

SURVEY THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND SEXUAL SATISFACTION OF MEN AND WOMEN

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ABSTRACT

The purpose of this study was to investigate the relationship between emotional intelligence and sexual satisfaction in women and men. For this purpose, 30 men and women were targeted and selected for statistical society. To collect data was used from the Hudson Sexual Satisfaction Questionnaire (1981) and Barwon Emotional Intelligence (1999). To analyzes the data, we used the t-test. The results of the data analysis showed that there is a significant difference between emotional intelligence and dimensions of sexual satisfaction (attitude, sexual orientation, sexual distress and expressing affection) in men and women. It can be stated that all four hypotheses were confirmed.

Keywords: Emotional Intelligence, Sexual Satisfaction, Women and Men

INTRODUCTION

The concept of intelligence is one of the most controversial concepts in the history of psychology and still is. Even the definition of intelligence may be difficult, since your definition represents your theory of intelligence, and intelligence theories are very different. Many theorists believe that intelligence does not exist as a real entity, but only affects what intelligence tests measure. Other theorists believe that the concept of intelligence should be considered wider and the power of learning from experience and the desire to think abstract and effective tolerance to the environment are considered from its characteristics. In many industrial societies, much reliance on objective assessment of cognitive or intelligence abilities takes place. Cognitive intelligence is a general concept that includes individual abilities for purposeful action, logical thinking, and effective interaction with the environment. According to Aiken, in 1985, intelligence is a name that refers to hypothetical mental processes or a set of intelligent behaviors, and intelligence theories are in fact the same as theories of intelligent behavior (Pasha Sharifi, 1997). The first attempt was made by Sir Francis Galton to develop tests for intelligence capability a century ago. Galton, who was a natural scientist and mathematician, was interested in the differences between people, following the evolutionary theory posed by his relative Charles Darwin. Galton believed that some families had a higher zealogical theory than other families. From his point of view, intelligence was an issue related to the sensory and motor skills that were passed from generation to generation. Because all the information is obtained through the senses, then if the sensory device is more sensitive and accurate, then that person will be smarter. Galton's belief in the inheritance of intelligence has led to the suggestion that the mental abilities of human races can be enhanced through selective breeding or parenting (Galton, 2005).

Study History of Emotional Intelligence

Historically, the emergence of emotional intelligence can be studied in several periods:

1. Years 1969-1900: During this period, the scope of intelligence tests was expanded and issues of intelligence and emotion were considered separately and separated. At this point, Darwin discussed the issue of inheritance and evolution. As the intelligence tests become widespread, psychologists have begun research in the field of verbal intelligence (Siaruchi et al., quoted from Nouri Imamzadeh and Nasiri 2001).
2. 1970-1989: In this period of study, the cognition and interaction of emotions and emotions in thinking were considered. During this period, the domain of research in the field of nonverbal communication focused on the basis of understanding the information available in non-verbal communication, such as the state of reflection in the person's face (Marlowe, 1986). In 1983, Howard Gardner began writing a book entitled "Minds of Mind." Gardner states in this book that there is not just one type of intelligence. In his book, he refers to the sevenfold capability. These capabilities are: linguistic skill, rational-mathematical ability, visualization power, genius in motion and movement, talent of music, interpersonal skills and in-person capacity. Gardner's model for measuring human intelligence has a multiplicity state. Gardner and his colleagues have expanded this list of seven to twenty different skills. According to this view, intrapersonal intelligence is an interconnected intelligence that goes backwards and in fact is the capacity of a person to create an honest and accurate pattern of his own, a pattern that can be used effectively in life. The core of interpersonal intelligence includes this feature that we can identify and adequately respond to the mood, morale, tendencies, and factors of arousal in other people and respond appropriately to them. According to Gardner, the interpersonal intelligence of the self-knowledge key is "Awareness of their personal feelings and the ability to differentiate and use them to guide their behavior" (Goleman, quoted from Parsa, 2001).
3. 1993-1990: Two American professors John Mayer and Peter Salovey In their view, emotional intelligence includes the ability to understand the meaning of emotions and emotions as well as the ability to reason and solve the problem based on them. In their view, the processing of emotional information refers to the motions of understanding similar feelings and their relationship to each other and emotional management (Siaruchi et al., 2001). They have based their description of emotional intelligence on Gardner's ideas, which include five main areas of personal emotional recognition, the correct use of emotions, self-stimulation, the recognition of the emotions of others, and the preservation of social relationships" (Goleman, quoted from Parsa, 2001).
4. After 1998: At this stage, research and theoretical work on emotional intelligence has been implemented. In this regard, research has been done to revise the concept of emotional intelligence, and papers have been published in this regard (Meyer et al., 1999, quoted by Rosqa Abadi, 2005). Emotional intelligence can be strengthened by training the skills and abilities that make emotional intelligence, skills that include self-awareness, emotional management and self-esteem (Block 2000, quoted by Milanieff, 1997).

