
EMOTIONAL INTELLIGENCE, INCOME AND MARITAL ADJUSTMENT OF PERSONS IN BAYELSA AND DELTA STATES

BY

EDAGOBO, Justin Oghenovo

Department of Guidance and Counselling
Delta State University, Abraka, Nigeria

Abstract

This study investigated emotional intelligence, income and marital adjustment of married persons in Delta and Bayelsa States. The purpose is to establish if there is relationship between emotional intelligence, income and marital adjustment among married persons in Delta and Bayelsa States. Two research questions were raised and were hypothesized to guide this study. The study adopted the correlational survey design with the population of seven thousand, two hundred and thirty-two (7,232). This entails three thousand, seven hundred and sixteen (3,716) from Warri and three thousand, five hundred and sixteen (3,516) from Yenagoa Metropolis. The multi-stage random sampling technique was used to select one thousand two hundred (1,200) respondents. The research instrument is 30 items, 4-point modified likert scale questionnaire titled “Emotional intelligence, Income and Marital Adjustment Scale” (EIMAS). The Cronbach Alpha Statistics and it yielded a reliability index (α) of 0.97 for emotional intelligence, 0.91 for income and 0.84 for marital adjustment. The data obtained was analysed using the Coefficient of Determination and Regression statistics at 0.05 level of significance. Results revealed that there is significant relationship between income and marital adjustment of married persons in Bayelsa and Delta States. However, there is no significant relationship between emotional intelligence and marital adjustment among married persons. Based on the findings, it is recommended that married persons should pay attention to and adopt effective family financial management practices to enhance better marital adjustment. There is need to reconsider the emotional health of the marital relationship among married persons. Finally, couples with and without instability issues are advised to seek family counselling services.

Keywords: Marital Adjustment, Marriage, Emotional Intelligence, Income

Introduction

The purpose of the marriage institution, which is the foundation of every community vis-à-vis the society is gradually being eroded because of the menace of marital instability that is ravaging its existence. For the married persons to have a stable and lasting marital relationship, there is need for proper and effective adjustment among them. This is because there are so many challenges that may confront the marriage union on a daily basis that may tend to threaten the existence and quality of the marriage. Without adequate marital adjustment, there is bound to be dissatisfaction and separation or divorce.

The process of adjustment occurs when someone works to meet their physical, social, and personality needs. According to Sumathi and Muralidaran (2015), adjustment is a continuous process whereby an individual modifies their behaviour to create a more harmonious interaction with their surroundings. Adjustment is a process, which leads us to happy and contented life by maintaining a balance between our needs and the capacity to meet these needs; persuades us to change our way of life according to the demands of the situation and gives us strength and ability to bring desirable changes in the conditions of our environment. In marriage, adjustment is a process which is created from the time married persons come together to live as one, because it is necessary for taste conformity, behavioural rules creation and relational model's formation. In a nutshell, it is a process where the married persons form a relational approach to have a successful marriage. Bali, Dhingra and Baru, (2016) explained that marital adjustment is the process of modifying, adopting or altering individual's and married persons' pattern of behaviour and interaction to achieve maximum satisfaction in the marital relationship.

Adjustment between husband and wife allows them to avoid conflicts and helps them to resolve conflicts appropriately in such a way that both partners feel satisfied with the marital relationship (Chen, 2017). According to Nemati, Mohamadyfar and Khaledian, (2017), the concept of marital adjustment constantly considers the processes that are necessary to achieve harmony in marital relationship. In this regard, the well-adjusted relationship is considered to be a relationship in which the participants often interact and rarely disagree, are optimistic with each other, communicate well and resolve their differences in a satisfactory and mutual manner (Nemati et al, 2017). Marital adjustment is one of the most important factors in determining marital satisfaction, marital success and marital stability. In buttressing this point, the general perception is that there is a positive or direct relationship between marriage and happiness and vice-versa (Akhter, 2021).

It has been observed by the researcher that several studies have investigated different variables like, communication, marital responsibility, personality traits, influences of family members among others are correlates of marital adjustment. However, for the purpose of this study, the variables of emotional intelligence and income were investigated as correlates of marital adjustment.

