The Relationship between Emotional Intelligence and Locus of Control and Quality of Life and Satisfaction of Couples in Isfahan

Fatemeh Khalili and Hassan Heidari

ABSTRACT

The purpose of this study was to determine the relationship between emotional intelligence, locus of control and quality of life and satisfaction of couples in Isfahan. Therefore, 60 married couples were randomly selected from different regions of Isfahan and emotional intelligence, locus of control, and quality of life and satisfaction of couples questionnaires were administered to them. The results showed that there are significant differences between the means of locus of control and emotional intelligence. Thus, it can be concluded that emotional intelligence and locus of control couples, predicting the future of couples living and the strength of their relationships.

INTRODUCTION

Family as the smallest social unit is the place of the formation and preservation of human emotions (salvation, 1999). Deepest inner sense of satisfaction in life and the greatest happiness and most people would be inner peace be lucky to be part of a family, employers ruling family where love and affection is all our love. Seriousness and extraordinary efforts and heroic actions and the progress of work when the toys for pleasure winning the peace and happiness that we can focus on family was excitement · partner [1].

Most people believe that the importance of family, friendship, love, and marriage is a crucial goal for behavioral scientists. Most experts are of the opinion that to solve many of the problems, citizens need to have the capability to not only intellectually but equally significant social and emotional skills as well.

Recognize the importance of social skills and the ability to cope effectively with others. Fueled a growing interest in the concept (EI) provided. In the last few years the topic of emotional intelligence, the best-selling books, magazines and newspaper articles have been. This research has also been the subject of considerable number of scientific studies. New developments in the understanding of the relationship between reason and emotion, emotional intelligence is created. Contrary to previous thought, its unique contribution to thought and emotion form an interpenetrating universe is adaptive and intelligent. The concept of emotional intelligence indicates that the two are not separated as it was thought.

Proponents believe that emotional intelligence is more power than general intelligence to predict individual performance [4, 8]. The high emotional intelligence can enhance the general quality of life and one's personal and social success [4]. In general, emotional intelligence promises at least one human problem can be solved, the conflict between what people feel and think. In addition, if people did not enjoy the high emotional intelligence without education, they can still be successful in life [2].

Research Hypothesis:

There is a relationship between emotional intelligence and level of life quality.

There is a relationship between couples’ emotional intelligence and satisfaction.

There is a relationship between locus of control and quality of life.

Corresponding Author: Fatemeh Khalili, MA in Counseling, Islamic Azad University, Khomein Branch, khomein, Iran.
There is a relationship between locus of control and satisfaction in couples. There is a relationship between the variables of emotional intelligence and locus of control to the quality of life for couples. There is a relationship between the variables of emotional intelligence and locus of control in men with satisfaction of couples.

**Definition of Key terms:**

Emotional Intelligence: The ability to accurately receive, evaluate and express emotions, feelings that I can achieve the ability to identify emotion and emotion regulation in order to facilitate the development of rational definition [6].

Locus of Control: Locus of control refers to the ability to exercise power, direct or prevent actions themselves or others [5].

Quality of Life: Perceiving people based on the state in which they live and the culture and value systems in which they are perceived by their interests, goals and expectations, and standards [7].

Satisfied couples: By definition, sexual satisfaction is a condition in which married couples are happy together and feel satisfied.

**MATERIALS AND METHODS**

This research is descriptive method. The population consists of all couples randomly selected in the District 3 who lived in 2012-2013 in Isfahan. The sample in this study are 60 couples (120 individuals) in Isfahan who were selected randomly and Emotional Intelligence Questionnaire of Petrides & Furnham, Rotter's Locus of Control, the World Health Organization Quality of Life Questionnaire ENRICH Marital Satisfaction sf-36 were used to test the research hypotheses.

**Results:**

**Descriptive findings:**

Prior to the main analysis, a preliminary analysis is done to gain insights about the data. Descriptive findings related to age and gender is given in Table 1 and Figures 1 and 2. The mean, standard deviation, minimum and maximum scores on the main variables of the study are shown in Table 1.

<table>
<thead>
<tr>
<th>Age</th>
<th>gender</th>
<th>Frequency</th>
<th>Percentage Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-35</td>
<td>female</td>
<td>31</td>
<td>44.17</td>
</tr>
<tr>
<td></td>
<td>male</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>35-45</td>
<td>female</td>
<td>18</td>
<td>38.33</td>
</tr>
<tr>
<td></td>
<td>male</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Over 45</td>
<td>female</td>
<td>11</td>
<td>17.50</td>
</tr>
<tr>
<td></td>
<td>male</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>
Fig. 2: age distribution based on gender.