Research in the field of emotional intelligence

In a research study, to name of the effect of emotional intelligence on the prediction of academic achievement was showed that Emotional intelligence is almost twice as effective as cognitive intelligence in academic achievement, while there is a weak correlation between emotional and cognitive intelligence (Dehshiri, 2006).



Research results in Canada country with the topic of assessment and prediction of emotional intelligence indicate that there is a significant relationship between emotional intelligence, cognitive ability and personality.

Tirgari et al. (2006) studied emotional intelligence in research to investigate its effects on marital adjustment. The purpose of this study was to clarify the role of emotional intelligence in the field of interpersonal and marital intercourse in the form of approaches, strategies and psychological education programs to interfere with the elimination or reduction of spouses' issues. Analysis of results and findings showed that the overall score of emotional intelligence and its components among the groups of incompatible and consistent spouses showed a significant difference in favor of compatible wives. Regarding the effectiveness of the educational program for emotional intelligence, this finding was obtained that there is a significant difference in the assessment of the post-test scores of the groups regarding the overall score of EQ. This research is aimed to find that one of the issues facing adolescents and young people is the issue of marriage and their future family. This research shows that training emotional intelligence can be important in family mental health.

Kafticius (2003) conducted a series of tests on 239 adults between the ages of 19 and 66 years to examine the emotional and attachment potential of marital life. In this study, the relationship between perception and attachment recognition in marital life and emotional intelligence has been tested, such as a set of managerial abilities, perception, facilitation, understanding and understanding of emotions. After analyzing the results, it was found that attachment in marital life had a positive relationship with all emotional intelligence subscales (except for emotional perception) and overall score of emotional intelligence. Also, in this study, it was found that increasing age increases the levels of emotional intelligence capabilities, and women were more at the level of emotional perception than men. Stein (2005) investigated 704 pre-university students in terms of personality, well-being and health of emotional intelligence, personality, marital satisfaction, social support and health in Canadian groups (5001 people) and Scotland (204 people). According to the data analysis, these results were obtained that emotional intelligence has a negative relationship with alchemy and alcohol consumption and has a positive relationship with the satisfaction of marital life and the size and quality of the social network.



Definition of Marital Satisfaction

Marital satisfaction is defined more by the attitudes or general perceptions of one's relationship with one another. Marital satisfaction is an intrapersonal phenomenon of the intercourse. Such a definition of marital satisfaction indicates that satisfaction is a one-dimensional concept and a generalization of the individual's overall assessment of his relationship partner. Marital satisfaction, mean that the outcome of marital affairs the relationship between women and women. Concerning the agreement of the wings of each one, they perceive in a way that they are satisfied with their expectations, and there is nothing to break their relationship. In marriage without marital agreement, the problems between couples are so high that they prevent them from meeting their expectations and expectations. Most couples have somewhere between the two ends and there are some levels of agreement and lack of compatibility. Marital Satisfaction is a general concept that is felt by the ideal condition of marital relations. On the other hand, satisfaction occurs when women and men relationships are reported to be normal in all domains.

Therefore, researchers have divided marital satisfaction into four dimensions for ease of use, as well as operation of this concept that are:

- A. It is a sequence of objects, a person's activity that stimulates close responses to others; a desire to approach an object, activity, or person who is contemplated by marital satisfaction of physical and sexual attraction.
- B. Mutual understanding: a two-way, mutually acceptable, and non-stressed, communication-based relationship between the two.
- C. Attitude: A kind of inner emotional bias that shows the act of perpole
- D. Investment: It is assumed that each of the parties does things to improve the relationship between the other party as well as welcome to the other side do things and refuse to do so.

Effective factors in marital satisfaction

Researchers have found many factors in marital satisfaction of spouses. Having similarities in ideological issues, emotional growth, religious similarity, economic level, social class, educational status, expressing love and affection for each other, agreeing on sexual relations and having communication skills are factors that their affirmation in marital satisfaction is confirmed frequently.

Cognitive intelligence, emotional intelligence and marital satisfaction

Family as the first environment for the formation of human personality has a paramount importance, especially since the relationship of parents to healthy and balanced emotional-psychological development can be very influential. It is true that no community can claim health if it does not have a healthy family. If the family be healthier are delivered to the community more conscious, honest, healthy and healthy beliefs, healthier, more reliable and more humane people. Usually the starting point of family is the marriage. Marriage is a global one that exists in all societies and throughout history and responds to a set of human needs (Fahimi, 2001).

