



Emotional Intelligence And Its influence On Romantic Relationship Satisfaction

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Abstract: This study explores the relationship between emotional intelligence (EI) and romantic relationship satisfaction among young adults. Emotional intelligence, defined as the capacity to perceive, understand, regulate, and express emotions effectively, is increasingly recognized as a vital factor in interpersonal dynamics. The research seeks to determine whether higher levels of emotional intelligence contribute to greater satisfaction in romantic relationships. A purposive sample of 120 individuals aged 20–30 participated in the study, completing the Emotional Intelligence Scale and the Burns Relationship Satisfaction Scale. Using Pearson's correlation analysis, results revealed a statistically significant positive correlation between emotional intelligence and relationship satisfaction. These findings suggest that individuals with greater emotional competence tend to experience more fulfilling and stable romantic relationships. The study underscores the importance of emotional intelligence as a critical component in relationship quality and proposes its enhancement as a potential focus in relationship counseling and education.

Keywords: *Emotional Intelligence, Romantic Relationship Satisfaction*

1. Introduction

According to the American Psychological Association, emotional intelligence (EI) refers to one's capacity to observe and evaluate both their own emotions and the emotions of

others, distinguish between them, and use that understanding to inform thoughts and actions. It is the skills involved in recognizing, understanding, influencing, and effectively navigating both personal and others' emotional states. As defined by Mayer, Salovey, and Caruso (2008), EI is a trait that varies among individuals and plays a vital role in emotional functioning by supporting effective emotional processing. This framework includes several core abilities such as recognizing emotions, interpreting the causes and implications of those emotions, managing emotional reactions and applying emotions constructively to support goals like solving problems.

Emotion perception involves accurately detecting feelings within oneself and identifying emotions in others. Emotion understanding pertains to being able to comprehend emotional responses and the factors contributing to them. Emotion regulation refers to skillfully moderating one's own emotional responses and, when appropriate, influencing others' emotions. The concept of using emotions strategically, such as in decision-making or achieving personal goals, is described as harnessing emotions. Daniel Goleman was a key figure in the development of the emotional intelligence framework, expanded the concept to include five essential elements: self-awareness, self-regulation, social skills, empathy, and intrinsic motivation (Resilient Educator, 2020; Cherry, 2018). Self-awareness involves recognizing one's own emotions and understanding how they influence behavior and relationships. Self-regulation reflects the ability to adapt to change, manage conflict, and control impulsive feelings. Social skills encompass effective interpersonal communication and collaboration, grounded in emotional awareness. Empathy is the capability to perceive and relate to the emotional experiences of others. Motivation, particularly when it is intrinsic, refers to being driven by personal values and goals rather than external rewards such as recognition or financial incentives.

According to the World Health Organization, romantic relationships are those that are founded on physical and emotional attraction and have the potential to develop into committed, long-term partnerships. Mutual, continuous, and voluntary interactions between two people that are marked by particular displays of intimacy and affection are referred to as romantic relationships (Collins et al., 2009). From a psychological standpoint, a romantic relationship involves a close emotional connection marked by affection, attachment, and often sexual involvement. These relationships serve as a significant context for emotional expression, personal growth, and psychological well-being, influencing various aspects of individual functioning and life satisfaction. Triangular Theory of Love by Sternberg explains

romantic relationships through three key elements. Intimacy refers to emotional closeness and sharing, passion refers to physical attraction and desire, and commitment is the intention to maintain the relationship over time. Various combinations of these elements create different kinds of love. When all three are present, the relationship is considered balanced and complete, often leading to deeper satisfaction and long-term stability.

A person's internal assessment of their partner's positive emotions and the attractiveness of their relationship is known as romantic relationship satisfaction (Rusbult, 1983). Perceptions of happiness and quality are thought to be influenced by people's global evaluative attitude toward their romantic relationship, which places it on a good vs terrible continuum (Fletcher et al., 2000). According to Fallis et al. (2016), relationship satisfaction is a subjective perception of the quality of a relationship that results from assessments of both the good and negative aspects of a romantic relationship. It stands for a person's opinion and assessment of the condition of romantic relationships at the moment (Collins and Read, 1990). It is often acknowledged that romantic relationships are strongly associated with personal happiness (Demir & Weitekamp, 2007). One explanation could be because people spend a significant amount of time interacting with their love partners (Collins & Laursen, 2004). Therefore, it would seem that relationship quality, awareness, and the satisfaction of fundamental psychological needs are theoretically related to romantic relationship satisfaction.

