

The Relationship between Romantic Relationship and Emotional intelligence in Adults

Dissertation submitted in partial fulfilment of the requirements for the award of

Bachelor of Science in Psychology

By

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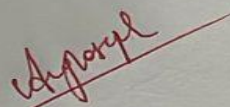
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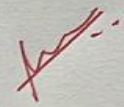
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DECLARATION

I, Sulfiya Muhammed Kunju Sudheer, hereby declare that the study presented in the dissertation, which is submitted to the Department of Psychology, St. Teresa's College, Ernakulum is a Bonafide record of the research work carried out by me, under the supervision and guidance of Ms. Maria Dony, Assistant Professor of the Department of Psychology, St. Teresa's College, Ernakulum, in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology and has not previously formed the basis for the award of any degree, diploma, fellowship, title or recognition before.

Place: Ernakulam

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Abstract

As individuals we seek social connections and relationships throughout our lives. Romantic relationships play a vital role in our day to day life. The objective of the current study is to understand the relationship between romantic relationship and emotional intelligence. Convenient sampling method was used to collect data. A sample size of 200 adults between the age of 18-50 completed the questionnaire. The questionnaire assessed aspects such as romantic relationship satisfaction and emotional intelligence. The Relationship satisfaction scale developed by Hendrick (1988) was used to assess relationship satisfaction in the individuals; The Emotional Intelligence scale that was developed by Schutte et al., (1988) was used to assess emotional intelligence of the individual. Spearman's Correlation was used to assess the relationship between the variables. The findings revealed that there is a significant positive correlation between relationship satisfaction and emotional intelligence among individuals. Previous studies have proved these associations, therefore, supporting the current findings. These findings reveal that the positive correlation between relationship satisfaction and emotional intelligence suggests that maintaining a healthy, committed romantic relationship can help improve emotional intelligence. This highlights the importance of effective communication, emotional regulation, and mutual understanding in building stronger relationships.

Keywords: Relationship Satisfaction, Emotional Intelligence

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Chapter I

Introduction

Background of the Study

Romantic relationships are typically constructed as positive contributors to individual's lives. A meaningful relationship with a significant other may bring companionship, friendship, love, security, and happiness to individual's life. It may also bring health benefits. Sexual intimacy, sentiments of romance and love, and emotional or physical connection between individuals are all components of a romantic relationship. Marriage is one example of a social and legal institution that recognizes and supports close ties between individuals. Social and legal institutions such as marriage acknowledge and uphold intimate relationships between people. Being in a relationship helps us to deal with complex emotions, understand empathy, and encourage communication between the two. By investigating the influence of romantic relationships on emotional intelligence, this research shows how these connections help us to develop emotional skills. (Wikipedia contributors, 2025)

Emotional intelligence helps us to gain self-awareness, social awareness, emotional control, empathy, and emotional well-being. In a relationship, it helps to shape the way a couple communicates and helps to deal with the conflict which helps to connect on a deeper level.

We can develop the sensitivity we seek in others by improving our EQ. The primary advantages of developing emotional intelligence abilities include a thorough comprehension of emotions, sensitivity to signs of emotional changes, complete involvement in a relationship, and, lastly, emotional stability and life happiness. (Emotional Intelligence in Relationships, 2024)

The states of complete excitement, intense intimacy, mutual commitment, kindness, and genuine caring are all within our reach. The question is, are we prepared to examine our own behavior critically and work toward betterment?

A romantic relationship is defined as mutual, ongoing and voluntary interactions between two partners that is characterized by specific expressions of affection and intimacy (Collins, et al., 2009). This definition reflects contemporary ideas about romantic relationships. For example, marital status and partner gender is ambiguous. Instead this definition focuses on interactions such as being mutual, ongoing and voluntary, and expressions like affection and intimacy.

One's mental well-being and happiness are improved by a fulfilling romantic relationship with a partner, which also allows one to be happy and facilitates the formation of a positive self concept. Attachment is the personal assessment, attitude, and positive affect toward relationships; it is one of the major determinants of romantic relationship happiness. As an individual reaches adulthood, friends and romantic partners become the attachment focus in place of their earliest caregiver. Adult attachment is the outcome. (Change, 2021)

There are a number of different kinds of romantic relationships: committed relationships, which are marked by mutual exclusivity and long-term intention; casual relationships, which have no long-term desires; and dating, which is when couples try to see if there is a connection between them. While situation ships are poorly defined relationships with emotional closeness but no clear designation, others have casual sex relationships with no emotions involved. Openly having multiple relationships with the agreement of all parties is part of ethical non-monogamy. These categories express the various ways in which individuals negotiate intimacy and partnership. (Lee & Chang, 2021)

