Original Research

Investigating The Relationship Between Emotional Intelligence And Marital Satisfaction

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Abstract:

Background:

Today, considering the theoretical and practical concepts of studies related to the relationship between emotion and cognition, as well as research findings in the field of emotional intelligence, as well as marital satisfaction and the structural relationship between these two concepts, are the basis for planning strategies and programs to prevent It is marital incompatibility. The present study "examines the relationship between emotional intelligence and marital satisfaction.

Methods:

In this study, a correlational research design was used. Samples were selected by random cluster sampling and tested according to the purpose and hypotheses. The instruments used are the Bar-On Emotional Intelligence Questionnaire and the Enrich Marital Satisfaction Scale. In this study, descriptive statistics and Pearson correlation coefficient and F tests were used to analyze the data.

Results:

Findings show that there is a significant correlation ($P<0.05$, $P<0.01$) between "emotional intelligence" and "marital satisfaction" and the highest correlation between impulse control components and leisure activities, impulse control, respectively. And marital satisfaction, self-actualization and family and friends, independence and family and friends, self-actualization and personality issues, independence and personality issues, happiness and family and friends, independence and financial management.

Conclusion:

Research shows that emotional intelligence is a fundamental and effective structure on the process of improving and strengthening marital relationships and the training of acquired methods of emotional intelligence can improve the quality of marital relationships and prevent family disputes.

Keywords: Emotional Intelligence, Marital Satisfaction

Submitted: 19 August 2022, Revised: 18 September 2022, Accepted: 25 October 2022

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Introduction

Emotional intelligence and its attractive and widespread aspects have attracted the public's attention in recent decades in addition to psychologists and psychiatrists. The concept of social intelligence first dates back to the 1940s. Meyer and Salvoy then described the term emotional intelligence. Gardner played a deliberate role in the formation of emotional intelligence theory with his influential model called multiple intelligence. According to Gardner's theory of multiple intelligence, there are two main types of intelligence: first, the intelligence and inner consciousness of the individual, which allows the identification and astration of complex human emotions, and second, knowledge and awareness in interpersonal relationships that create the ability to recognize and differentiate the emotions and motivations of others (1). Although good performance in the field of emotional intelligence can predict one's success and progress, social intelligence is separate from intellectual capacity and it is a basic component of what enables people to perform well in real life (2). Personal intelligence consists of two components (inter-individual and intra-individual intelligence) that emotional intelligence is considered. The multi-factor perspective (bar-an) in the field of emotional intelligence study opened a new horizon in researches related to this field before researchers (bar-it). The results of Bar-Ann research, rooted in his activities as a clinical psychologist, began in 1977 and were introduced in 1980 by preparing the Bar-On Emotional Gain Questionnaire (EQ-I). Studies show that people differ in their ability to accurately receive and recognize their emotions and others. For example, some couples are clearly oblivious to their husband's emotional symptoms and ignore them or are ready to misinterpath and fail to properly recognize these emotions (3). For example, Knoller and his colleagues have shown that happy couples feel more consensitive to each other compared to couples who do not have a good marital and emotional relationship, and are more sensitive to each other's feelings. Of course, in these cases, it is very difficult to isolate cause and effect and determine which cause and which is disabled, because it is possible that problems and differences in marital relationships reduce the emotional state in couples and on the other hand, emotional insensitivity also reduces the feeling of happiness in the life of the married and the feeling of satisfaction of the spouses from each other. It is believed that there are the following elements in strong marital units: intimacy, commitment, emotional communication, conflict resolution skills and spirituality. Commitment and emotional feeling between couples affect their reaction to mistakes and wrong beliefs toward each other so that it can lead to constructive or destructive interactions between them, and that couples who are more committed to each other have more harmony and intimacy, more effective communication patterns and more efficient problem-making, more satisfaction with life (5). In this study, we tried to investigate the relationship between emotional intelligence and marital satisfaction in couples and to evaluate the relationship between these two factors along with factors such as literacy level and duration of marriage. Being smart emotionally is having individual skills that are characterized by a rich and balanced personality. Emotional intelligence is the ability to "rage against the right person, to the right extent, at the right time, for the right reason and in the right way". Emotional intelligence is distinct from IQ because IQ is performed with cognitive functions skill. Each of these different types of intelligence has been placed on different but related neural circuits so that emotional intelligence is largely regulated by limbic and pre-frontal regions and IQ alone by neocortical regions (6). Emotional intelligence theory proposes a new

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psychological work framework for primary prevention in neuropsychology that integrates new discoveries in cognition, neuroscience and developmental science. Emotional intelligence skills are essential for individual emotions and relationship skills. These abilities are learned throughout life. Primary learning takes place during childhood. This learning of neurologic circuits forms the context in which they mature into adulthood (7).

