

Impact of Emotional Intelligence on Quality of Romantic Relationships: Review Research

Amrita Sidhu, Pretty Bhalla, Inass Said Salamah Ali

Abstract: *In today's stressful world, healthy romantic relationships act as a stress buster for an individual. Therefore, a quality & stable relationship is becoming a need of every couple. The main purpose of this paper is to view the effect of emotional intelligence on quality of romantic relationships. This study also explains the factors defining the quality of a relationship quality & their role in defining the relationship quality. In this context a review research was conducted by taking into consideration the studies of last 10 years including some previous studies also. Result clearly depicts that Emotional Intelligence surely impacts the quality of the relationship shared by two partners. Relationship marked by high level of Emotional Intelligence within 2 partners is more committed & stable. It not only increases the commitment level but also increase the emotional awareness, emotional availability among partners & intimacy level in the relationship. The various factors defining the relationship quality were Emotional awareness, consensus, satisfaction, cohesion, emotional availability, intimacy, trust, commitment level & closeness between couples.*

Index terms: *Emotional Intelligence, Relationship Quality, Romantic Relationship*

I. INTRODUCTION

Emotions play a very vital role in defining the ability of couples to impart their feelings to each other. Researches like (1) stated that "it is the relationship with ones' self that determines how a person handles their relationship with others, particularly in couple relationship". Couples who are aware about their own feelings or those who understand their own feelings can enhance their intimacy level & problem solving behavior (2). The way we perform in building these relationships depend upon the way we understand & manage our emotions. Therefore, we can say that managing emotions play a very important part in defining the success of failure of our relationships. The term Emotional Intelligence is widely used by the researches as a strong medium of managing the emotions.

A. Emotional Intelligence

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Emotional intelligence has gained more importance after a book published by Daniel Goleman in 1995, titled "Emotional Intelligence. Why it can matter more than IQ".

In today's world Emotional intelligence is useful in each and every field of life whether it is work life balance, stress management or managing relationships. As per Daniel Goleman Emotional Intelligence is defined as "ability to recognise, understand & manage our own emotions as well as emotions of others". It has 5 domains such as, *knowing one's emotions*, which means self-awareness- recognizing a feeling as it happens. *Managing emotions*, ability of a person to soothe oneself from the feelings like anxiety, fear, happiness, distress or irritability. *Motivating oneself*- This means marshalling emotions. *Recognizing emotions in others*, as per Daniel Goleman, there is the term called "Empathy"- putting yourself in others shoes". The building block of empathy is self-awareness, which means until and unless you are not aware about your feeling, you can never understand what other people feel. The people who are emphatic can better understand the social signals that indicate what other people feel and want. *Handling relationships*, which means the art of handling relationships mainly, include leadership & interpersonal effectiveness. All 5 domains define the ability of an individual in handling his/her own emotions as well as responding efficiently towards the emotions of other people, which is an essential requirement handling the relationships an individual bear in his/her life. Therefore, it is very important to measure such ability of an individual, in this context following ways to measure emotional intelligence are given here under:

B. Measuring Emotional Intelligence

a. Measuring Ability Emotional Intelligence

MSCEIT measure of emotional intelligence (consist of 141 items, distributed into eight tasks (two of each branch) as per following table I:

Table: I

Branches	Tasks	Definition
Perception of emotions	Faces	Person's ability to identify emotions in pictures of faces.
	Designs	Emotions suggested by artistic designs and landscapes.
Use of emotion to facilitate thought	Sensations	Person's ability to describe emotional sensations & their parallel to other sensory modalities.
	Facilitation	Assimilate predetermined mood into thought process.
Understanding emotions	Blends	Person's knowledge of how emotions combine to form other emotions.
	Progression	How emotional reaction changes over time.
Emotion management	Emotion management	Person's ability to choose among more or less effective means of managing emotion in private situations.
	Social management	Interpersonal emotional situation.

b. Measuring Trait Emotional Intelligence

a) Trait Meta-Mood Scale (TMMS; Salovey et al., 1995)

This scale consists of 48 items, which are measured on a 5 point Likert scale ranging from "totally disagree"(1) to "totally agree"(5) along with 3 subscales i.e *Attention to the feelings*, means how much attention an individual pays to its inner feeling and emotional states, *clarity* refers to ability to understand and discriminate among feelings & *repair* refers to ability to regulate moods and repair negative emotional experiences.

b) Bar-On Emotional Quotient Inventory (3)

This is considered to be the most widely used measure of trait EI. As per Drawin "Bar –on model of EI stress both on the importance of emotional expression and views the outcome of emotionally and socially intelligent behavior in terms of effective adaptation". This measure consist of 133 items, which are presented in the form of short sentences, measured on 5 point Likert scale, starting from "very seldom or not true of me" (1) to "very often true of me or true of me" (5).