Emotional Intelligence (EI), also known as emotional quotient (EQ), is the ability to perceive, use, understand, manage, and handle emotions. High emotional intelligence includes emotional recognition of emotions of the self and others, using emotional information to guide thinking and behavior, discerning between and labeling of different feelings, and adjusting emotions to adapt to environments. The term first appeared in 1964, gaining popularity in the 1995 bestselling book *Emotional Intelligence* by psychologist and science journalist Daniel Goleman. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim that it is innate. (Wikipedia contributors, 2025b)

Emotional intelligence helps to build, keep up healthy relationships, develop empathy which helps to create more satisfying relationships with family and friends. People with low EQ struggles in relationships because they struggle to understand emotions of their own and others which makes conversations difficult and draining. This means that people with low EQ have to work hard and often struggle with challenges in relationships.

People with high EQ do also struggle sometimes in their relationships. Empathetic people may avoid conflicts to maintain peace and get along with people by suppressing their own needs. This can lead to dissatisfaction and frustration. A 2016 study found that people with high-self awareness are more likely to deal with mental health problems like anxiety and depression.

It is important to balance out emotional intelligence because if an individual has a high amount of empathy, yet they struggle with emotion regulation, developing emotional intelligence can help develop constructive conversations that don't shy away from conflict. People with balanced emotional intelligence are able to balance their needs and the needs of others.

They are assertive and direct, but they're also understanding and compassionate. They're able to read social cues and understand the emotions of others, and can also communicate their own emotions effectively, allowing them to build strong relationships. (mindbodygreen, 2023)

People with high EQ never try to win approval or worry about what others think. They know and care about their feelings and desires as much as with their partners. This makes them good at setting boundaries and processing their emotions in a healthy manner.

There are five elements of emotional intelligence, which includes self-awareness, where one recognizes their own emotions and its impact, self-regulation, the ability to manage emotions and drives, motivation refers to the resilience and internal drive, empathy is the ability to understand feelings of others, and social skill, which is important for building and maintaining relationships. (Emotional Intelligence in Relationships, 2024b)

Emotional intelligence can be understood through three primary models. The Trait Model focuses on how individuals recognize and manage their own emotions, emphasizing emotional self-awareness and self-management. The Ability Model highlights emotional skills like understanding emotional language and managing emotional responses in different situations. Lastly, the Mixed Model combines both traits and abilities, emphasizing that emotional intelligence involves both inherent tendencies and learned skills. By understanding and developing these aspects, individuals can improve their emotional intelligence, enhancing social competence, relationships, and overall well-being.

Romantic relationships can enhance emotional intelligence by fostering empathy, communication, and self-awareness through shared experiences and emotional support. At the

same time, they can challenge emotional regulation, requiring individuals to develop stronger emotional resilience and understanding. (Wikipedia contributors, 2025a)

Theoretical Framework

Studies show that attachment styles play a great role in emotional intelligence. Secure attachment shows higher emotional intelligence, which allows individuals to identify and lead emotions constructively. Childhood conditions are important to note because that is where they feel valued and safe, which leads to confidence, self-awareness, and improved stress management.

In contrast, avoidant attachment individuals have a strong fear of rejection and struggle with understanding others' emotions which makes it difficult to form close relationships and evolve social skills. Anxious attachment individual relationships are challenging as they are highly sensitive to emotions so they could struggle with flexibility and lack of self-awareness, Disorganized attachment is a good mix of anxious and avoidant styles where they have difficulty in managing their own emotions, lack of self-awareness and social conscience.

Overall, secure individuals are good at handling their emotions and relationships well, while insecure attachment styles create challenges in emotional intelligence, affect people's perception and create challenges in developing emotional intelligence.

Sternberg's Triangle Theory of Love: Sternberg's Triangle Theory of Love describes love as a blend of three elements such as intimacy (emotional intimacy), passion (physical attractiveness), and commitment (a dedication to stay together). There are different forms of love, such as romantic love, companionate love, or fatuous love.

The Ability Model of Emotional Intelligence: The Ability Model of Emotional Intelligence is developed by Mayer and Salovey, focuses on the ability to perceive, use, understand, and manage emotions effectively. It views emotions as valuable tools that can enhance thinking, problem-solving, and decision-making. The model emphasizes developing these skills through practice and recognizes emotional intelligence as a form of mental ability that improves social interactions, emotional awareness, and self-regulation.