In Table 2, the descriptive data for the study variables (emotional intelligence, locus of control, quality of life and satisfaction in couples) provided:

<table>
<thead>
<tr>
<th>Statistics Variables</th>
<th>Mean</th>
<th>SD</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Intelligence</td>
<td>107.25</td>
<td>6.711</td>
<td>98</td>
<td>122</td>
</tr>
<tr>
<td>Locus of Control</td>
<td>12.92</td>
<td>5.120</td>
<td>6</td>
<td>22</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>61.52</td>
<td>22.416</td>
<td>38</td>
<td>101</td>
</tr>
<tr>
<td>Marital Satisfaction</td>
<td>44.43</td>
<td>14.175</td>
<td>29</td>
<td>67</td>
</tr>
</tbody>
</table>

As table 2 shows, the mean (and standard deviation) for the entire sample of Emotional Intelligence is 107.25 and 6.711, in the source control, 12.92, 5.120, quality of life, 61.52, 22.416, and marital satisfaction 44.43, 14.175, respectively and the minimum and maximum scores for the variables of emotional intelligence, locus of control, quality of life and satisfaction in couples, were as follows: 122, 98, 6, 22, 101, 38, 67, 29. The following explanatory diagrams (3 to 10) present the scores.

Fig. 3: Mean of emotional intelligence in male and female.

The above diagram shows the emotional intelligence of men and women and a total score of emotional intelligence based on the Furnham and Petrides questionnaire.
Fig. 4: Mean of emotional intelligence in couples.

As the graph shows, the mean scores of emotional intelligence in couples is 107.25 with a standard deviation of 6.117.

Fig. 5: Mean of locus of control in male and female.

As the chart shows, the mean locus of control in couples is 12.92 with a standard deviation of 5.12.

Figure 6: mean of locus of control in couples
As it is shown the minimum score is 6 and the maximum is 22.

Fig. 7: The mean of quality of life in male and female.

As it is shown, the mean is 22.16 and standard deviation is 22.416.
Fig. 8: Mean of quality of life in male and female.

As it is shown, the minimum score is 38 and maximum is 101.

Fig. 9: The mean of marital satisfaction in men and women.

As it is shown, the mean score of marital satisfaction is 44.43 and standard deviation is 4.157.

Fig. 10: The mean of marital satisfaction in couples.

As it is shown the minimum score is 29 and maximum is 67.

Analysis of data:

As mentioned earlier, this study has six hypotheses. In this section, the statistical findings related to each hypothesis are presented separately. To test our hypotheses, Pearson's correlation and stepwise regression method was used.
First hypothesis:
There is a relationship between emotional intelligence and the quality of life for couples. To investigate this hypothesis Pearson's correlation test was used and the results are reported in Table 3.

Table 3: Correlation of Research Variables.

<table>
<thead>
<tr>
<th>Indices Variables</th>
<th>N</th>
<th>Correlation Coefficient</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Variable: Emotional Intelligence</td>
<td>60</td>
<td>0.957</td>
<td>0.0001</td>
</tr>
<tr>
<td>Second Variable: Quality of Life</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As the results of this test show, the relationship between emotional intelligence and the quality of life is significantly positive (001 > p > 01), the first research hypothesis is approved.

Second hypothesis: There is a relationship between emotional intelligence and marital satisfaction. To investigate this hypothesis Pearson's correlation test was used and the results are reported in Table 4.

Table 4: Correlation of Research Variables.

<table>
<thead>
<tr>
<th>Indices Variables</th>
<th>N</th>
<th>Correlation Coefficient</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Variable: Emotional Intelligence</td>
<td>60</td>
<td>0.916</td>
<td>0.0001</td>
</tr>
<tr>
<td>Second Variable: Marital Satisfaction</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As the results of this test show, the relationship between emotional intelligence and marital satisfaction is significantly positive (p > 0.001), so the second hypothesis of the study is approved.

The third hypothesis: there is a relationship between locus of control and the quality of life for couples. To investigate this hypothesis Pearson's correlation test was used and the results are reported in Table 5.

Table 5: Correlation of Research Variables.

<table>
<thead>
<tr>
<th>Indices Variables</th>
<th>N</th>
<th>Correlation Coefficient</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Variable: Locus of Control</td>
<td>60</td>
<td>0.985</td>
<td>0.0001</td>
</tr>
<tr>
<td>Second Variable: Quality of Life</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As the results of this test show, the relationship between external locus of control and quality of life is significantly positive (p > 0.001), so the third hypothesis of the study is approved.

The Fourth hypothesis: there is a relationship between locus of control and satisfaction of couples. To investigate this hypothesis step wise regression was used and the results are reported in Table 6.