3. Goleman: Mixed model of Emotional Intelligence

This model consists of 4 most important constructs of Emotional Intelligence, i.e *Self-awareness*, defined as the ability to read one's emotions and recognize their impact while using gut feelings to guide decisions", *self-management*, defined as controlling one's emotions and impulses and adapting to changing circumstances", *social awareness* defined as "ability to sense, understand and react to others emotions while comprehending social networks" & lastly, *relationship management*- defined as "ability to

inspire, influence and develop others while managing conflict. (4)

C. Emotional intelligence & quality of romantic relationship

As we have already discussed the meaning and importance of Emotional intelligence in the life of an individual. The most important aspect of people's life is to maintain good & quality relationship in his/her life. This paper firstly, studies various factors involved in defining the quality of a romantic relationship along with their respective roles. Secondly, the impact of Emotional Intelligence on quality of romantic relations is being studied. As per As per (5), relationship quality encompasses through 3 dimensions: *Consensus, satisfaction & cohesion*, where, *consensus* refers to high frequency of agreement between partners, *satisfaction* refers to a low frequency of separation discussions & high frequency of shared confidences and positive thoughts about the relationship and *cohesion* refers to the sense of connectedness between partners as well as the frequency of shared activities. It means that the relationship marked by all 3 dimensions is considered to be a good quality relationship. A good relationship comprises of high level of commitment, satisfaction, intimacy & stability. In the following section of this research we have discussed how one can achieve all these criteria's with the help of Emotional Intelligence. Emotional intelligence brings in high level of Emotional awareness among the partners by making their relationship

more committed. The partner who is aware about his or his own emotion can better understand the emotions of other partner. This awareness further helps them to efficiently manage the emotions also. As per (6), the last branch of Emotional Intelligence i.e Management of emotions is mainly related to the relationship quality. It is also being studied that along with emotional awareness, emotional regulation also helps the partners in building their relationship quality by making them understand the perspective of each other (7). The following objectives are drawn after reviewing the research:

Objectives of research study:

1. Impact of emotional intelligence on quality of romantic relationships
2. To find out factors defining relationship quality.



- To find out the role of various factors in defining the relationship quality.

In the light of above-mentioned objectives, a thorough review has been done in the next section of this paper.

II. LITERATURE REVIEW

Emotional Intelligence being an integral part of any relationship whether formal or informal helps in defining the relationship quality. The sensitivity of such relationships is more as both the partners are highly emotionally attached with one another. As per (6), the last branch of Emotional Intelligence i.e “Management of emotions” is mainly related to the quality of a romantic relationship, which states that partners who respond constructively towards a negative situation are highly satisfied with their relationship in comparison to partners who destructively respond to a negative situation. They usually overlook or silently refuse to acknowledge the view point of other partner leading to negative relationship outcomes. It means, low level of emotional intelligence in couples is marked by negative outcomes and less positivity in a relationship, on the other hand highly level of emotional intelligence among couples leads to more positive outcomes thereby bringing in positivity. Whereas, in the relationship where one couple is more emotionally intelligent than the other partners, falls in between positive & negative outcomes (8).

Some researchers have also discussed the importance of *emotional awareness & emotional availability* in defining the quality of relationship. *Emotional awareness* is defined as “one’s ability to recognize his or her own emotions as well as the emotions of others also, including recognizing that emotion is present and also cognitive reflection on what is being experienced” (Lane & Garfield, 1990). It means the person who is aware about his or her own emotions will more appropriately understand the emotions of other partner. In this context, a study conducted in 2005 states that married couple who can identify and communicate their own emotions effectively are more secure & satisfied with their romantic relationship. On the other hand, individuals less capable of identifying & communicating one’s own emotions are less secure & satisfied with their romantic relationship, which means knowing your own emotions in a better way (9). As per (5), relationship quality further encompasses through 3 dimensions: *Consensus, satisfaction & cohesion*, which are totally a result of Emotional awareness among couples in a relationship. *Consensus* “refers to high occurrence of agreement between partners”. *Satisfaction* “refers to a low occurrence of separation discussions & high occurrence of shared confidences and positive thoughts about the relationship”. *Cohesion* “refers to the sense of connectedness between partners as well as the occurrence frequency of shared activities”. It’s also being noticed that male & females act differently towards various factors which help them to define their level of emotional intelligence. In this context, table II is given here under:

The above-mentioned table clearly depicts that male & female act differently as per their level of emotional intelligence towards various factors. It should be noted that

Women experience high level of intimacy, closeness & relationship quality in case male partner is high on emotional awareness, which means women always emotionally invest more in the relationship as compared to men (10).

Table II

Factors	Couple relationship	
	Men	Women
Identifying emotions	Better recognize emotions of opposite partner than themselves. This proficiency increases with the passage of time & close couple interaction.	Better at recognizing more complicated & a large number of emotions in both themselves & their partners. Recognition of quality of relationship is bit higher than men’s.
Relationship quality	Quality of relationship quality is not influenced by their partner’s level of emotional awareness.	Quality of relationship quality is influenced by both their partner’s & their own level of emotional awareness.
Relationship satisfaction	Not influenced by own or opposite partners level of emotional awareness.	Negatively connected with male partner’s emotional self-awareness level. Men poor in recognizing their own emotions increase the dissatisfaction level of opposite partner in relationship.
Emotional awareness	Men with high emotional awareness have ability to devote more in the relationship thereby contributing towards quality of relationship.	Women relationship quality is positively related to male’s emotional awareness. Women experience high level of intimacy, closeness & relationship quality in case male partner is high on emotional awareness.
Discrepancies in emotional awareness	Diminished sense of relationship connectedness.	Relationship dissatisfaction for women, as they make more emotional investment in the couple relationship.

Study conducted in 2005 states that, “Female scores more than the males on most



of the ability-based test of sensitivity to nonverbal communication of emotion". This is because of parenting style and gender role orientation. Women are encouraged to pay more attention towards expressing & responding to emotions as compared to males. As far as relationship quality measures are concerned female partners reported more depth & support than men. On the other hand, men partners reported higher conflict. In case of gender differences, both male & female have raised level of EI do not consistently show the positive relationship outcome than couples in which only one partner is having raised EI. It means for effective conflict management minimum one partner must have raised level of EI. Both the partner high on EI do not add any further advancement in couple functioning, because both raised EI partners see themselves as emotional experts and strive to become in charge of emotion management (8).

Along with Emotional awareness, *emotional availability* is also considering to be the very important factor in achieving a sense of attachment security within the partners. In case both the companions are emotionally available for each other and reply to others attempt leads to an increased sense of attachment security. While in case of absence of emotional availability among the partners leads to lack of attachment security thereby negatively affecting their relationship quality (10). Emotional availability leads to attachment security & further gives rise to intimacy. *Intimacy* in a romantic relationship is a "feeling of closeness, connectedness & bondedness, including those feelings that give rise to the experience of warmth in a loving relationship". The various components of intimacy are "desire to promote partners well-being, being able to rely on mutual understanding comfort in sharing personal possession with your partner, giving & receiving of emotional support and intimate communication with the loved ones" (11). Hence greater intimacy in a relationship is a result of good emotional understanding & help partners to interpret the attitudes & motivations of each other (12). Intimacy also increases passion in a relationship, while level of commitment between 2 partners increases both intimacy & passion. It's also being noted that the couples good in managing their own emotions are in a more committed relationship (12). Many researchers also believe that along with managing own emotions, emotion regulation is equally important in maintaining relationship quality. The companions who remember their conversation well about relationship are more capable of understanding each other's perspective on significant issues in relationship which leads to better relationship functioning (7).