The Bar-On model of emotional intelligence: The Bar-On model of emotional intelligence emphasizes emotional and social skills that contribute to personal well-being and social functioning. This model views emotional intelligence as necessary for managing emotions, making decisions, and building healthy relationships in order to improve one's ability to handle life's demands effectively.

Scope of the study

Emotional intelligence (dependent variable) and Romantic Relationship (Independent Variable). This study focuses on examining the influence of romantic relationships on emotional intelligence. It aims to explore how emotional experiences within romantic partnerships impact specific emotional intelligence components, such as self-awareness, empathy, and emotional regulation. The Study primarily focuses on individuals who have been in a relationship for more than six months or are married and is conducted within a specific geographic context in Kerala. The Emotional Intelligence Scale (EIS) and the Relationship Assessment Scale (RAS) are used for the survey and statistical analysis to assess the strength and nature of the relationship. The primary aim is to examine how romantic relationships influence emotional intelligence and to provide insights for improving relationship quality and emotional well-being.

Chapter II

Review of Literature Review of Literature

These studies shows us that though relationship satisfaction increases with healthy communication, understanding each other's perspectives and managing conflicts which is a sign of emotional intelligence. Relationship helps to build emotional regulation and strengthens interpersonal skills.

Emotional Intelligence

The study —Emotional Intelligence Predicts Wise Reasoning‖ conducted by Howard, C. N., Yena, K., and Tamera R. S. (2021) from the University of Chicago. The research focuses on how emotional regulation influences emotional awareness, empathy, and decision-making. As per the findings, emotional regulation shows a positive correlation with wisdom. This research

helps to make us understand that romantic relationships often need emotional management, empathy, and viewing and understanding each other's perspective, recommending that relationships help to boost emotional intelligence.

Another study, —Emotional Intelligence Relates to wellbeing: Evidence from the Situational Judgement Test of Emotional Management¹ conducted by Jeremy, B., Anthony, B., Steven H., Jennifer, M., Carolyn, M., and Richard, D. R. (2012). The aim of the study was to explore whether individuals with higher emotional intelligence (EI) experience better well-being outcomes compared to those with lower EI. The sample of 131 college students, who were measured using tools like the Situational Test of Emotion Management to measure emotional intelligence and the Scales of Psychological Well-being to evaluate their overall well-being. The findings of the study shows that there is a strong correlation between higher Emotional Intelligence and enhanced quality of life, indicating that individuals with higher emotional intelligence tend to have healthier coping strategies, reduced stress, and emotionally satisfied. This research is relevant to my study on how romantic relationships influence emotional intelligence, as it suggests that having higher EI leads to better emotional regulation, which is crucial in maintaining fulfilling relationships and overall well-being.

A study was conducted by David, R., and Joseph, C. (2005) on Emotional Intelligence and its Relationship to Workplace performance outcomes of Leadership Effectiveness² help us to understand the relationship between emotional intelligence and leadership effectiveness. The sample was conducted on 41 senior executives using the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and the 16 Personality Factor Questionnaire (16PF5). The main aim of the study was to explore how a mix of Emotional Intelligence, problem-solving and decision

making skills helps to increase work performance in the organization. The study founded that the higher the emotional intelligence the better the leadership performance. Now this contributes to my research because it talks about how emotional intelligence leads to better leadership performance helps to manage emotions, better cognitive intelligence and communication.

Romantic Relationships and Relationship Satisfaction

This study was conducted by Murray, S. L., & Holmes, J. G. (2009) on Self-Esteem and Relationship satisfaction in romantic relationship. The sample was conducted on 200 participants who all were in committed romantic relationships was measured through self-esteem inventories and relationship satisfaction surveys. The main aim of the study is to investigate the relationship between self-esteem and relationship satisfaction in romantic relationships. The study focused and helped us to understand on how views of our self-influences' contentment and mood-based responses in a romantic relationship. To analyse the relationship between self esteem and relationship satisfaction the researchers also observed couples' interaction. This Study contribute to my research as it how a healthy self-esteem is a sign of emotional intelligence, and this helps to to improve the quality of romantic relationships i.e the higher selfesteem the more one can able to regulate their emotions effectively.

Another study was study conducted by Collins, N. L., & Feeney, J. A. (2005) on Attachment styles and Romantic Relationships. The study assessed that how attachment styles (secure, anxious, avoidant) helps to influence self regulation, intimacy, and relationship satisfaction. The sample included 150 couples (300 participants) who completed questionnaires on attachment styles, emotional regulation, and relationship satisfaction, along with interviews to

assess emotional intimacy and attachment behaviors. The findings showed that individuals with secure attachment styles tend to have better emotional regulation and interpersonal skills, contributing to higher emotional intelligence. This study highlights that romantic relationships significantly shape emotional intelligence through conflict resolution, emotional support, and intimacy-building experiences.