Materials and Methods

In this study, the relationship between emotional intelligence and martial satisfaction has been investigated. Therefore, a descriptive study is a type of correlation.

Statistical society, sampling method and sample size:

In 2016, 163 couples (163 females, 163 males) were selected by multi-stage random cluster sampling method.

Measuring instruments

1) Demographic Questionnaire: This questionnaire was constructed by the researcher and measures the characteristics of the cognitive population (age, sex, educational level, occupation, etc.)

2) Bar-N Emotional Intelligence Test: This test has 117 questions and 15 scales, which is used by bar-an on 3831 people from 6 countries (Argentina, Germany, India). Nigeria and South Africa, 48.8% of them were male and 51.2% were female, were systematically normalized in North America. The results of the standardization showed that the test has a good level of validity.

In this study, Pearson correlation coefficient was used to analyze the data using SPSS software using the meaning test. T statistical test has been used for independent groups to compare groups (cultural and non-cultural employees).

Research Findings

Hypothesis (1): There is a significant relationship between different dimensions of emotional intelligence and different dimensions of marital satisfaction.

The above table shows the correlation between different components of marital satisfaction questionnaire with emotional intelligence, according to the table, it can be said that there is a significant relationship between ideal distortion and happiness in most components, which is as follows: There is a significant relationship between individual, optimism, self-esteem at the level (P<0.01) and there is a significant relationship between ideal distortion and empathy at the level (P<0.05). There is a significant relationship between marital satisfaction of problem-solving components, inter-person relationships, optimism, self-esteem, impulse control, empathy at the level (P<0.01) and there is a significant relationship with realism at the level (< P There is a significant relationship between communication and all components except problem solving and optimism at the level (P<0.01). And there is a significant relationship between these two components and a significant relationship at the level (P<0.05).

There is a significant relationship between conflict resolution and all components of happiness, independence, mental pressure analysis, self-actualism, emotional self-awareness, realism, impulse tolerance, flexibility of responsibility and self-expression at the level (< P

There is a significant relationship between financial management and all components of marital satisfaction except inter-individual relationships with all components at the level (< P

Hypothesis (2): There is a significant difference between the components of emotional intelligence and the duration of marriage.

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Hypothesis (4): There is a significant difference between the dimensions of marriage satisfaction and the duration of marriage.

Discussion

According to the present study on the relationship between emotional intelligence and marital satisfaction, the findings indicated that there is a significant correlation between emotional intelligence and marital satisfaction. These results are comparable to the results of researchers such as Fardad et al. (1400) (2), Fabio et al. (2021) (1). And Shafiee et al. (2017) (6). According to the studies of these researchers, participants who achieved superior scores in emotional intelligence had significantly higher marital satisfaction, so those who had given superior scores in emotional intelligence to their spouses also had significantly more marital satisfaction. Overall, the results of this study also confirm that emotional intelligence is correlated with interpersonal communication and marital satisfaction.

Also, there is a significant difference between the dimensions of emotional intelligence and the duration of marriage ($P<0.05$) in the components of happiness, interpersonal relationships, responsibility, empathy and self-expression and there was no significant difference in other components of emotional intelligence. It is consistent with Hatch et al. (2018) (4) and Shafiee et al. (2017) (6), so it is possible that participating couples have evaluated themselves for cultural reasons and under the influence of conservative abuses less than their actual ability. On the other hand, the questions about the components of emotional intelligence may not be in harmony with the culture of our society and other behaviors and symbols indicate emotional components.

Also, in this study, there was a significant difference between the dimensions of marital satisfaction (ideal distortion, marital satisfaction, sex, religious orientation) with marriage duration ($P<0.05$) and there was no significant difference in other components of marital satisfaction and categories of marriage duration. These reviews are in line with Azar Nik (2015) (8) and Najm (2006) (9). These analyses showed that different causes can be considered in marital satisfaction, it seems that extensive studies should be done in this field because the components can be very influenced by the dominant and common culture of society.