Table 6: Correlation of Research Variables.

<table>
<thead>
<tr>
<th>Indices Variables</th>
<th>N</th>
<th>Correlation Coefficient</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Variable: Locus of Control</td>
<td>60</td>
<td>0.966</td>
<td>0.0001</td>
</tr>
<tr>
<td>Second Variable: Marital Satisfaction</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As the results of this test show, the relationship between external locus of couple satisfaction is significantly positive (p > 0.001), so the fourth hypothesis of the study is approved.

The Fifth hypothesis: There is a relationship between emotional intelligence and satisfaction of couples. To investigate this hypothesis step wise regression was used and the results are reported in Table 7.

Table 7: Regression analysis

<table>
<thead>
<tr>
<th>Main Variable</th>
<th>Predicting Variable</th>
<th>MR</th>
<th>RS</th>
<th>F(p)</th>
<th>Regression Coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of Life</td>
<td>Emotional Intelligence</td>
<td>0.96</td>
<td>0.91</td>
<td>624.97, P&lt;0.0001</td>
<td>0.957=β</td>
</tr>
<tr>
<td></td>
<td>Locus of Control</td>
<td>0.99</td>
<td>0.97</td>
<td>975.88, P&lt;0.0001</td>
<td>0.845=β</td>
</tr>
</tbody>
</table>

As the results of testing the relationship between emotional intelligence and external locus with quality of life (MR= 0.99, RS= 0.97 and F=975.88) shows that the external locus of control acted as the effective variable compared to emotional intelligence. So the fifth hypothesis of the study is approved in a way that only the external locus of control determines all the variance of life quality and has the highest relationship with this variable.

The sixth hypothesis: There is a relationship between emotional intelligence and locus of control with satisfaction of couples. To investigate this hypothesis step wise regression was used and the results are reported in Table 8.
As the results of testing the relationship between emotional intelligence and external locus with marital satisfaction (MR= 0.97, RS= 0.97 and F=415.91) shows that the external locus of control acted as the effective variable compared to emotional intelligence. So the sixth hypothesis of the study is approved in a way that only the external locus of control determines all the variances of marital satisfaction and has the highest relationship with this variable.

Conclusions:
In this section the results of testing the hypotheses of this study are discussed and Pearson correlation analysis is concluded.

First hypothesis: there is a relationship between emotional intelligence and the quality of life. This relationship shows with 95% confidence that there is a positive and significant relationship between emotional intelligence and the quality of life (P >0.001).

This finding is consistent with results of the studies by Akbarzadeh [1], Mayer and Salvi [8], Goleman [4], Syarochi and Others (2000), Nouri and Nasiri (2004), Mayer and Caruso [6], Lambroniber (2004), Kastanza et al (2007), Cohen (2009), Moghimidehkordi and Safai (2007). Research findings suggest that emotional intelligence (the ability to accurately receive, evaluate and express emotions and feelings that I facilitate the ability to identify emotions in order to develop rational) increases the quality of life.

In other words, emotional expressions are positively correlated with variables such as self-control, emotional intelligence, and openness to feelings, self-esteem and quality of life. People with high emotional intelligence, emotions, and desires to express themselves more result in a larger social networks and more social support they provide for themselves. Having social support helps to improve mental health and protect against stress and thus improve the quality of life;

Goleman [4] claims emotional intelligence is the secondary power of general intelligence and it forecasts success and quality of life. Moghimidehkordi and Safai (2007) suggest that emotional intelligence improves quality of life and the dynamics of the relationships. In a study by Cohen (2009) conducted in central Texas, it was concluded that emotional intelligence and stress management improves mood and quality of life. Since the negative emotions of anger, frustration and ... cause anxiety and depression, it will also reduce stress and improve quality of life.

Second hypothesis: There is a relationship between emotional intelligence and satisfaction of couples. This relationship suggests that there is a positive correlation with confidence of 91 percent between marital satisfaction and emotional intelligence (P > 0.001).

That is, the increase in EI also increases life satisfaction.


The findings of this research indicate that high emotional intelligence is important in the management of everyday life. People with high emotional intelligence, when experiencing a certain type of emotional states can cause emotions to be separated and aspects and implications of similar emotions such as anger, hate, shame, guilt, courage and envy are distinguished from one another and take a problem-solving and increase relationship satisfaction in relationship with spouse.

Siarochi and Kepathy (2000) suggest that individuals with high emotional intelligence, together with our responses, and empathy show greater participation in their wives. Simons (2001) suggests that couples who have high emotional intelligence have more self-control to manage distressing emotions and self-assessment to enhance their knowledge. It helps to develop and increase their marital satisfaction.