The management of emotions has given rise the term "Emotional Intelligence". Emotional intelligence involves the ability to perceive accurately, appraise and express emotion, access and/or generate feelings when they facilitate thought, understand emotions and emotional knowledge; and regulate emotions to promote emotional and intellectual growth (Mohzan, Hassan & Halil, 2018). While Goleman (as cited in Hajjhasani & Sim, 2019, p. 3), defined "emotional intelligence as the ability to manage mood, mental status and control impulses in a desirable way". Emotional intelligence regulates the tone of communication, intimacy and adjustment, which are index of marital stability. In marital

relationship, it involves more of emotional transaction than any other factor. Emotions trigger hatred, love, fear, and so on. It is expected that if an individual can control his/her emotions, he/she can keep his marriage from separation and divorce. The emotional reactions of individuals, in terms of communication and intimacy are to a large extent controlled by the orientation the individual has. Females are more of social and emotional beings who take more initiatives to fortify the marital relationships. In addition, the female spouses are seen as more responsive to issues concerning the family while the men on the other hand are more responsive to their businesses and personal issues (Shah & Isaac, 2014).

Marital relationships revolve and involve an emotional circle or attachment. As such emotional intelligence is very important factor in marital adjustment. Onyekuru and Ugwu (2017) in their study found a significant relationship between emotional intelligence and marital adjustment and further asserted that the positive relationship between emotional intelligence and marital adjustment can be explained from the fact that emotional intelligence serves as a veritable guide to married persons in their marriage relationships; and also helps them to know what to do and when to do it or what to say and how to say it in order not to infuriate their spouses. It is reported that a strong relationship exists between emotional intelligence and the successful resolution of conflict and interpersonal relations and highlighted the importance of empathy in romantic relationships (Goleman, as cited in Batool & Khalid, 2016). According to Onabamiro, Owoyele and Elijah, (2017), emotional intelligence has a positive influence on marital adjustment. One can there say that emotional intelligence helps to improve marital adjustment among married persons.

Dildar, Sitwat, and Yasin (2018) looked into the connection between married people's marital adjustment and emotional intelligence (EI). Information was gathered using a cross-sectional survey approach. The following study used a purposive sampling technique to pick 60 married people from the Gujrat district, ranging in age from 25 to 45. The Shutte Emotional Intelligence Scale (SHIS) was used to gauge emotional quotient, and the Revised Dyadic Adjustment Scale (RDAS) was utilised to measure marital adjustment from the standpoints of consensus, satisfaction, and cohesion. According to the findings, emotional intelligence and marital adjustment are positively connected. Results showed that neither gender nor age had an impact on how well a marriage adjusts. Overall, emotional intelligence and marital adjustment is linked with each other. This study will also prove the potency of this statement and recommend a counselling approach of adjustment for married persons to adopt to handle their marital issues.

Income plays a major role in the life of everyone. Income plays a very decisive role in marital adjustment. Income refers to the financial or monetary proceeds of an occupation or business which includes salaries, profits, interests on funds, stocks among others which are accrued to an individual. In modern day world, the female counterparts are getting financial freedom. Financial freedom of woman has both positive and negative forces on marital adjustment. The financial situation of a counterpart may pose a threat to their marital adjustment in two important areas: First, clashes may arise if the earning of the woman is more than that of the man and secondly, the desire of having more material possessions for herself (Sumathi & Muralidaran, 2015). In such a case, if the husband alone is not able to fulfill these demands, the wife takes up a job to meet the demand. This causes friction in a family, as the husband assume that people might think that he alone was not able to fulfill the needs of the family (Mueller, 2017; Sloane & Williams, 2017). Income of married persons is very much related to their marital adjustment.

In the study of Lok (2016), on the relationship between marital adjustment with socio-demographic characters and sexual satisfaction in married individuals, using a sample of 100 participants (50 males, 50 females), and adopting survey design, with marital adjustment test as instrument of data collection, and chi-square for data analysis, the result reveals that there was statistical significant differences between participant's income level rates and individuals with marital adjustment and non-marital adjustment of married individuals ($\chi^2=17.963$, $df=4$, $p=0.001$). The individuals with better marital adjustment were more over 5000 income level compared with non-marital adjustment individuals. Income of married persons is very much related to their marital adjustment. From the study of Sumathi and Muralidaran (2015), on a study on the family adjustment among married working women, sample comprised of 125 married working women which are both professional and non-professionals was drawn using purposive random sampling. Results from the analysis shows that 64% of the respondents of low-income group have less adjustment, 36% has more adjustment. From the middle-income group, 51.85% has more adjustment as 48.15% has less adjustment, while high income group has 60% more adjustment and 40% less adjustment. This implies that income is an influencing factor for family adjustment. According with the results there is significant difference in getting family adjustment based on the category income of professional or non-professional. Married persons have to decide on the pattern of dealing with money in their marriage. This study will also reveal if income has a significant role in marital adjustment or divorce.