Conclusion

Emotional intelligence is a stronger strategy and indicator for the success of relationships between couples, emotional intelligence is a fundamental construct affecting the process of improving and strengthening satisfactory marital relationships, and training methods of attribution of emotional intelligence can improve the quality of marital relationships and prevent family disputes. In order to cohere marital relationship, it is necessary to evaluate and recognize the emotions of each couple, their communication patterns, and the type of emotional involvement and the confrontation of the intra-psychological elements of each couple**.**

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Tables

Table 1: Correlation between components of emotional intelligence questionnaire and marital satisfaction

		Ideal distortion	Marital satisfaction	Personality issues	Relationship	Conflict resolution	financial management
Problem Solving	Coefficient	.101	.223(**)	-.305(**)	-.118(*)	-.072	-.231(**)
	meaningful level	.082	.000	.000	.049	.224	.000
	Number	297	279	270	279	289	284
Happiness	Coefficient	.187(**)	.099	-.461(**)	-.307(**)	-.348(**)	-.388(**)
	meaningful level	.001	.093	.000	.000	.000	.000
	Number	307	289	280	290	300	297
Independence	Coefficient	-.006	-.023	-.522(**)	-.396(**)	-.378(**)	-.501(**)
	meaningful level	.917	.700	.000	.000	.000	.000
	Number	304	286	278	289	300	296
Bearing stress	Coefficient	.066	.069	-.405(**)	-.332(**)	-.257(**)	-.305(**)
	meaningful level	.256	.243	.000	.000	.000	.000
	Number	301	285	276	285	298	293
Self-actualization	Coefficient	.033	.021	-.534(**)	-.348(**)	-.376(**)	-.452(**)
	meaningful level	.573	.719	.000	.000	.000	.000

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	Number	300	283	274	284	296	291
Emotional self-awareness	Coefficient	-.011	-.014	-.314(**)	-.232(**)	-.224(**)	-.216(**)
	meaningful level	.849	.810	.000	.000	.000	.000
	Number	308	289	282	292	302	298
Realism	Coefficient	-.055	-.139(*)	-.471(**)	-.418(**)	-.429(**)	-.462(**)
	meaningful level	.344	.020	.000	.000	.000	.000
	Number	300	282	275	286	294	288
Interpersonal relationships	Coefficient	.250(**)	.286(**)	-.256(**)	-.111	-.014	-.096
	meaningful level	.000	.000	.000	.062	.810	.105
	Number	297	283	272	283	293	286
		Ideal distortion	Marital satisfaction	Personality issues	Relationship	Conflict resolution	financial management
Optimism	Coefficient	.222(**)	.332(**)	-.233(**)	-.148(*)	.027	-.157(**)
	meaningful level	.000	.000	.000	.012	.642	.007
	Number	303	287	276	287	298	291
Self-esteem	Coefficient	.180(**)	.264(**)	-.277(**)	-.205(**)	-.080	-.207(**)
	meaningful level	.002	.000	.000	.001	.173	.000
	Number	295	280	271	281	291	286
Impulse control	Coefficient	.491(**)	.598(**)	.022	.324(**)	.324(**)	.268(**)
	meaningful level	.000	.000	.720	.000	.000	.000
	Number	295	279	272	284	292	289
Flexibility	Coefficient	.009	-.018	-.187(**)	-.197(**)	-.202(**)	-.214(**)
	meaningful level	.880	.760	.002	.001	.000	.000
	Number	304	288	278	290	301	296
responsibility	Coefficient	.087	.112	-.465(**)	-.296(**)	-.175(**)	-.351(**)
	meaningful level	.129	.059	.000	.000	.002	.000
	Number	303	287	278	287	298	294
empathy	Coefficient	.119(*)	.182(**)	-.295(**)	-.160(**)	-.013	-.158(**)
	meaningful level	.040	.002	.000	.006	.821	.007
	Number	301	284	276	287	297	291
Self-expression	Coefficient	-.043	-.074	-.189(**)	-.222(**)	-.198(**)	-.183(**)
	meaningful level	.453	.211	.002	.000	.001	.002
	Number	303	288	278	286	297	294