From Observer and Lives (2006), marital satisfaction is a form of marital satisfaction defined by introspection (internalized response) or an interpersonal perception (compromise between one's expectations and another's behavior) and marital satisfaction is likely to affect the satisfaction of opportunities, decisions, income, lifestyle, communication, sexual relations or friends (quoted from Tabrizi et al., 2006). so marital satisfaction is considered as a multidimensional concept that involves a variety of factors and the set of these factors is in satisfaction and a general satisfaction of relationships (Asrar 2004). Among these, these factors are the metting material and objective, emotional, social, economic, and many other needs and expectations (Mahdavi, 1998). Gottman's theory (1977) is a consolidated approach and has been helped from foundations and principles of theories of various therapy and when says as a cycle, the woman is affected by her husband and wife, then supports from system theory. It also supports the existential view because it does not just look at what these conflicts relate to it, but also beyond those contradictions and, in fact, to the thoughts of life, and when those dreams are described they support from storytelling. Gottman's method also supports a psychoanalytic viewpoint, since it usually refers to the childhood of a person and the semantic meanings of situations that are somehow painful; and where it seeks to change behavior, it supports a behavioral approach. Because he believes that the best way to change results is to change behavior instead of trying to change one's perceptions. Because perception often come in following behavior so all these



psychotherapies are different from those found by Guttman (Randall, 1998). Gottman (1991) for completing of her studies on relationship, created a special laboratory for marriage, and, using a multi-disciplinary approach, in his studies, with a high 90% accuracy, managed to predict the durability and longitudinal stability of the marriage. The results of Gottman's (2002) reviews for the first time with a review at the marriage lab were that he and his colleague Lonson proved that satisfying marital life is related to the physiological responses of individuals. Gottman attempted, based on the assertion that emotions, physiology and communication interactions are interrelated, to be able to provide a mathematical description of the relationships between positive and negative emotions in the same way as to counteract negative emotions. According to Guttman (1999), couples must learn how to calm the atmosphere, restore their calm and focus their attention again. They have to figure out how to adjust and adjust the different extreme emotions. The relaxation of yourself and the other will not only pave the way for a more productive dialogue, but will have a significant contribution to the emotional and physical well-being of each of the couples (Hicks et al., 2004). Gottman (2002) argues that although there is a conflict between martial law enforcement and its disruptive forces but what is important is the balance between the positive and negative aspects of marriage. He considers the four critical factors of criticism, insult, defensive behavior and lack of cooperation as a disruptive marriage.

Pasha Sharifi (1997) believes that the family is one of the first and most important institutions of the community, which it is imperative for the survival of the community to meet the vital and emotional needs of mankind and the survival of society. Marital satisfaction is one of the factors that play an important role in marital stability and family system stability. Marital relationship is the basis for the parental relationship. It's hard for a couple to not be a good husband and want to be a good parent. Many of the problems that individually deal with family members behaviors, whether parents or children, can be related to marital conflicts (Barker, 1996). In interactive relationships, the two individuals not only interact with one another, but also affect the other components of the system and also affect on them. So the change in the system everywhere affects the whole system and changes it (stret 1999).

Nejat (2006) believes that the infrastructure of any social, psychological and moral development, economic, and religious development in the family is formed. If for any reason we can not consolidate this foundation, we will never be able to sustain our human values, our values and ideals, and pass on to the next generations. Minochin emphasizes on the family structure that organizes the communication methods of family members. Unlike Stirr, he does not care about the history of the family, but focuses on the current and current functioning of the family. Systems seek to change the family system by changing their specific characteristics. This usually need to entails work on the system, the boundaries of the system, and the restoration of links, coalitions and family hierarchies (Mousavi, 2003).

METODELOGY

In this research, the main purpose is evaluation of emotional intelligence with sexual satisfaction in woman and men. Research method in this research is questionnaire .Statistical societies in this research are 30 woman and men. Descriptive statistical method is like: mean, standard deviation, and deductive statistical method is like: analysis, t test, student t

Data analysis



Examine the assumptions**The first hypothesis**

There is a significant difference between emotional intelligence and sexual intimacy in men and women.

Table 1: The significant difference between emotional intelligence and sexual intimacy in men and women

Significance level	Degrees of freedom	t	Standard deviation	average	numbers	groups
. / . . .	58	5.48	3/43	98/541	3.	Woman
			2/25	78/452	3.	Man

According to the results obtained, it can be stated that t is equal to 5.48 in the confidence level of 0.95 from the t critical table is 1.96 and the significance level is less than 0.05, so our assumption is confirmed and There is a significant difference between emotional intelligence and sexual intimacy in men and women.

The second hypothesis

There is a significant difference between emotional intelligence and attitude in men and women.

