



EMOTIONAL INTELLIGENCE AND MARITAL SATISFACTION AMONG WIVES OF PATIENTS WITH ALCOHOL USE DISORDER AND NON-ALCOHOL USE DISORDER IN KANNUR - KERALA

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ABSTRACT:-

Alcohol use disorder is one of the main problems of society worldwide. It affects not only alcohol consumers but also their respective families. Among them, the most affected and victims of the problem are the wives of the patients with the condition because of the disorder of their husbands. This paper compared the levels of emotional intelligence and marital satisfaction with wives of those patients who have alcohol use disorders and wives whose husbands have no alcohol use disorders. The study was also an attempt to explore the relationship between marital satisfaction and emotional intelligence. The present study evaluated 130 wives of patients with alcohol use disorder and 130 wives of non-alcohol use disorder patients using the Emotional Quotient Inventory, 2010, developed by Saiful, Fuad, and Rahman and the Marital Satisfaction Scale, 1985, developed by Amrutraj and Prakash, respectively, in the Kannur district of Kerala. The result of the study showed no significant difference in the levels of emotional intelligence and marital satisfaction among the two groups. The study indicates that there is a significant positive correlation between emotional intelligence and marital satisfaction. Owing to such a positive relationship established between emotional intelligence and marital satisfaction, it has been recommended at the village level that awareness programs be initiated to sensitize especially the wives of alcoholics to enhance their level of emotional intelligence. Note the need to include awareness of emotional intelligence in premarital courses.



KEY WORDS: Emotional Intelligence, Marital Satisfaction, Wives of alcohol use disorder patients, Wives of non-alcohol use disorder patients, Kannur district

BACKGROUND OF THE STUDY

Emotional intelligence (EI) is a significant element in controlling personal well-being and interpersonal relationships. It embodies the capability to perceive, express, understand, motivate, control, and regulate emotions. A skill of principal importance in keeping healthy relationships, more so within the context of marriage, where emotional dynamics form a core of marital satisfaction.

The predictors of marital satisfaction necessarily fall within the broad spectrum and may embrace emotional intelligence. Subjectively, it means an assessment of the quality and stability of marriage. With a high degree of emotional intelligence in both husband and wife, they will communicate

effectively, show great empathy, and diffuse conflicts effectively; this is very important in nurturing a satisfying marital relationship.

Alcohol use disorder is a disease characterized by the loss of control over consumption in an individual who previously had full control over intake, even in the setting of adverse consequences to the individual or others. This can cause serious psychological and social issues. The presence of AUD in a spouse tremendously affects marital satisfaction, since this is the cause of emotional distress, economic problems, and even social isolation. Thus, wives of AUD patients have to struggle emotionally and psychologically due to the possible effect on their emotional intelligence and consequently marital satisfaction.

Alternatively, patients with no AUD and their spouses do not generally exhibit such a broad level of stress and conflict related to substance abuse. Since this is the case, this difference provides a unique opportunity to study the effects of emotional intelligence on marital satisfaction in two such diverse groups.

Kannur is one of the north districts of Kerala where alcohol use disorder has posed a serious problem. It focuses on emotional intelligence and marital satisfaction among wives of patients with AUD and non-AUD in the Kannur District. This study is, therefore, the first important step toward improvement in the quality of life for the families—especially wives—affected by alcohol use disorder in Kannur, Kerala, and thus can be a model for other districts that face similar problems.

Definitions of emotional intelligence

According to Mayer and Salovey, 1997, Emotional intelligence is the ability to reason with emotions and use emotions in assisting thought. As described by Bar-On, 1997, EI is all about effectively understanding one's self and others around, relating well with people, and adapting to the immediate environment. According to Daniel Goleman, 1998, Emotional intelligence is the ability to recognize and understand emotions of our own and of those around us. It also holds the ability to self-motivate and manage our own emotions, as well as those of others around us in interaction.