This study is conducted by Braithwaite, S., & Holt-Lunstad, J. (2017) on Romantic Relationships and Mental Health. The sample included 500 adults in romantic relationship examined depression, anxiety, relationship satisfaction and conflict management using surveys. The main aim of the study is to analyse how mental health is influenced by romantic relationship through empathy, relationship satisfaction and conflict management. The result helped us to confirm that by regulating emotions creates a fulfilling health relationship and this increase emotional intelligence, leading to growth and developing healthy coping mechanisms.

A study was conducted on values in romantic relationships by Reine C. V., and Lukas F. M. (2023). The main aim was to investigate how personal values influence dynamics and satisfaction in romantic relationships. The focus was on how the alignment of individual values impacts relationship quality. The study involved a sample of 231 individuals (105 men, 121 women, 5 unspecified) with an average age of 32.52 years and average relationship duration of 8.37 years. The research was conducted using surveys that assessed participants' personal values and perceptions of relationship satisfaction. Data was analyzed to explore the link between value congruence and relationship outcomes. The study is relevant to the topic as it shows that emotional aspects such as shared values and communication contribute to relationship satisfaction, suggesting that relationships could influence emotional intelligence through value alignment and emotional growth.

Another study was conducted by Ann, L., and Wyndol, F. (2017) on Romantic Relationship Development: The Interplay Between Age and Relationship Length. The main aim of the study is that how quality of romantic relationship changes with time and age. The Sample was conducted on 200 Young adults and adolescents over a period across 10.5 years by questioners and interviews using multilevel modelling. The results showed that relationships change with time. It relates to my topic by showing that relationship dynamics evolve with experience, potentially influencing emotional intelligence development.

Romantic Relationships and Emotional intelligence

A study conducted by Amrita, S., Pretty, B., and Inass, S. S. A. (2019) on The impact of Emotional Intelligence on Quality of Romantic Relationships. The main aim of the study is to help us make us understand how romantic relationships increase the ability to regulate oneself and become emotionally intelligent. The study was conducted on couples and individuals who were reflecting about their past relationships using surveys and questionnaires in order to measure the relationship between emotional intelligence and romantic relationship.

Commitment, trust, intimacy, self-awareness and emotional satisfaction between the two were the main focus of the study. The study founded that the higher the emotional intelligence of the partners, the they are likely to develop stable, secure and satisfied relationships. The study was conducted on couples and individuals who were reflecting about their past relationships using surveys and questionnaires in order to measure the relationship between emotional intelligence and romantic relationship.

Another study was conducted by Brackett, M. A., & Salovey, P. (2001) on The Role of Emotional Intelligence in Romantic Relationships. The study explored how because of

emotional intelligence impacts romantic relationships and helps individuals gain empathy, selfawareness and emotional management which helps to lead better quality of life i.e. increased relationship satisfaction and manage conflicts with better communication skills. The main aim of the study is to investigate how emotional intelligence affects romantic relationships, this study also focuses on resolving conflicts and regulating emotions. A sample of 50 couples was included in the test using conflict resolution test, relationship satisfaction surveys and tests that contribute emotional intelligence. The researchers assessed interviews on couples to understand how emotional responses during conflicts cause an impact on relationship quality. This study contributes to my research because it is found that the higher the emotional intelligence the more, they will be able to understand and work on conflicts which leads to better quality of life.

A study was conducted on Conflict Resolution and Emotional Intelligence in Romantic Relationships.” by Côté, S (2014). The sample was conducted on 170 participants who were in romantic relationships used and measured through Emotional Intelligence scale and surveys on relationship satisfaction and managing conflicts. The main aim of the study is to explore how emotional intelligence helps to manage conflicts and fulfils satisfaction in romantic relationships. The result showed a strong positive correlation on the relationship between emotional intelligence and conflict management and found that the higher the emotional intelligence the better the partners will be good at handling conflicts which leads to increased relational satisfaction.

Another study conducted by Schutte et al. (2001) on —The relationship between emotional intelligence and marital satisfaction. The main aim of the study is to investigate how emotional intelligence (EI) affects self-awareness, emotional regulation and develop stability and quality in relationships. The research studied 150 married couples, that is total of 300

participants using a correlational method on the survey using Emotional intelligence Scale and Relationship satisfaction and conducted interviews to understand how managing conflicts and communication is influenced by emotional intelligence. The result observed that the higher emotional intelligence the healthier the relationship will be. Emotional intelligence helps to develop interpersonal skills, managing conflicts and growth.