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		Leisure activities	sex	Children and parenting	Family and friends	Equality roles	Religious orientation	Total score
Problem Solving	Coefficient	.277(**)	-.026	-.008	-.238(**)	-.054	-.060	-.115
	meaningful level	.000	.670	.894	.000	.360	.312	.121
	Number	280	266	280	268	288	283	182
Happiness	Coefficient	.207(**)	-.079	-.142(*)	-.514(**)	-.094	-.223(**)	-.380(**)
	meaningful level	.000	.187	.015	.000	.104	.000	.000
	Number	288	278	294	280	297	294	184
Independence	Coefficient	.061	-.294(**)	-.273(**)	-.558(**)	-.169(**)	-.314(**)	-.500(**)
	meaningful level	.299	.000	.000	.000	.004	.000	.000
	Number	289	276	291	276	295	290	183
Bearing stress	Coefficient	.108	-.173(**)	-.177(**)	-.334(**)	-.021	-.198(**)	-.295(**)
	meaningful level	.068	.004	.003	.000	.717	.001	.000
	Number	286	273	286	273	290	286	181
Self-actualization	Coefficient	.130(*)	-.289(**)	-.240(**)	-.583(**)	-.119(*)	-.303(**)	-.486(**)
	meaningful level	.029	.000	.000	.000	.043	.000	.000
	Number	282	270	284	271	291	287	179
Emotional self-awareness	Coefficient	.067	-.074	-.064	-.230(**)	-.108	-.168(**)	-.255(**)
	meaningful level	.255	.220	.275	.000	.063	.004	.000
	Number	293	277	293	280	298	294	183
Realism	Coefficient	-.037	-.344(**)	-.322(**)	-.496(**)	-.232(**)	-.350(**)	-.533(**)
	meaningful level	.530	.000	.000	.000	.000	.000	.000
	Number	284	269	284	275	292	287	183
Interpersonal relationships	Coefficient	.341(**)	.078	.108	-.200(**)	.098	.027	-.067
	meaningful level	.000	.202	.070	.001	.097	.649	.371
	Number	279	267	283	268	288	282	180
Optimism	Coefficient	.325(**)	.089	.136(*)	-.243(**)	.044	-.044	-.061
	meaningful level	.000	.140	.022	.000	.455	.455	.417
	Number	285	274	286	273	290	287	181
Self-esteem	Coefficient	.265(**)	.017	.009	-.287(**)	-.030	-.106	-.136
	meaningful level	.000	.780	.876	.000	.608	.076	.070
	Number	282	266	280	269	286	282	178
Impulse control	Coefficient	.661(**)	.452(**)	.455(**)	.252(**)	.197(**)	.325(**)	.436(**)
	meaningful level	.000	.000	.000	.000	.001	.000	.000
	Number	287	275	287	273	288	285	187
Flexibility	Coefficient	-.063	-.193(**)	-.141(*)	-.245(**)	-.177(**)	-.119(*)	-.178(*)
	meaningful level	.283	.001	.016	.000	.002	.042	.015
	Number	289	277	291	280	297	292	185

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		Leisure activities	sex	Children and parenting	Family and friends	Equality roles	Religious orientation	Total score
responsibility	Coefficient	.232(**)	-.135(*)	-.154(**)	-.435(**)	.062	-.102	-.339(**)
	meaningful level	.000	.026	.008	.000	.291	.084	.000
	Number	288	274	290	275	295	290	180
empathy	Coefficient	.270(**)	.023	.045	-.261(**)	.064	.033	-.079
	meaningful level	.000	.710	.444	.000	.277	.576	.291
	Number	285	271	288	273	293	289	180
Self-expression	Coefficient	-.052	-.064	-.189(**)	-.238(**)	-.080	-.177(**)	-.223(**)
	meaningful level	.379	.292	.001	.000	.173	.003	.003
	Number	288	274	289	276	294	290	181

Table 2: Mean, Standard Deviation, Variables of Emotional Intelligence and Duration of Marriage