Marriage Satisfaction

Many factors enhance or destroy the marital relationship. Communication, conflict resolution, emotional support, and shared activities are those that critically determine marital satisfaction (Karney and Bradbury 1995). Their research further indicates that what makes a marriage very satisfying is the ability of couples to manage conflicts, be emotionally supportive of each other, engage in shared activities, and above all, keep the lines of communication open.

Marital satisfaction is an important dimension in close relationships affecting not only the well-being of the individual but the totality of the quality of such relationships. Several studies have been done to study the various components of marital satisfaction, which include communication style, emotional intelligence, and conflict resolution. Adaptive attributions and appropriate communication are the hallmarks of marital relationships.

According to Burgess, Lock, and Thomas 1993, a well-adjusted marriage is one in which the attitudes and inclinations of both husband and wife tally regarding major family matters including family financial management and the handling of in-laws. The partners in such marriages agree upon interests, objectives, and values, and both have few complaints regarding the relationship. As marriage is the union of two different personalities, conflicts cannot be avoided. However, in any case, no marriage is conflict-free. Only good conflict-resolving skills save a marriage from problems. Better communication and emotional understanding are effective married-life conflict resolution skills.

One major domain where the importance of emotional intelligence reigns paramount is marriage. Every study points out the reasons for emotional intelligence is important in a happy marital life. Fitness (2000) underlined the importance of emotional intelligence in close relationships and specifically the positive association between emotional clarity and marital happiness, considering a successful marriage to be an "emotionally intelligent marriage."

The importance and key elements of emotional intelligence in marital satisfaction

Emotional intelligence plays a vital role in marital satisfaction. EI is the ability to identify, understand, and control one's emotions and that of others. (Daniel Goleman, 1998). Several research evidence highlight the relationship between EI and marital satisfaction. Fitness (2001) proposed that individuals at high levels of emotional intelligence would experience satisfying relationships. More specifically, perceiving and regulating one's emotions helped communication and conflict resolution to achieve a high-quality relationship. Further Schutte et al. (2001) examined the association of emotional intelligence and relationship satisfaction among a sample of married individuals. Their findings include results indicating that emotional intelligence is positively strongly related to relationship satisfaction. Moreover, the research noted that couples with the characteristic of high emotional intelligence have better empathy, which acts as the method of understanding and support in the relationship.

Another factor in emotional intelligence is effective communication which enhances the relationship among couples. This evidence is confirmed in the study by Brackett et al (2005), Zeidner, Matthews, and Roberts (2013) pointed out that emotionally intelligent skills contributed to more effective communication, better conflict resolution, and an emotional bond among the couples.

The promotion of emotional regulation and resolution of conflicts are core elements that head the base for a satisfying marital relationship, Extremera, Mérida-López, and Sánchez-Álvarez (2020). Nurturing emotional intelligence is one of the most essential in maintaining and enhancing long-term marital satisfaction (Karimi & Alipour, 2021).

Emotional intelligence is an important predictor of marital satisfaction. Developing some of the effective communication skills, and conflict resolution attributes like self-awareness, self-regulation, empathy, social skills, and motivation will enhance the quality of relationships and achieve better satisfaction. Investment in emotional intelligence, therefore, is a very important aspect not only for individual well-being but also for the sustenance of a healthy and fulfilling marital relationship.

Meaning and definition of alcohol use disorder (AUD)

Alcoholism is one of the social problems in the world and more specifically in Kerala. It may cause many health, social, family, and personal problems; hence it requires recovery treatment. The American Medical Association declared alcoholism as an illness in the year 1956. From the year 2013 onwards, it is known as alcohol use disorder (AUD) by DSM5. According to the World Health Organization, AUD is described as a chronic relapsing brain disease characterized by an impaired ability of the individual to stop or control alcohol use despite adverse social, occupational, or health consequences. The diagnosis of AUD is made through the criteria in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders given by the American Psychological Association.