Bradbury and Graves (2005) in a series of studies concluded that emotional intelligence is the single largest factor in predicting the performance of individual and it is the strongest force for leadership and the quality of life. Research of Tyler shows that men who have experienced positive emotional in childhood and have high emotional intelligence, show more emotional and social behaviors in adulthood and hence the quality of life and well-being in them is high.

Third hypothesis: there is a relationship between locus of control and quality of life.

<table>
<thead>
<tr>
<th>Table 8: Regression Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Variable</strong></td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>Marital Satisfaction</td>
</tr>
<tr>
<td>Locus of Control</td>
</tr>
</tbody>
</table>

P<0.0001
This relationship shows that with 98 per cent confidence there is a relationship between locus of control and quality of life for couples (p>0.001).


The findings of this research indicate that locus of control causes the people to understand positive and negative life events as the result of careful planning and sustained effort. Therefore, they accept the consequences of their actions and take responsibility and in terms of mental health and healthier than individuals with external control and this causes the higher the level of quality of life and the locus of control can influence the perception of a situation in which people live in and enhance the quality of life. Adams (1994) claims that couples who have a more internal locus of control are in control of their life events better and feel more responsibility toward life and therefore their quality of life is high. Mahdavian (1995) suggests that men, who have a more internal locus of control, have a higher live performance, memory efficiency, and quality of life tolerance.

Fourth hypothesis: there is a relationship between the locus of control and satisfaction of couples. This relationship shows that with 96% confidence, there is relationship between locus of control and marital satisfaction (p>0.001).


Thompson and Schneider (1986) have concluded that the findings of this research indicate that there is a relationship between locus of control and level adjustment and satisfaction of couples and internal control and perceived conflicts, is positively associated with satisfaction of couples. Investigations show a strong relationship between satisfactions with the marital relationship.

Karimi [5] in their study concluded that the reason for external locus of control is associated with feelings of anxiety and depression. It may be that the life satisfaction and marital satisfaction and a feeling of life are based on the fact that people feel they have control over their outcomes. Hudson (1992) suggests that individuals with internal locus of control tend try to adapt the current situation and the situation is expected and this is causing their satisfaction with life.

Mahanyan (2003) states that teachers who have internal locus of control , had also higher self-awareness and self-control, empathy and social skills. These factors had raised their marital satisfaction. Mahanyan (2003) states that teachers who had an internal locus of control, had higher self-awareness and self-control, empathy and social skills and these factors increase their marital satisfaction.

Hypothesis Five: there is a relationship between source control and emotional intelligence with the quality of life for couples. The research results are consistence with the study of Patricia Gillend Markov and Worth (1993), D. (1994), Fourgas (1997) Kastanza et al (2007), Frisch (2006), Furnham and Bradbury (1989), Frost (2003), John Gutmann (1994), Mahdavian (1995), D. (1994), Brayandowben (1991), Goleman [4]. The results suggest that when emotional intelligence is high and there will be more internal locus of control, more favorable quality of life is attainable. The study of Markov Patricia research and Gillend Worth (1993) about the assessment of emotional intelligence background and locus of control affect on sexual function and quality of life of 165 couples and it was found that people with low emotional intelligence and external locus of control cope with living conditions and had very low and poor sexual function and quality of life of the couples. Conversely, people with high emotional intelligence or even moderate internal locus of control had a better quality of life and sexual function and were able to better understand their spouse’s sensations. John Gutmann (1994) research also found that positive feelings and emotions in patients with moderate to high internal locus of control and emotional intelligence cause of their common life and health and helped to resolve the conflict and enhancing their quality of life. In another study by Furnham and Bradbury (1989) it was observed that there is a positive relationship between locus of control and emotional intelligence quality of life.


The results of this research suggest that if emotional intelligence of couples is high and internal locus of control is more, marriage and marital satisfaction also increases.

Median and Jenov (1981) on the relationship between locus of control and emotional intelligence and its effects on marital satisfaction, concluded that the ability to identify and assess internal control and perceived conflicts and emotions (emotional intelligence) is positively associated with satisfaction of couples (quoting Shams, 2009).
Sabatyly (1986) studied the locus of control and emotional intelligence positions of 48 couples of white middle-class who passed around 54-11 months of marriage according to the complaints of their marriage and their spouses. The results showed that when women were the wife of a man who had an external locus of control and low emotional intelligence, their marital complaints were more and that they had same personality or not, had no effect on their marital complaints. Thompson and Schneider (1986) concluded that there is a strong relationship between processes, supporting their emotional intelligence and marital relationship satisfaction.

REFERENCES