1.1 Aim

This study aims to explore the relationship between emotional intelligence and romantic relationship satisfaction

1.2 Objective

To explore the relationship between emotional intelligence and romantic relationship satisfaction

1.3 Hypothesis

1. There will be a significant positive relationship between emotional intelligence and romantic relationship satisfaction.
2. There will be a significant negative relationship between emotional intelligence and romantic relationship satisfaction.

2. Literature Review

Jardine and colleagues (2022) conducted a meta-analysis exploring how emotional intelligence (EI) relates to satisfaction within romantic relationships. Drawing from 78 different samples and analyzing 90 effect sizes, the study reported a meaningful overall correlation of 0.373 between emotional intelligence and relationship outcomes, including satisfaction and marital adjustment. Strength of this relationship was influenced by various factors such as the setting in which the study was conducted, the reliability of the EI measurement tools, the type of relationship satisfaction assessment used, and the relationship status of participants. These findings highlight the potential benefits of incorporating emotional intelligence training into therapeutic practices for couples. The authors recommend that future investigations should prioritize the use of reliable EI measurement tools and examine the influence of gender equality within diverse cultural contexts.

Mónaco et al. (2022) explored how different attachment styles and emotional abilities are linked to relationship satisfaction among young couples in Spain. The study included 265 participants aged between 18 and 36. Findings showed that individuals with dismissive-avoidant or fearful attachment patterns tended to experience lower levels of relationship satisfaction and had weaker emotional skills. Both attachment-related anxiety and avoidance were negatively correlated with satisfaction in romantic relationships, with emotional regulation serving as a key factor in this connection. The researchers emphasized the need for emotional education programs targeting youth as a way to counter the negative impact of insecure attachment.

Heidari and Kumar (2021) examined how trait emotional intelligence influences marital satisfaction in a sample of 304 married individuals from India, equally split between men and women. Using standardized tools—the TEIQue-SF and ENRICH-SF—it was found that people with higher emotional intelligence reported greater satisfaction in their marriages. The researchers concluded that emotionally intelligent individuals are generally better at navigating relationship dynamics, managing disagreements, and addressing everyday Challenges in their marital lives. Notably, no major gender-based differences in emotional intelligence were found except in sociability domain. The study suggests that boosting emotional intelligence may enhance relationship quality and offers important implications for mental health professionals working with couples. The authors also proposed that further studies should build upon these findings to deepen the understanding of this relationship.

Parker et al. (2021) carried out a 15-year longitudinal study to explore how trait emotional intelligence (TEI) influences relationship satisfaction over time. They tracked 314 participants who initially completed TEI assessments during their first year of university and were reassessed in mid-adulthood. Results showed that TEI remained relatively stable across the years, supporting the idea that it reflects enduring personality traits. Moreover, higher levels of TEI were moderately predictive of relationship satisfaction in adulthood, suggesting that emotional intelligence contributes to healthier, more fulfilling interpersonal connections. This research not only reinforces earlier findings from cross-sectional studies but also highlights the value of long-term data in understanding emotional development and relationship dynamics throughout adulthood.

3. Methodology

3.1 Variables

Independent variable (IV)- Romantic relationship satisfaction is the personal sense of happiness and fulfilment one feels in a romantic partnership, based on emotional connection, mutual support, and overall relationship quality.

Dependent variable (DV)- Emotional intelligence refers to the capacity to identify, comprehend, regulate, and appropriately react to both personal emotions and those experienced by others.

3.2 Participants of the study

The sample consists of 120 individuals and the sampling design is purposive sampling. The sample consists of people of the age group 20-30 years.

3.3 Data collection instruments

The data in this study will be obtained with the help of the 2 scales named “Burns Relationship Scale” and “Emotional Intelligence Scale” along with the demographic form.

