relationships satisfaction and self-esteem is called into question by the surprising negative correlation observed between relationship satisfaction and self-esteem. Although being confident and assertive are generally linked to having high self-esteem, this study indicates that having an excessively high sense of self-worth may have a negative effect on marital dynamics. Potential explanations for this inverse association, such as narcissistic characteristics or a lack of humility, require more research.

When comparing the correlations, relationship satisfaction seems to be more closely associated with emotional intelligence (EI) than with self-esteem. This shows that young adults' relationship satisfaction levels may be more significantly influenced by emotional intelligence. The development of emotional intelligence abilities should be given priority in interventions aimed at improving relationship satisfaction among young people. Relationship results may be enhanced by techniques including conflict resolution seminars, empathy communication workshops, and emotion management training. A realistic and balanced sense of self-worth should be fostered via therapies, which should also address any maladaptive patterns of self-esteem that may impede relationship happiness. These findings can be used by professionals who work with young people in therapy or relationship counselling settings to create more specialised solutions. The development of emotional intelligence abilities should be prioritised through methods including mindfulness training, communication exercises, and conflict resolution procedures. Furthermore, relationships may benefit from interventions that support healthy self-esteem by encouraging self-compassion, realistic self-evaluation, and genuine self-expression.

The results of the study advance our knowledge of the complex relationships that young adults' self-esteem, emotional intelligence, and relationship satisfaction have. This study sheds light on the connections between these psychological concepts, which will be helpful to practitioners, scholars, and anybody looking to build happy, healthy relationships. Our understanding of relationship dynamics will be enhanced and useful treatments to assist people in their relational journeys will be informed by more investigation of these connections, taking individual differences and contextual aspects into account.

Relationship satisfaction is significantly predicted by emotional intelligence, as determined by the Schutte Self-Report Emotional Intelligence Test (SSEIT). Relationship satisfaction appears to be higher for those with higher emotional intelligence, according to the

coefficient of .984. This result is consistent with other studies that suggest people with higher emotional intelligence are more adept at navigating interpersonal dynamics, communicating clearly, and handling conflict in relationships in a positive way. Therefore, programmes designed to improve emotional intelligence may have measurable effects on creating happier, more satisfying relationships.

Similarly, relationship satisfaction is significantly predicted by self-esteem, as measured by the Rosenberg Self-Esteem Scale (RSES). According to the coefficient of .188, those who have greater levels of self-esteem also tend to report being happier in their relationships. This result is consistent with views that people who have a positive self-concept are more inclined to act in ways that support the development and maintenance of fulfilling relationships. Furthermore, people who have better self-esteem might be stronger in the face of relationship difficulties, which would increase relationship satisfaction all around.

Importantly, the high multiple R value (.990) and the significant proportion of variation explained (.981) show that the combined influence of emotional intelligence and self-esteem on relationship satisfaction is strong. This indicates that a considerable amount of the variation in relationship satisfaction scores across research participants can be explained by the combined effects of emotional intelligence and self-esteem. Therefore, a holistic strategy for improving relationship satisfaction and fostering relational well-being may involve therapies that focus on both emotional intelligence and self-esteem.

The findings of the regression analysis highlight how important emotional intelligence and self-worth are in determining relationship fulfilment. Through the clarification of the intricate interactions among these concepts, the results provide significant understanding for treatments meant to promote happier, more satisfying relationships. A holistic strategy that incorporates self-esteem and emotional intelligence may open the door to more successful interventions and eventually improve the quality of relationships.

CONCLUSION

In conclusion, this research offers significant understandings into the intricate interactions among young adults between relationship happiness, emotional intelligence, and self-esteem. The links between these psychological dimensions and their implications for relationship dynamics have been clarified using correlation and regression analysis.

The results demonstrate the critical role that emotional intelligence plays in predicting relationship satisfaction, with stronger correlations seen between higher emotional intelligence and better relationship satisfaction. This emphasises how crucial emotional intelligence is to develop happy, healthy relationships among young adults.

The study disproved popular opinion on the significance of self-esteem in interpersonal dynamics by finding a negative correlation between relationship happiness and self-esteem. To fully comprehend the underlying mechanisms causing this inverse relationship and its consequences for relationship dynamics, more research is required.

Overall, these results have significant ramifications for support and intervention initiatives targeted at fostering positive, healthy relationships among young adults. Through the development of emotional intelligence abilities and the resolution of any self-esteem-related issues, practitioners can enable clients to build more fulfilling and healthy relationships. To further investigate the interconnections between these characteristics and contextual factors, longitudinal research with a wider range of samples is required to determine temporal linkages between these variables.

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