variables / **Duration of marriage**		**number**	**mean**	**Standard deviation**	**Mean standard error**
Problem solving	Less than five years	31	22.1935	2.88004	.51727
	Five to ten years	50	22.0600	3.03994	.42991
	Eleven to fifteen years	63	22.2540	3.38387	.42633
	Sixteen to twenty years	71	22.4930	3.12077	.37037
	Twenty-one to twenty-five years	51	22.4510	3.24539	.45445
	Twenty-six to thirty years	6	19.0000	4.28952	1.75119
	Total	272	22.2390	3.20486	.19432
happiness	Less than five years	31	22.3548	4.07061	.73110
	Five to ten years	50	21.3200	4.17202	.59001
	Eleven to fifteen years	65	20.0308	3.86882	.47987
	Sixteen to twenty years	74	21.0946	3.55454	.41321
	Twenty-one to twenty-five years	58	21.6034	3.58329	.47051
	Twenty-six to thirty years	7	17.8571	3.71612	1.40456
	Total	285	21.0526	3.87217	.22937
Independence	Less than five years	31	19.8387	3.95050	.70953
	Five to ten years	50	19.8200	3.79952	.53733
	Eleven to fifteen years	62	19.5323	4.17925	.53077
	Sixteen to twenty years	73	19.5616	4.01382	.46978
	Twenty-one to twenty-five years	58	19.1379	3.84547	.50494
	Twenty-six to thirty years	7	19.7143	3.03942	1.14879
	Total	281	19.5480	3.92592	.23420
Stress tolerance	Less than five years	30	19.1667	2.37927	.43439
	Five to ten years	50	19.1600	3.52461	.49845

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	Eleven to fifteen years	64	18.2188	3.30689	.41336
	Sixteen to twenty years	75	18.9200	3.73718	.43153
	Twenty-one to twenty-five years	53	19.7925	3.35329	.46061
	Twenty-six to thirty years	7	16.2857	3.14718	1.18952
	Total	279	18.9283	3.42681	.20516
Self-actualism	Less than five years	29	22.4138	3.05330	.56698
	Five to ten years	50	21.3600	3.92667	.55532
	Eleven to fifteen years	63	20.8571	4.26863	.53780
	Sixteen to twenty years	73	20.9863	3.88549	.45476
	Twenty-one to twenty-five years	56	21.5714	4.19462	.56053
	Twenty-six to thirty years	7	19.2857	4.23140	1.59932
	Total	278	21.2482	3.98366	.23892
Emotional self-awareness	Less than five years	30	20.1333	2.71310	.49534
	Five to ten years	50	19.7800	2.32370	.32862
	Eleven to fifteen years	66	20.2576	3.26902	.40239
	Sixteen to twenty years	74	19.9595	2.92106	.33957
	Twenty-one to twenty-five years	60	20.2833	2.92327	.37739
	Twenty-six to thirty years	7	18.7143	2.98408	1.12788
	Total	287	20.0523	2.88244	.17014
Realism	Less than five years	30	19.2000	2.79655	.51058
	Five to ten years	46	18.7174	3.63723	.53628
	Eleven to fifteen years	63	18.6508	4.24324	.53460
	Sixteen to twenty years	71	18.9155	3.72921	.44258
	Twenty-one to twenty-five years	59	19.2034	3.99474	.52007
	Twenty-six to thirty years	7	18.2857	4.30946	1.62882
	Total	276	18.8986	3.79720	.22856
Interpersonal relationships	Less than five years	30	23.2000	3.20990	.58604
	Five to ten years	49	22.5102	3.45279	.49326
	Eleven to fifteen years	62	22.3871	3.47994	.44195
	Sixteen to twenty years	71	23.4648	3.68329	.43713
	Twenty-one to twenty-five years	55	23.0909	3.36250	.45340
	Twenty-six to thirty years	7	18.8571	4.77593	1.80513
	Total	274	22.8285	3.56568	.21541
Optimism	Less than five years	30	22.9333	2.59885	.47448
	Five to ten years	52	22.3462	3.03499	.42088
	Eleven to fifteen years	62	21.7581	3.10835	.39476
	Sixteen to twenty years	73	22.2466	3.26080	.38165
	Twenty-one to twenty-five years	57	22.8070	3.31360	.43890
	Twenty-six to thirty years	6	20.8333	2.31661	.94575
	Total	280	22.3143	3.12255	.18661
Self-esteem	Less than five years	30	22.8333	3.05223	.55726
	Five to ten years	49	21.7959	2.86487	.40927

