

EMOTIONAL INTELLIGENCE AS A CORRELATE OF MARITAL STABILITY: THE COUNSELLING IMPLICATIONS

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ABSTRACT

Emotional intelligence of spouses is an essential ingredient to marital stability of individuals. This correlational study investigated emotional intelligence as a correlate of marital stability. From a population of 5384 married people, a sample of 420 married people was drawn using simple random sampling technique. Two research questions were answered and two hypotheses tested in this study. The instruments for data collection were Couples Emotional Intelligence Questionnaire and Couples Marital Stability Questionnaire which measured respectively emotional intelligence and marital stability of couples. The data generated from the instruments were subjected to analyses using multiple regression statistical tool. The results of this study revealed that emotional intelligence had positive and significant joint relationship with marital stability. Secondly, it was found that emotional competence, emotional maturity and emotional sensitivity each had positive individual relationship with marital stability which was significant for emotional maturity and emotional sensitivity but insignificant for emotional competence. It behooves on counsellors to guide couples to regulate their emotions for peaceful co-existence.

Keywords: Emotional Intelligence, emotional competence, emotional maturity, emotional sensitivity and marital stability.