As marriage relationship weakens, the costs are borne not only by individuals, children and families, but the entire society (Waite & Gallanger, as cited in Ojukwu, 2016). It is, therefore, of importance to identify and investigate the variables that contributes and enhances the chances of individuals to have life long lasting relationships that are less stressful. The reason being that, identifying them will help married persons enhance such areas that will help them have lasting relationships. Based on the above premise, this study will investigate emotional intelligence and income and marital adjustment of persons in Bayelsa and Delta States.

Statement of the Problem

When there is maladjustment in marital relationships, divorce, instability, and separation, among other negative occurrences, are inevitable. Furthermore, children from such relationships will become maladjusted as a result of the lack of a proper upbringing from their separated or divorced parents. As children become maladjusted, society suffers as they get involved in different anti-social behaviours like stealing, armed robbery, kidnapping, killing, and cultism, among others. High discord has been specifically linked to decreased interaction with others with friends and family as well as decreased job satisfaction.

A dissatisfied and unstable marriage is characterised by breakdown through desertion, divorce, or separation. If marriages are separated or divorced, the children are at risk; that is, their foundation or socialisation process will be negatively tempered, thereby leading to maladjusted adults who will be sources of troubles in society. The danger divorce has posed to society is grave, and if nothing is done to curb the situation, the future of society is at risk because a broken home breeds a lot of maladjusted individuals in it. There is a need to keep a family stable to avoid the colossal damage it will do to married persons, their children, and society at large. These situations demand a pressing need for research that evaluates relationship services designed to improve relationship quality. Hence, this study has as its statement of problem, "Is there a relationship between emotional intelligence, income, and marital adjustment among married persons in Bayelsa and Delta States?"

Research Questions

The following research questions are raised to guide the study:

1. What is the relationship between emotional intelligence and marital adjustment of married persons in Bayelsa and Delta States?
2. What is the relationship between income and marital adjustment of married persons in Bayelsa and Delta States?

Hypotheses

The following null hypotheses are formulated and tested at 0.05 level of significance.

1. There is no significant relationship between emotional intelligence and marital adjustment of married persons in Bayelsa and Delta States.
2. There is no significant relationship between income and marital adjustment of married persons in Bayelsa and Delta States.

Methodology

This study adopted the correlational survey designed. The population for this study is seven thousand, two hundred and thirty-two (7,232) married persons in Bayelsa and Delta States, with specific attention on married persons who have spent a minimum of ten (10) years together, in Catholic religious' faith. This population was drawn from two major metropolises of the two states viz: Warri and Yenagoa metropolis. The multi-stage random sampling procedure was used to select one thousand two hundred (1,200) participants from the study population. The research instrument that was used for this study is a 4-point modified likert scale questionnaire titled "Emotional Intelligence, Income and Marital Adjustment Scale" (EIMAS). This questionnaire is divided into two (2) parts. Part A requests respondents to supply their demographic details, while part B contains the six (6) sub-scales viz: emotional intelligence scale with 10 items, income scale with 10 items, and marital adjustment scale with 10 items, making a total of 30 items. Each sub-scale has four option responses of Strongly Agree (4 points), Agree (3 points), Disagree (2 points) and Strongly Disagree (1 point). The reliability of the instrument was established using Cronbach Alpha Statistics and it yielded reliability index (α) of 0.97 for emotional intelligence, 0.91 for income and 0.84 for marital adjustment. In analyzing data collected for this study, Coefficient of Determination was used to answer the research questions, while Linear Regression was used to test the hypotheses.

Presentation of Results

The results of analysis of data are presented in order of research questions raised and hypotheses formulated.

Research Question One: What is the relationship between emotional intelligence and marital adjustment of persons in Bayelsa and Delta States?

Table 1: Correlation and Coefficient of Determination of Emotional Intelligence and Marital Adjustment of Persons

Variables	N	R	r^2	$r^2\%$	Decision
Emotional Intelligence	1,200	0.047	0.002	0.2	Low Positive Relationship
Marital Adjustment					

Table 1 indicated the r-value of 0.047 as the extent of relationship between emotional intelligence and marital adjustment of persons, which shows low positive relationship between emotional intelligence and marital adjustment of persons. The coefficient of determination is 0.002 and the amount of contribution of emotional intelligence to marital adjustment is 0.2%.