Results of Alcoholism upon Families: Impact on Wives in Particular

AUD has a deep impact on the mental health status of women in Kerala. Different studies have documented that wives of alcoholics undergo severe trauma and stress in their domestic setting and suffer from severe mental health problems (Satyanarayana et al 2010). The common symptoms prevalent among them include high depression, neuroticism, anxiety, and low self-esteem (Lander et al 2013).

Domestic violence, economic violence, and emotional violence are common and expected problems among the wives of alcoholics (Dostanic et al 2021; Sharma et al 2022; UN Women, 2020). The children of such families mostly have poor academic performance and remain under mockery and ridicule by other children; the women often experience feelings of sadness, stress, alienation, helplessness, etc.

Several studies have reported that a genetic history of AUD is a very robust predictor of the onset of alcohol dependence. Financial problems, stressed social situations and added household and childcare responsibilities often strike a family dealing with AUD. Consequent effects are not only on these practical issues but also on such Behavioral, Physical, and psychological effects on family members.

Women who have male partners with AUD generally have higher levels of anxiety, depression, and psychosomatic complaints. Family members typically resent, feel frustrated, and helpless over the alcoholics in their lives. They live in constant anxiety about those loved ones, hide what they do, and feel ashamed of how they behave. Such symptoms may set off a spiral of family malfunctioning, including communication breakdowns, lost trust, isolation, and mutual support that is not forthcoming. Women with an excessively drinking male partner with AUD have higher levels of anxiety, depression, and psychosomatic complaints; they further report disruptions in their social and recreational activities and employment, and they use more healthcare resources (Stanley, S. 2008). Wives of alcoholics face severe psychological problems compared to wives of non-alcoholics (Raymond Tempier and Richard Boyer (2006).

A state of alcoholism critically interferes with marriage, giving rise to problems such as marital disharmony, outbursts of anger, negative or dysfunctional communication between partners, resentment, and neglect of responsibilities. The non-alcoholic partner often experiences arising physiological and mental health problems.

Statement of the Problem

Alcohol use disorder has widespread effects, impacting not only the health of individuals but also their families, particularly their spouses. The path to marital violence, lower quality of marital relations, and increased interpersonal conflicts between partners follow this pattern. In many cases, severe marital and psychological problems are found to be common among spouses of alcohol use disorders, they generally show poor mental and physical health due to the addictive behavior of their husbands. Earlier studies have not given much attention to the well-being of these affected women.

Modern marriages are threatened by many factors, and divorce or separation, due to a lack of negotiation skills among the life partners and inability to reconcile differences, seems to be very high.

Much of the literature has focused on some of the issues of wives of alcoholics, while little is known about the relationship between EI and marital satisfaction, especially in the Indian setup. Most of the research relating to this issue was outside India; therefore, it has left a huge void as regards understanding unique cultural factors that might affect such relationships within regions like Kannur.

The present study is an attempt to bridge this gap in the relationship of EI with marital satisfaction among wives of alcohol use disorder subjects in Kannur, Kerala. Hence, the study would contribute valuable regional insights toward strengthening support interventions for these women

Need and Significance of the Study

Alcohol use disorder has far-reaching effects on not only their health but also their families, especially spouses. Addiction is associated with marital violence, lower levels of marital relations, and interpersonal conflicts, with spouses, especially wives, going through marked marital and psychological problems. Spouses, especially wives, of alcohol abusers are usually shown to be ignored in the research and are proven to show poor mental and physical health as a result of their husbands' addiction.

EI is an indispensable element both in personal and professional life processes. Its role in successful marital life has been emphasized by many studies. Among the main traits of EI are self-awareness, self-motivation, social and communication skills, problem-solving and negotiation skills, empathetic listening, and flexibility. However, marriages face many challenges nowadays. Cases of divorce and separation result from the inability of the partners to handle the challenges posed by life and to accept the differences between them.