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	Eleven to fifteen years	58	21.7069	2.87157	.37706
	Sixteen to twenty years	73	22.7260	3.18093	.37230
	Twenty-one to twenty-five years	55	22.5273	2.96807	.40021
	Twenty-six to thirty years	6	21.6667	1.75119	.71492
	Total	271	22.2878	2.98983	.18162
Impulse control	Less than five years	31	17.3548	3.61984	.65014
	Five to ten years	51	16.9216	4.00421	.56070
	Eleven to fifteen years	63	16.7460	4.23491	.53355
	Sixteen to twenty years	74	16.6757	4.29114	.49884
	Twenty-one to twenty-five years	56	17.7857	4.43012	.59200
	Twenty-six to thirty years	7	15.4286	2.76026	1.04328
	Total	282	17.0000	4.15192	.24724
flexibility	Less than five years	30	18.0000	2.71649	.49596
	Five to ten years	45	18.3333	3.33030	.49645
	Eleven to fifteen years	60	17.9333	3.21999	.41570
	Sixteen to twenty years	72	16.8333	3.29746	.38861
	Twenty-one to twenty-five years	51	17.4706	2.86603	.40132
	Twenty-six to thirty years	7	17.1429	3.43650	1.29887
	Total	265	17.6000	3.16683	.19454
responsibility	Less than five years	30	24.2000	3.43812	.62771
	Five to ten years	50	23.2200	3.22167	.45561
	Eleven to fifteen years	63	22.7302	4.28127	.53939
	Sixteen to twenty years	74	25.0541	3.42390	.39802
	Twenty-one to twenty-five years	56	23.7500	4.27785	.57165
	Twenty-six to thirty years	7	21.8571	4.37526	1.65369
	Total	280	23.7714	3.88055	.23191
empathy	Less than five years	29	23.0690	3.05814	.56788
	Five to ten years	49	22.4898	2.96593	.42370
	Eleven to fifteen years	65	22.7077	3.81085	.47268
	Sixteen to twenty years	72	23.9444	3.72615	.43913
	Twenty-one to twenty-five years	56	23.6429	3.15323	.42137
	Twenty-six to thirty years	7	19.4286	3.69040	1.39484
	Total	278	23.1331	3.51278	.21068
Self-expression	Less than five years	30	18.4667	2.97962	.54400
	Five to ten years	50	17.7400	2.86292	.40488
	Eleven to fifteen years	60	17.5667	2.87813	.37156
	Sixteen to twenty years	75	17.5600	2.87223	.33166
	Twenty-one to twenty-five years	57	18.9825	3.38848	.44882
	Twenty-six to thirty years	7	21.2857	3.45033	1.30410
	Total	279	18.0753	3.08012	.18440

Table 3: Mean, Standard Deviation, Duration of Marriage and Dimensions of Marital Satisfaction

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Duration of marriage / variables		number	mean	Standard deviation	Mean standard error
Ideal distortion	Less than five years	31	18.1935	2.54846	.45772
	Five to ten years	52	18.5192	2.90024	.40219
	Eleven to fifteen years	64	17.6719	3.19252	.39907
	Sixteen to twenty years	76	17.4079	2.85740	.32777
	Twenty-one to twenty-five years	55	16.5091	2.89234	.39000
	Twenty-six to thirty years	7	15.0000	4.76095	1.79947
	Total	285	17.5228	3.04607	.18043
Marital satisfaction	Less than five years	29	35.3448	3.48749	.64761
	Five to ten years	49	34.0000	3.12250	.44607
	Eleven to fifteen years	61	34.2951	4.14465	.53067
	Sixteen to twenty years	73	35.3151	3.72632	.43613
	Twenty-one to twenty-five years	56	36.0000	4.92120	.65762
	Twenty-six to thirty years	6	31.8333	3.65605	1.49257
	Total	274	34.9197	4.03385	.24369
Personality issues	Less than five years	25	25.6800	6.51102	1.30220
	Five to ten years	47	27.4681	7.93411	1.15731
	Eleven to fifteen years	60	27.5000	8.91485	1.15090
	Sixteen to twenty years	68	25.7794	7.92096	.96056
	Twenty-one to twenty-five years	52	26.7500	7.93571	1.10048
	Twenty-six to thirty years	7	31.2857	3.72891	1.40940
	Total	259	26.8185	7.97148	.49532
Relationship	Less than five years	29	29.9655	5.27449	.97945
	Five to ten years	47	32.2340	5.18867	.75685
	Eleven to fifteen years	63	31.5714	4.38735	.55275
	Sixteen to twenty years	71	29.6901	6.23949	.74049
	Twenty-one to twenty-five years	52	28.5962	5.76759	.79982
	Twenty-six to thirty years	7	30.0000	3.26599	1.23443
	Total	269	30.4015	5.51546	.33628
Conflict resolution	Less than five years	29	32.3448	5.21177	.96780
	Five to ten years	50	32.5200	5.28857	.74792
	Eleven to fifteen years	63	31.3016	4.90765	.61831
	Sixteen to twenty years	75	31.3600	4.78070	.55203
	Twenty-one to twenty-five years	57	31.0877	5.25180	.69562
	Twenty-six to thirty years	7	33.8571	5.58058	2.10926
	Total	281	31.6619	5.05854	.30177
financial management	Less than five years	28	28.7857	5.51333	1.04192
	Five to ten years	50	29.7800	6.10216	.86298
	Eleven to fifteen years	60	29.1667	5.35571	.69142
	Sixteen to twenty years	76	28.9605	5.93170	.68041