Table 2 - Significant difference between emotional intelligence and attitude in women and men

Significance level	Degrees of freedom	T	Standard of deviation	average	numbers	groups
. / . . .	58	4.33	3/42	68/553	3.	Women
			3/98	89/612	3.	Man

According to the results obtained, it can be stated that since the calculated t is equal to 4.33 at the confidence level of 0.95 from t , the critical table is more 1.96 and the significance level is less than 0.05. Therefore, our assumption is confirmed and there is a significant difference between emotional intelligence and attitude in men and women

The third hypothesis

There is a significant difference between emotional intelligence and sexual distress in men and women.

Table 3 - Significant difference between emotional intelligence and sexual distress in women and men

Significance level	Degrees of freedom	t	standard deviation	average	numbers	groups ¹
. / . . .	58	6.34	3/44	84/683	3.	Women
			4/38	90/690	3.	Man

According to the results obtained, it can be stated that since the calculated t is equal to 6.34 at the confidence level of 0.95 from t , the critical table is more than 1.96 and the significance level is less than 0.05. Therefore, our assumption is confirmed and there is a significant difference between emotional intelligence and sexual distress in men and women.

Fourth hypothesis

There is a significant difference between emotional intelligence and affection in women and men.

Table 4 ~ Significant difference between emotional intelligence and affection in women and men

Significance level	Degrees of freedom	t	Standard deviation	average	numbers	groups
. / . . .	58	8/44	5/67	102/901	30	Woman
			4/65	91/681	30	Man

According to the results obtained, it can be stated that since the calculated t is equal to 8.44 at the confidence level of 0.95 from t, the critical table is more than 1.96 and the significance level is less than 0.05. Therefore, our assumption is confirmed and there is a significant difference between emotional intelligence and expressing affection in women and men.

The main hypothesis

There is a significant relationship between emotional intelligence and sexual satisfaction in men and women.

Table 5 ~ Significant difference between emotional intelligence and sexual satisfaction in men and women

Significance level	Degrees of freedom	t	Standard deviation	average	numbers	groups
. / . . 2	58	6/55	8/81	165/671	30	Woman
			7/59	134/451	30	Man

According to the results obtained, it can be stated that since the calculated t is equal to 6.55 at the confidence level of 0.95 from t, the critical table is more than 1.96 and the significance level is less than 0.05. Therefore, our assumption is confirmed and there is a significant difference between emotional intelligence and sexual satisfaction in men and women.

CONCLUSION

Studies have shown that gender has a significant impact on emotional expression and their accurate diagnosis

In other words, women act better than men in expressing emotions and identifying them. The ability to express emotions in women is due to their high ability to utilize non-verbal behaviors in the process of sending emotional messages.

As expected, the inability of men to identify and express emotions is a major cause of unsuccessful marriages. Sustained, durable, satisfying and pleasant marriages are not easy and easy to do, but various factors interact with each other and contribute to the success of a marriage. Marital satisfaction depends to a certain extent on the living conditions of the couple. Generally, when faced with stressful living conditions, they are more at risk, but if this family is faced with a stable and stable family before facing the stress of the family, will be less at risk.



Humorous marital happiness is associated with sexual satisfaction. Happening couples are more pleased with their unhappy husband and wife than their sex life, which has been proven that unhappy sexual life can have an impact on emotional intelligence. Petul and Vernig (1985) found that sexual intimacy is related to emotional intimacy, but the cause of these correlations is not clear. Sexual satisfaction, therefore, leads to a happier marriage that adds to the rewards associated with couples, but this possibility easier to find out in a good marriage, especially marriage, in which there is good communication and dialogue, knowing that sexually pleasing to either side. Mumtares and Johnson (1970) They believe that emotional problems are often due to poor communication in marital life. Part of their treatment for sexual problems is helping couples to improve their overall relationship with others, which can have an impact on emotional intelligence.

It is clear that love for different people has a different meaning. In general, love refers to a set of positive and deep feelings that is directed at someone else. In order for marital life to be pleased, deep emotions must be announced and received appropriate responses from the opposite. Obviously, marriage is the first emotional commitment that we accept in adulthood, plus the choice of a spouse and the conclusion of a marriage contract is a turning point in personal development, and undoubtedly chose a good wife or husband is one of the most important decisions that we make throughout our lives that this category can play a important role with emotional intelligence and emotions especially couple. Emotional intelligence can be viewed from a perspective of the power of mind or ability to recognize and understand the emotions, emotions and feelings of the other party. Accordingly, if emotional intelligence of the couple is higher their reading minds is higher in these areas, which, of course, it is vice versa .That is, low emotional intelligence results in mutual misunderstanding and disturbances in the perception of the other party. As a result, this intelligence in common life can help to strengthen family and marital relationships.

The findings of this study are in line with other researches (Stein, 2005; Asadi et al., 2012). Sexual satisfaction theories indicate the important and effective role of emotional intelligence in explaining sexual satisfaction.

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