The marital problems mainly arise from alcoholism, which results in a referral to mental health. Although many studies have been conducted on the problems of wives of alcoholics, very few of them have focused on EI and marital satisfaction. Most of these studies were conducted outside India, which leaves a gap in understanding in the Indian context. The present study tries to explore the relationship between EI and marital satisfaction of wives of alcohol use disorder patients in Kannur, one of the districts of Kerala in India, to provide regional insight that might add value to support interventions for such women. Literature available at the moment shows studies comparing wives of alcohol use disorder

patients and wives of non-alcohol use disorder patients in unique cultural contexts, like the Kannur District, are relatively few. The present investigation has tried to fill this gap by elaborating on the pattern of EI, which influences marital satisfaction differently in each group.

According to Karimi and Alipour (2021), developing emotional intelligence skills in maintaining and improving long-term relationship satisfaction. Knowing the role of EI, one can help in the design of intervention strategies by emphasizing only those particular EI traits that contribute to better marital satisfaction and, hence, can be emphasized in support group activities and counseling sessions.

Research by Fitness 2001 focuses on the role of EI in relationship satisfaction, as it is attained through effective communication and conflict resolution methods. By probing these aspects among wives of alcoholic use disorder in Kannur District, such findings shall be able to yield useful insights for therapists and counselors in tailoring therapeutic practices to develop EI skills to improve marital satisfaction. Hence this study is intended to throw light on the relationship between Emotional Intelligence and Marital Satisfaction Among Wives of Patients with Alcohol Use Disorder and Non-Alcohol Use Disorder in Kannur District.

Review of related literature

Over view

The literature review presents a survey of the studies that have been carried out and mentioned in related fields by various researchers. It provides insight and understanding to the researcher on how other studies are conducted, what methodologies are used, what issues are taken up, and what recommendations are made. Its major role is the accumulation of information from other previews and the recommendation of possibilities for research in existing gaps. A critical literature review helps in the identification of the research problem and is also instrumental in the analysis of procedures. The relationship of emotional intelligence and marital satisfaction among wives of AUD and non-AUD are some of the presented findings in this paper.

The role of emotional intelligence in relationship satisfaction has been researched in a study by Fitness in 2001 among married couples. On the same note, individuals who scored high in emotional intelligence have been found to report satisfying relationships. Particularly, such abilities comprehending and managing feelings have been said to contribute to proper communication among partners, leading to efficient conflict resolution and consequently better relationships.

The research by Schutte et al. (2001) sought to investigate the relationship between emotional intelligence and relationship satisfaction within a sample population of married individuals. Their results seem to indicate that high emotional intelligence is strongly associated with high relationship satisfaction. This was in line with what the research observed that couples who scored high in emotional intelligence had greater empathy with one another, where they understood and supported each other.

The study by Dale (2005) establishes a strong positive correlation between emotional intelligence and marital satisfaction and, in particular, the effect of males' emotional intelligence on marriage outcomes. Besides, it shows that a large discrepancy in emotional intelligence scores between the two spouses may result in higher cases of dissatisfaction. Enhancing emotional intelligence in both spouses, according to Dale, could minimize the cases of conflicts and enhance marital quality.

Tirgari et al. (2006) investigated emotional intelligence and marital satisfaction along with their structural relationship in discordant and well-adjusted couples in Iran. There were 25 discordant couples and a comparable number of well-adjusted couples in the sample. The findings of the research show that there are considerable differences in emotional intelligence and marital satisfaction, along with their component scores among the couples who are known to be in discord as compared to those who are well adjusted.

In the year 2006, Selwyn Stanley published the study "Marital Adjustment and Quality of Life in Couples with and without an Alcoholic Husband." The study compared married couples whose husbands are alcohol addicts with a control group in which husbands were not alcohol addicts. The quality of life and marital adjustment of both partners in these two groups were assessed using tailor-

made assessment instruments. Compared with the normal control group of couples with non-alcoholic husbands, the study revealed that both partners in marriages affected by alcoholism suffered from lower marital adjustment and poorer quality of life.

Homish, G. G., & Leonard, K. E. (2007) did a study on "Drinking partnership and marital satisfaction: Longitudinal influence of discrepant drinking". The study was to know whether discrepancies between husbands' and wives' past drinking has any impact on marital satisfaction over time. The study has shown that husbands' and wives' heavy drinking resulted in low marital satisfaction while controlling heavy drinking.