Another study was conducted by Smith, A. M., Johnson, P. L., & Taylor, R. K. (2018) on "Emotional Intelligence and Relationship Quality Among Couples". The sample was conducted on 185 participants who are in long-term relationships using the Emotional Intelligence Scale (EIS) and the Relationship Quality Inventory (RQI). The result observed that the higher emotional intelligence the healthier the relationship will be. The main aim of the study is to understand how emotional intelligence influence the nature of relationships, trust, communication and managing conflicts. Emotional intelligence helps to develop interpersonal skills, managing conflicts and growth.

Zysberg, Kelmer, and Mattar (2019) conducted a study on Emotional Intelligence, attachment and satisfaction with romantic relationship among young adults: a brief report. The main aim was to explore how emotional intelligence (EI) and attachment styles influence satisfaction in romantic relationships. The study focused on whether attachment styles moderate the association between EI and relationship satisfaction. The sample consisted of 175 young adults from Israel, who completed standardized questionnaires measuring emotional intelligence, attachment styles, and romantic relationship satisfaction. The researchers used tools such as the Bar-On Emotional Quotient Inventory to assess EI and self-report scales for attachment and satisfaction. Data was analyzed using stepwise regression to understand the interaction between

these variables. The findings indicated that while EI did not directly predict relationship satisfaction, once attachment styles were accounted for, EI showed a positive correlation with satisfaction. This study is relevant to the topic as it highlights that emotional intelligence impacts relationship dynamics and emotional growth within romantic relationships, suggesting that romantic relationships may play a role in enhancing emotional intelligence through attachment processes.

Rationale of the Study

Romantic relationships are a big part of many people's lives, shaping how they connect emotionally with others. Emotional intelligence things like empathy, emotional awareness, and handling emotion is essential for building strong relationships. We have contradicting information regarding whether and our study will aim to give a solid conclusion to this vital problem in the indian context, Exploring this connection is important because it could offer insights into how relationships help people grow emotionally and improve their communication and conflict resolution skills, which are vital in both personal and social settings.

Current Study

This study focuses on exploring whether romantic relationships influence the development of emotional intelligence. It aims to determine if being in an intimate relationship improves emotional awareness, empathy, emotional regulation, and social skills. This research aims to explore the relationship between romantic relationships and emotional intelligence through a correlational study using a survey method aged from 18 to 50 and above. The study helps us to assess the relationship between romantic relationship and emotional intelligence,

focusing on individuals who have been in a committed relationship for more than six months or are married, within the geographic setting of Kerala.

Chapter III

Methodology

Problem statement

Emotional intelligence does, indeed, affect romantic relations, which have previously been said to contribute to the stability and satisfaction of such relationships. The downside is that few studies have reviewed how romantic relationships contribute to the development of emotional intelligence. This one look, among others, into the aspects of committed romantic relationships such as empathy, self-awareness, self-regulation, and conflict resolution regarding emotional intelligence. Connecting the dots will help one understand interpersonal growth fostered by romantic relationships and the overall quality of the relationship.

Research Objectives

- To assess the level of emotional intelligence among individuals in romantic relationships.
- To determine that there is a significant positive relationship between emotional intelligence and romantic relationship

Hypothesis

H₀₁: Romantic relationships does not significantly affect the development of emotional intelligence.

H₀₂: Romantic relationships significantly affect the development of emotional intelligence.

Operational definition

1. **Romantic Relationship:** A romantic relationship is defined as mutual, ongoing and voluntary interactions between two partners that is characterized by specific expressions of affection and intimacy (Collins, et al., 2009). This definition reflects contemporary ideas about romantic relationships. For example, marital status and partner gender is ambiguous. Instead, this definition focuses on interactions (i.e., mutual, ongoing and voluntary) and expressions (i.e., affection and intimacy).
2. **Emotional intelligence:** Emotional intelligence also known as emotional quotient or EQ is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you. (Segal et al., 2024)

Research Design

For this research, the influence of romantic relationship on emotional intelligence, a correlational research design would be used to supplement a cross sectional understanding.

Sampling

The population of the current study will include both men and women aged between 18 and 50 above. A sample consisting of 200 individuals, both genders will be taken. The data will be collected from the college students and working individuals in Kerala.

Inclusion Criteria

- Participants aged between 18 to 50 and above
- Participants who are residents of Kerala.
- Participants who are in a romantic relationship for more than 6 months and married.