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	Twenty-one to twenty-five years	56	28.6964	5.83382	.77958
	Twenty-six to thirty years	7	28.7143	8.47967	3.20501
	Total	277	29.0758	5.81023	.34910
Leisure activities	Less than five years	28	35.9286	5.24883	.99194
	Five to ten years	48	35.2083	4.92911	.71146
	Eleven to fifteen years	61	35.3607	5.86240	.75060
	Sixteen to twenty years	71	34.8732	5.77663	.68556
	Twenty-one to twenty-five years	52	33.5962	6.40851	.88870
	Twenty-six to thirty years	7	29.2857	7.65320	2.89264
	Total	267	34.7603	5.84276	.35757

Sex	Less than five years	28	32.0714	2.90502	.54900
	Five to ten years	46	33.4348	4.62194	.68147
	Eleven to fifteen years	61	32.5410	3.88833	.49785
	Sixteen to twenty years	71	31.3803	4.99533	.59284
	Twenty-one to twenty-five years	44	29.8182	6.14277	.92606
	Twenty-six to thirty years	6	31.0000	3.74166	1.52753
	Total	256	31.8242	4.80322	.30020
Children and parenting	Less than five years	25	31.9600	3.69098	.73820
	Five to ten years	49	33.1633	4.77121	.68160
	Eleven to fifteen years	64	33.6250	3.94204	.49276
	Sixteen to twenty years	72	32.0833	4.41429	.52023
	Twenty-one to twenty-five years	54	31.9815	4.52036	.61514
	Twenty-six to thirty years	7	29.2857	4.60848	1.74184
	Total	271	32.5387	4.38910	.26662
Family and friends	Less than five years	28	27.9286	6.59365	1.24608
	Five to ten years	45	29.4667	6.91704	1.03113
	Eleven to fifteen years	58	30.3793	8.21814	1.07909
	Sixteen to twenty years	72	28.2917	6.76036	.79672
	Twenty-one to twenty-five years	50	27.3200	6.98815	.98827
	Twenty-six to thirty years	5	25.6000	7.89303	3.52987
	Total	258	28.6860	7.21476	.44917
Equality roles	Less than five years	30	36.8667	7.32371	1.33712
	Five to ten years	49	37.9796	6.87232	.98176
	Eleven to fifteen years	61	36.3770	6.53494	.83671
	Sixteen to twenty years	72	37.4028	5.66099	.66715
	Twenty-one to twenty-five years	56	35.6964	5.95413	.79565
	Twenty-six to thirty years	7	34.0000	8.73689	3.30224
	Total	275	36.7855	6.42087	.38719
Religious orientation	Less than five years	30	32.2000	6.01951	1.09901
	Five to ten years	49	32.5918	5.64180	.80597
	Eleven to fifteen years	61	34.6066	6.43241	.82359

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	Sixteen to twenty years	71	32.7042	4.90887	.58258
	Twenty-one to twenty-five years	53	31.7358	5.57174	.76534
	Twenty-six to thirty years	7	28.4286	4.99524	1.88802
	Total	271	32.7565	5.74712	.34911
Total satisfaction score	Less than five years	15	**367.8000**	38.38192	9.91017
	Five to ten years	32	**382.6875**	39.46696	6.97684
	Eleven to fifteen years	38	**383.8684**	35.12231	5.69759
	Sixteen to twenty years	48	**367.8333**	45.79340	6.60971
	Twenty-one to twenty-five years	29	**351.1034**	42.46456	7.88547
	Twenty-six to thirty years	4	**365.2500**	33.21019	16.60509
	Total	166	**371.3795**	41.90907	3.25277

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