

The Effectiveness of Teaching Emotional Intelligence on Reducing Marital Conflicts and Marital Adjustment in Married Students of Tehran University

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Abstract : The aim of this study was to evaluate the effectiveness of emotional intelligence training on reducing marital conflict and marital adjustment in married students of the University of Tehran. This research is an applied type in terms of purpose and a semi-experimental design of pre-test-post-test type with the control group and with follow-up test in terms of the data collection method. The statistical population of the present study consisted of all married students of the University of Tehran. In this study, 30 married students of the University of Tehran were selected by convenience sampling method as a sample that 15 people in the experimental group and 15 people in the control group were randomly selected. The method of data collection in this research was field and library. The data collection tool in the field section was two questionnaires of marital conflict and marital adjustment. To analyze the collected data, first at the descriptive level, using statistical indicators, the demographic characteristics of the sample were described by SPSS software. In inferential statistics, the statistical method used was the test of analysis of covariance. The results showed that the effect of the independent variable of emotional intelligence on the reduction of marital conflicts is statistically significant. And it can be inferred that emotional intelligence training has reduced the marital conflicts of married students of the University of Tehran in the experimental group compared to the control group. Also, the effect of the independent variable of emotional intelligence on marital adjustment was statistically significant. It can be inferred that emotional intelligence training has adjusted the marital adjustment of married students of the University of Tehran in the experimental group compared to the control group.

Keywords : emotional intelligence, marital conflicts, marital compatibility, married students

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