Exclusion Criteria

- Participants who do not have proficiency in English.
- Participants who are below 18 years of age.
- Participants who are not currently in a romantic relationship for more than 6 months and married.

Measures

Socio-demographic and clinical data-sheet

Using Socio-demographic and clinic data sheet details like age, gender, educational qualification etc. are collected

Relationship Assessment Scale

Relationship Assessment Scale (RAS) was developed by Hendrick in 1988. Relationship assessment scale (RAS) has 7 Items, which is rated on a 5-point scale (1 = low satisfaction, 5 = high satisfaction), with reverse scoring for 4 and 7 items. The overall relationship satisfaction score is calculated by averaging the responses, with a range from 1 (low satisfaction) to 5 (high satisfaction). The RAS shows strong internal consistency with a Cronbach's alpha of 0.89, indicating good reliability. The scale has been shown to correlate well with other established measures of relationship satisfaction.

Emotional Assessment Scale

Emotional Intelligence Scale (EIS) developed by Schutte et al. (1988) Emotional Intelligence scale has 33 items. Participants respond on a 5-point Likert scale (1 =strongly disagree, 5 = strongly agree). Higher scores indicate higher emotional intelligence. The scale has a strong internal consistency, with Cronbach's alpha = 0.87. It correlates well with other emotional intelligence measures, demonstrating convergent validity. It also links to positive outcomes in emotional regulation and social interactions.

Table 1:

Reliability of the Scales

Scale	Cronbach's Alpha
Relationship Assessment Scale	.745
Emotional Intelligence Scale	.854

Table 1 shows the reliability of all the scales used in this study. The Relationship Assessment Scale has a reliability of .745 which has moderate reliability. Emotional Intelligence scale has a reliability of .854, which has high reliability.

Procedure

The data for the study will be collected using Google Forms. The population of adults from 18 and above 50 years will be taken from Kerala. A total of 200 samples will be collected based on the inclusion and exclusion criteria. The informed consent will be obtained from all the individuals. Socio-demographic data will be collected and further questionnaires assessing will be administered through google forms. Participants will be assured that their identities will remain confidential, and data will be used solely for research purposes.

Data Analysis

Data was analysed by Jamovi. There is a moderate positive correlation between Relationship Assessment scale and Emotional Intelligence scale (EIS). Descriptive statistics will summarize participant characteristics. Both showed good reliability. The spearman's correlation showed moderate positive relationship between Relationship Assessment Scale and Emotional Intelligence Scale.

Table 2:

Shows the summary of Shapiro-Wilk of Normality

	Sex	W	P
Relationship Assessment Scale	Male	0.962	<.001
	Female	0.954	0.054
Emotional Intelligence Scale	Male	0.946	0.025
	Female	0.953	<.001

Table 3 shows that, Females scored better than men on the Relationship Assessment Scale and Emotional Intelligence Scale. This implies that if normality is an issue, nonparametric tests might be more suitable for comparisons.

Chapter IV

Result and Discussion

Result

The research aims to understand the relationship between romantic relationship and emotional intelligence in adults. The result section presents the descriptive statistics which shows the mean, median and standard deviation of the data, the correlation research determines the relationship between the variables and non-parametric test is conducted.

Table 3:

Shows descriptive statistics which include mean, median and standard deviation of the data.

	Sex	Mean	Median	SD
Relationship Assessment Scale	Male	25.1	24	5.15
	Female	26.5	27	
5.33				
Emotional Intelligence Scale	Male	112.7	108	14.25

15.41 Female 116.3 119

Table 3 shows the descriptive statistics for the variables romantic relationship and emotional intelligence. It shows the mean, median and standard deviation of both sex male and female for these variables namely romantic relationship and emotional intelligence.

Table 4:

Shows the spearman correlation between the variables Romantic Relationship and Emotional Intelligence.

	Emotional Intelligence
Romantic Relationship	0.483***

***correlation is significant at the 0.001 level

Table 4 shows a moderate positive relationship between Romantic Relationship and Emotional Intelligence from spearman's correlation ($\rho = 0.483$, $p < .001$). Since the p value is less than 0.001 the correlation between romantic relationship and emotional intelligence is statistically significant.

Discussion

This discussion examined the relationship between romantic relationship and emotional intelligence, The main aim of the study is to examine whether there is a link between relationship satisfaction and emotional intelligence using the Relationship Assessment Scale and the Emotional Intelligence Scale . The results show a moderate positive correlation between the Relationship Assessment Scale and Emotional Intelligence Scale which indicates the greater emotional intelligence the higher will be the Relationship satisfaction.