S.No	Name of the test	Developed by	Year	No. of items
1.	Burns Relationship Test	Dr. David D Burns	1988	7
2.	Emotional Intelligence Scale	Anukool Hyde, Sanjyot Lethe, and Upinder Dhar	2002	34

Burns Relationship Scale

The Burns Relationship Satisfaction Scale is a psychological questionnaire designed to assess how content and emotionally fulfilled a person feels in their romantic relationship. Developed by Dr. David D. Burns, the scale includes a set of items that cover various aspects of relationship functioning, such as emotional intimacy, communication quality, trust, mutual respect, and the ability to resolve conflicts. The scale consists of 25 statements and each item is rated on a 7-point Likert scale, typically ranging from 0 (Not at all) to 6 (All the time), based on how frequently the respondent experiences each described feeling or situation. Respondents rate each statement based on how true it feels in relation to their current relationship, typically using a numerical or descriptive scale. The total score reflects the individual's overall satisfaction—with higher scores suggesting a more positive relationship experience, and lower scores potentially indicating dissatisfaction or emotional distance.

Reliability: The scale demonstrates high internal consistency. Cronbach's alpha coefficients for the scale are typically reported to be above .90, indicating excellent reliability. This suggests that the scale yields consistent results across its items. In test-retest studies, the scale has also shown strong temporal stability over periods of weeks to months, indicating that the measure produces stable scores when relationship dynamics remain relatively unchanged.

Validity: The scale demonstrates strong validity. Evaluations confirmed high content validity, while construct validity was supported through significant correlations with related measures. The validity coefficient has been reported at approximately 0.93, indicating a high level of accuracy in measuring relationship satisfaction.

Emotional Intelligence Scale

The Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Lethe, and Upinder Dhar is a tool designed to assess an individual's emotional intelligence (EI). It measures key emotional competencies such as self-awareness, empathy, emotional regulation, and social skills. Respondents rate statements related to their emotional responses and behavior on a Likert scale, which provides an overall score reflecting their emotional intelligence. The scale comprises 34 statements, each rated on a 5-point Likert scale, where respondents indicate their level of agreement or disagreement. This scale is widely used in educational, organizational, and psychological settings to evaluate and improve emotional skills, helping individuals enhance both personal and professional relationships. It has been validated for reliability and is often used to guide emotional development programs.

Reliability: The reliability of the scale was assessed using a sample of 200 participants. By applying the split-half method, the reliability coefficient was calculated and resulted in a value of 0.88, indicating a high level of internal consistency.

Validity: Apart from having face validity, since each item was clearly associated with the core concept being measured, the scale also showed strong content validity. This was supported by expert judgment, confirming that the items accurately represented the construct of Emotional Intelligence. To further establish validity using the reliability coefficient, as per the method outlined by Garrett (1981), the reliability index was computed and yielded a value of 0.93, indicating a high degree of validity.

3.4 Statistical Analysis

In order to find out the association between emotional intelligence and romantic relationship satisfaction, the Statistical Package for the Social Sciences (SPSS) was utilized to carry out data analysis. A correlational research design was employed to determine whether a statistically significant relationship exists between the two variables. Pearson's correlation coefficient was calculated to assess the strength and direction of the linear relationship. This method was selected due to its effectiveness in evaluating continuous variables and its suitability for psychological research. The analysis aimed to identify whether greater levels of emotional intelligence are linked with greater levels of satisfaction in romantic relationships among the participants.

4. Result

The aim of the present study was to explore the association between emotional intelligence and romantic relationship satisfaction. The hypotheses were tested using Pearson's Product-Moment Correlation, conducted on data collected from 120 participants aged 20 to 30 years. (*Table 1*).

The results revealed a significant positive correlation between the Emotional intelligence scores and romantic relationship satisfaction scores. This indicates that as levels of emotional intelligence increase, romantic relationship satisfaction also tends to increase. This finding supports the proposed hypothesis predicting a positive relationship between emotional intelligence and romantic relationship satisfaction.

Table 1: *Pearson correlation analysis of relationship between emotional intelligence and romantic relationship satisfaction*

Variables	Pearson correlation (r)	Significance (p)
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Emotional Intelligence and Romantic Relationship satisfaction	0.337	0.000
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Note: Correlation is significant at the 0.01 level (2- tailed).

5. Conclusion

The present study investigated the “*Relationship between emotional intelligence and romantic relationship satisfaction*”. Results confirmed statistically positive correlation between emotional intelligence and romantic relationship satisfaction, implying higher levels of emotional intelligence is linked to greater romantic relationship satisfaction. These findings highlight the importance of emotional intelligence as a key factor in relationship dynamics and suggest that developing emotional skills may lead to more fulfilling and stable romantic partnerships. Future research could further explore how emotional intelligence interventions might enhance relationship satisfaction across diverse populations and relationship stages.

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