A study conducted in 2011, states that perspective taking by one partner mediates the effect of emotional intelligence on relationship quality. Both actor & partner effect were studied in this context. As per actor effect, the partner who is highly emotionally intelligent will be more capable in taking his/her partners point of view and therefore feel closer to him or her & other partner will feel more satisfied with the relationship. Similarly, in case of partner affect, highly emotionally intelligent partner will better able to understand his /her perspective thereby increasing the feeling of closeness & satisfaction level of another partner (13). A high level of closeness & satisfaction in a relationship leads to high level of trust among partners. Trust is also regulated by the emotional Intelligence of an individual until & unless

one is not aware about the intentions or emotions of the opposite partner, he/she will be unable to start the process of trust building (14). In this context third branch of Emotional Intelligence comes into the picture i.e. *Understanding of emotions*, which means person's "ability to consciously identify and verbally articulate one's own emotions so the emotions can be discussed openly". In this context Emotional clarity plays a very vital role, which means the "one's ability to identify, acknowledge, categorize, understand and reason about one's own emotions, is related closely to understanding emotions". High level of emotional clarity is related to the act of forgiveness one partner gives to other partner without looking at the severity of the offense made by the other partner. Emotional clarity increases the rate of understanding between the two partners by creating the atmosphere of forgiveness in the relationship (15). A good and healthy relationship is considering to be more stable in nature. A research conducted in 1987 states that the relationship marked by high level of satisfaction with current partner, high level of closeness, long term relationship & high sexual nature of relationship is considered to be more stable rather than relationships which is short term & is having low level of satisfaction & closeness among the partners (16). The couples who are involved in short period of relationships do not assess or may not be able to assess their partners in terms of emotional intelligence. On the other hand, the partners or couples who are into long period relationships may have more similarities in emotional intelligence. It should also be noted that if EI of an individual or couple in long term relationship is modified with the help of training or learning they might become more similar to each other on EI in future (8). Therefore, we can say that long term relationships are more stable as the couple involved are aware about the emotional intelligence of other partner and act accordingly, which means better relationship quality. It's also being noticed that in the stability of a relationship also depends upon the way couple handle the conflicts & disagreement between each other. In this context, highly emotional intelligent couple will able to produce emotions that encourage adaptive styles of reasoning, judgement & decision making to reduce occurrence & sensitivity of disagreements & conflicts between them (15).

III.CONCLUSION

The above-mentioned discussion has come out with a very interesting fact that all the outcomes & factors which are responsible for defining the quality of a romantic relationship are interconnected with each other like a vicious circle and Emotional Intelligence is acting as a connecting string between them.

This relationship could be better understood with the help of a figure given below:

As per this fig, Emotional awareness in an individual lead to consensus i.e high occurrence of agreement between the partners. Emotionally aware partners understand each other

well, which leads to less disagreement between them. Further consensus raises the

level of satisfaction among the partners, as a greater number of agreements will lead to low occurrence of separation discussion & high occurrence of shared confidences & positive thoughts about the relationship. High level of satisfaction will lead to high level cohesion among the partners, which means a sense of connectedness. Once the partners are well connected, they will always try to be together all the time and make them emotionally available for each other whenever there will be a need. This feeling of togetherness makes the relationship more intimate by increasing the feeling of closeness and belongingness thereby increasing the warmth in a relationship. The warmth in the relationship increases the level of trust among the partners, thereby increasing their commitment level. High level of commitment in the relationship brings in more closeness between two partners. But it should be noted that the driving force behind all these achievements which help the couple to build their relationship healthier and strong is Emotional Intelligence. As because of this particular factor inside the partners help them to understand their own feelings as well as the feelings of others and efficiently managing those feelings without hurting each other.

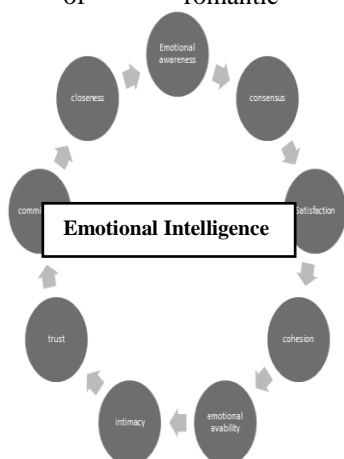
Limitation of Study:

Most of the studies conducted in this context are from outside India. Therefore, very few or we can say only one study from Indian context has been include in this research study.

Scope for further researches

Most of the studies are mainly focusing on the relationship between Emotional Intelligence & romantic relationships in general. But at the organizational level very minimal researches are carried out to understand the role of Emotional Intelligence in managing Workplace Romance or the romantic relationships arising in an organization. In today's world most of the time people are spending in their organizations only. Therefore, it is the need of toady to understand the importance of Emotional Intelligence in managing such romantic ties in the organizations.

Fig. Relationship between emotional intelligence and quality of romantic relationship



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