This strong correlation between relationship satisfaction and emotional intelligence highlights that higher emotional intelligence between each partner leads to create higher relationship satisfaction. A study was conducted by Lopes et al. (2004), where he uncovered that

self-awareness, managing emotions, resolving conflicts through healthy communication is a sign of higher emotional intelligence and this leads emotional satisfaction.

Another Study was conducted by Zeidner et al. (2012) discovered that long-term romantic relationships helps partners to undergo emotional development by facing their experiences and challenges together. These findings support attachment theory (Bowlby, 1969) which suggests that close relationships help individuals develop emotional regulation and interpersonal skills. Goleman's Emotional intelligence model illustrates that partners who are good at regulating themselves and have empathy are emotionally intelligent which leads to healthy satisfies relationships. Güven et al. (2019) came across low correlation between emotional intelligence and relationship satisfaction from the sample of turkish individuals and this happened maybe due to how people express themselves emotionally and difference in culture and expectations about relationship.

A study by Schutte et al. (2001) uncovered that there is positive correlation between relationship satisfaction and emotional intelligence where individuals who are in long term satisfied relationships are good at regulating emotions and empathetic. Another Study, which was conducted by Extremera et al. (2006) suggested partners who support each other helps creates a safe space to express each other which helps to develop their emotional intelligence. Social learning theory (Bandura, 1977) contributes to this study, as partners helps to build emotional intelligence by interacting and observing their actions, resolving conflicts through effective healthy communication which leads to satisfiaction in relationships. Another Study that is conflicting is which is conducted by Fiori & Antonakis (2011) observed that emotional intelligence is influenced by personality characteristics which means one can have high

emotional intelligence and it is not contributed by their relationship quality. The variation is caused by cultural differences or tools used for measurement.

This study gives us a strong proof that there is a positive correlation between relationship satisfaction and emotional intelligence. This study helps us to understand that a fulfilling romantic relationship helps to build an emotional intelligence. Theories like attachment theory, social learning theory and emotional intelligence models confirms the role of romantic relationship in emotional development. Future studies examine factors like how cultural differences and attachment styles contribute to the relationship between romantic relationship and emotional intelligence. With the help of counselling, one could develop self-awareness and emotional regulation which could help in building healthy satisfying relationships.

Chapter V

Conclusion Limitations

This study has certain limitations such as individuals may desire social desirability which means they could choose answers that may look like a person. There is a lack of cultural diversity, and the participants have more females than males. This study does not include factors like attachment styles, personality traits and communication patterns. This study takes a cross sectional approach rather than taking a longitudinal study which would have helped to understand and its causality.

Implications

The findings of this study have several important implications for individuals, relationship counselling, and emotional intelligence development. The positive correlation between relationship satisfaction and emotional intelligence suggests that maintaining a healthy, committed romantic relationship can help improve emotional intelligence. This highlights the importance of effective communication, emotional regulation, and mutual understanding in building stronger relationships.

For individuals, this study emphasizes the need to develop emotional intelligence as it plays a key role in relationship satisfaction. Couples could benefit from improving conflict resolution, empathy, and emotional awareness, which may lead to stronger and more fulfilling relationships.

For counsellors and psychologists, the results suggest that enhancing emotional intelligence through therapy or training could help individuals navigate relationship challenges more effectively. Relationship counselling programs could incorporate emotional intelligence development to improve relationship satisfaction.

Additionally, these findings could be useful in education, where emotional intelligence training could be included in relationship education programs. Teaching emotional skills at an early stage may help individuals form healthier relationships and reduce relationship-related stress.

Since this study focused on individuals in Kerala who are in committed relationships, future research could explore whether similar patterns exist in different cultures or relationship types. This would help gain a deeper understanding of how emotional intelligence influences romantic relationships in diverse settings.

Future Recommendations

Future research should take a longitudinal approach to understand how emotional intelligence and relationship satisfaction change over time, as this study was cross-sectional and cannot determine cause-and-effect relationships. Expanding the study to different cultural and demographic groups beyond Kerala would also help see if these findings apply to a wider population. Future studies should consider other factors like personality traits, attachment styles, and communication patterns, which might also influence the link between emotional intelligence and relationship satisfaction. Lastly, future research could develop emotional intelligence training programs for couples and assess their impact on relationship satisfaction, helping improve relationship counselling and emotional well-being.

Conclusion

This Study explored the relationship between Romantic relationship and Emotional intelligence on adults ranging from 18 and 50 above. The findings indicated that the higher relation relationship satisfaction is linked to higher emotional intelligence. Couples with high emotional intelligence tend to have healthy communication to manage conflicts and, understands and accepts each other's viewpoints which lead to increase the quality of relationships.