Research Question Two: What is the relationship between income and marital adjustment of persons in Bayelsa and Delta States?

Table 2: Correlation and Coefficient of Determination of Income and Marital Adjustment of Persons

Variables	N	r	r ²	r ² %	Decision
Income	1,200	.111	.012	1.2	Low Positive Relationship
Marital Adjustment					

The result in Table 2 shows an r-value of 0.111 as the extent of the relationship between income and marital adjustment of persons, which indicates a low positive relationship between the two variables. The coefficient of determination is 0.12, and the amount of contribution of income to marital adjustment is 1.2%.

Hypotheses One: There is no significant relationship between emotional intelligence and marital adjustment of persons in Bayelsa and Delta States.

Table 3: Linear Regression Analysis of Emotional Intelligence and Marital Adjustment of Persons

	Sum of Squares	Df	Mean Square	F	Sig.
Regression	48.002	1	48.002	2.631	0.105
Residual	21853.665	1198	18.242		
	21901.667	1199			

$R=0.047$, $R\text{-Square}=0.002$, $\alpha=0.05$

Table 3 indicates the F-value of 2.631 and a p-value of 0.105. Testing the null hypothesis at an alpha level of 0.05, the p-value of 0.105 was greater than the alpha level of 0.05. Hence, the null hypothesis which states there is no significant relationship between emotional intelligence and marital adjustment of persons in Bayelsa and Delta States, is hereby accepted. This implies that there is no significant relationship between emotional intelligence and marital adjustment of persons in Bayelsa and Delta States.

Hypotheses Two: There is no significant relationship between income and marital adjustment of persons in Bayelsa and Delta States.

Table 4: Linear Regression Analysis of Income and Marital Adjustment of Persons

	Sum of Squares	df	Mean Square	F	Sig.
Regression	270.885	1	270.885	15.003	0.000
Residual	21630.782	1198	18.056		
Total	21901.667	1199			

$R=0.111$, $R\text{-Square}=0.012$, $\alpha=0.05$

The result in table 4, shows the F-value of 15.003 and p-value of 0.000. Testing the null hypothesis at an alpha level of 0.05, the p-value of 0.000 is less than the alpha level 0.05. Therefore, the null hypothesis which states that there is no significant relationship between income and marital adjustment of persons in Bayelsa and Delta States, is rejected. This means that there is a significant relationship between income and marital adjustment of persons in Bayelsa and Delta States.

Discussion

The finding from research question one and its hypothesis indicates that there is no significant relationship between emotional intelligence and marital adjustment among married persons in Bayelsa and Delta States. This means that emotional intelligence does not impact marital adjustment among married persons. The reason for this finding is that people know when to speak about their personal problems. In addition, different orientations, such as culture infiltration, might have negative effects on marital practises. The findings of this study did not support the finding of Onabamiro *et al.* (2017), who revealed emotional intelligence and marital adjustment in married persons are significantly correlated. In addition, it is also at variance with the study of Dildar *et al.* (2018), who also found a significant relationship between religious orientation and marital adjustment.

Answering research question two and testing its corresponding hypothesis revealed that there is a low positive relationship between income and marital adjustment among married persons in Bayelsa and Delta States. This means that income has a major role to play in ensuring proper adjustment in marriage among married persons. The reason for this finding is that income management, or finance, could be a major source of disharmony if not well managed among married persons. This finding is in line with the finding of Sumathi and Muralidaran (2015), who found a significant difference in getting an adjustment based on the category of income for professionals and non-professionals. It is also in agreement with Lok (2016), who found that individuals with better marital adjustment had higher income levels over \$5,000 compared with individuals without such adjustment.

Conclusion

The study was carried out with the aim of ensuring that married persons are better and stronger at handling marital issues by having better knowledge and awareness of how certain areas of their lives interact to ensure marital adjustment. Thus, based on the findings of the study, it was concluded that emotional intelligence does not impact marital adjustment among married persons. However, income has a significant positive relationship with marital adjustment among married persons in Bayelsa and Delta States.

Recommendations

From the findings of this study, the following recommendations are hereby made.

1. Better income management approaches should be sought by the married persons and utilised.
2. There is need to reconsider the emotional health of the marital relationship among married persons
3. Finally, couples with and without instability issues are, advised to seek family counselling services.

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