The study has certain limitations such as social desirability bias, gender gap as the study contains more participants as females than males, limited to no contribution of factors like attachment and personality characteristics. Mutual understanding, enhancing healthier communication and regulating one's emotions are all signs of emotional intelligence. counselling and educational programs about relationships and marital lives helps to build insight on understanding oneself and their partner which helps to develop healthier relationships. As this study was done by crosssectional approach, Future relationships can approach to longitudinal study as it helps to understand the causality much clearer.

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Chapter VI

Appendices

Appendix A: Consent form

Hello everyone,

Thank you for taking your time to participate in my research!

I am Sulfiya Muhammed, third-year B.Sc. Psychology student at St.Teresa's College

(Autonomous), Ernakulam. This survey is part of my final year project.

My study aims to explore, "The Relationship Between Romantic Relationship and Emotional Intelligence In Adults."

Participation is open to Individuals aged between 18 to 50. Participants must currently be in a romantic relationship for a duration of more than 6 months or be married. I kindly ask you to answer the following questions to the best of your quality. The survey will only take around 10 minutes to complete and your responses will remain completely anonymous. I assure you that your data will be kept confidential and used solely for research purposes.

Participation in this study is entirely voluntary. You may withdraw from the survey at any time, without any consequences.

I kindly request you to answer the questions sincerely, which will be a great help for my research. There will be no financial risk associated with the study. If you have any concerns, please contact:

EMAIL ID: sulfiyasudheer62@gmail.com

Thank you again for your time and valuable contribution to my research.

"I consent to participate in this research and understand that my responses will be kept confidential. I also understand that I can withdraw from the study at any time without any negative impact."

☐ Yes ☐ No

Appendix B : Socio- demographic Details

Please ensure you provide all requested information. Skipping any fields may impact the accuracy of our analysis. The information you provide will be kept strictly confidential.

Age:

Sex:

Male

Female

Other

Education Qualification

Completed 10th

Completed 12th

UG Student

Completed UG

PG student

Completed PG

Other

What is your current Romantic relationship status?

In a romantic

Relationship

Married

How long have you been in your current relationship or marriage?

6 months to 1 year

1 to 3 years

3 to 5 years

More than 5 years

Appendix C: Relationship Assessment Scale

1. How well does your partner meet your needs?

Low

High

1 2 3 4 5

2. In general, how satisfied are you with your relationship?

Low

High

1 2 3 4 5

3. How good is your relationship compared to most?

Low

High

1 2 3 4 5

4. How often do you wish you hadn't gotten into this relationship?

Low

High

1 2 3 4 5

5. To what extent has your relationship met your original expectations?

Low High

1 2 3 4 5

6. How much do you love your partner?

Low High

1 2 3 4 5

7. How many problems are there in your relationship?

Low High

1 2 3 4 5

Appendix D: Emotional Intelligence Scale

Instructions: Indicate the extent to which each item applies to you using the following scale:

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

1. I know when to speak about my personal problems to others.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

3. I expect that I will do well on most things I try.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

4. Other people find it easy to confide in me.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

5. I find it hard to understand the nonverbal messages of other people.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

6. Some of the major events of my life have led me to re-evaluate what is important and not important.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

7. When my mood changes, I see new possibilities.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

8. Emotions are some of the things that make my life worth living.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

9. I am aware of my emotions as I experience them.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

10. I expect good things to happen.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

11. I like to share my emotions with others.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

12. When I experience a positive emotion, I know how to make it last.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

13. I arrange events others enjoy.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

14. I seek out activities that make me happy.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

15. I am aware of the nonverbal messages I send to others.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

16. I present myself in a way that makes a good impression on others.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

17. When I am in a positive mood, solving problems is easy for me.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

18. By looking at their facial expressions, I recognize the emotions people are experiencing.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

19. I know why my emotions change.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

20. When I am in a positive mood, I am able to come up with new ideas.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

21. I have control over my emotions.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

22. I easily recognize my emotions as I experience them.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

23. I motivate myself by imagining a good outcome to tasks I take on.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

24. I compliment others when they have done something well.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

25. I am aware of the nonverbal messages other people send.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

27. When I feel a change in emotions, I tend to come up with new ideas.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

28. When I am faced with a challenge, I give up because I believe I will fail.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

29. I know what other people are feeling just by looking at them.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

30. I help other people feel better when they are down.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

31. I use good moods to help myself keep trying in the face of obstacles.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

32. I can tell how people are feeling by listening to the tone of their voice.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

33. It is difficult for me to understand why people feel the way they do.

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