A research study by Entezar et al. (2011) "The relation between emotional intelligence and forgiveness with marital satisfaction" carried out research using two hundred married students one hundred females and one hundred males at the Iranian Islamic Azad University. The analysis of the data involved multivariate correlation analysis and the multivariable analysis of variance. The study came up with significant emotional intelligence in marital satisfaction relationships. The correlation coefficient between emotional intelligence and marital satisfaction was 0.405; $p < 0.01$, therefore it was statistically significant. There was also a significant relationship between marital satisfaction and forgiveness.

Zeidner, Matthews, and Roberts (2012) examined to investigate the impact of emotional intelligence on various aspects of an individual's personal and professional life. The areas include marital relationships and other aspects of occupational and personal life. Their results showed that emotional intelligence plays a very crucial role in marital satisfaction by properly communicating, providing emotional support, and solving conflicts. As a result, the researchers concluded that highly emotionally intelligent individuals can easily cope with marriage problems compared to low emotionally intelligent people.

In 2014, Neelakshi et al. conducted an experimental study regarding the impact of EFT on anxiety levels among spouses of alcoholics in one of the villages of the Tiruvallur district. This study finds that after the EFT sessions, there is a significant reduction in anxiety levels, hence proving that the technique helps bring about improvement in the quality of life among wives of alcoholics.

A meta-analysis by Malouff, Schutte, and Thorsteinsson in 2014 evaluated several studies on emotional intelligence and relationship satisfaction. To this end, the result indicated a positive significant correlation between emotional intelligence and marital satisfaction, which was constant across various studies. The outcome of this meta-analysis gave very strong evidence that emotional intelligence is an important factor in the expression of healthy and satisfying marital relationships.

In a study of emotional intelligence by Serrat et al. (2017) based on marriage satisfaction, their results indicated that high degrees of emotional intelligence are associated with optimal levels of marital satisfaction. A particular measure commendable from this study is that proper communication and empathy are the key elements to marriage harmony and satisfaction.

Smith and Johnson (2018) explored the issue of "Emotional Intelligence and Coping Methods among Wives of Alcoholics." The results showed that higher emotional intelligence was significantly related to more adaptive ways of coping among those women. Specifically, wives with high emotional intelligence used better-coping strategies to cope with their husbands' alcoholism.

Di Fabio and Saklofske in their study in 2019 focused on how emotional intelligence contributes to improving the quality of relationship satisfaction. According to their findings, emotional intelligence is particularly managing emotion scales, which was able to predict significance, and satisfaction levels of partners in a relationship. Their research suggested that couples could benefit by enrolling in emotional intelligence training programs aimed at enhancing the quality of relationships.

Extremera, Mérida-López, and Sánchez-Álvarez (2020) research the link between emotional intelligence and marital satisfaction in a wide sample of married couples. The authors reported that emotional intelligence significantly accounted for a high proportion of variance in marital satisfaction. By enhanced emotional intelligence, people are more likely to be better regulators than resolvers of conflicts, which form the basis for holding satisfying marital relationships.

Karimi and Alipour (2021) assessed how emotional intelligence influenced marital satisfaction using a longitudinal design. Findings revealed that, over time, emotional intelligence positively

impacted marital life satisfaction. Their findings underlined the importance of developing emotional intelligence skills in maintaining and improving long-term relationship satisfaction.

A study by Lavner and Bradbury 2021 highlighted initial levels of marital satisfaction and the trajectory of changes in satisfaction over time as predictors of long-term relationship outcomes. These—individual and dyadic aspects, or personal well-being and mutual support—are two cardinal promoters at the core of the discharge of this role for marital satisfaction. Indeed, Lavner and Bradbury's findings suggest that interventions targeted at enhancing communication skills and developing emotional intimacy would have a lasting positive effect on marital satisfaction.

Research Methodology

Proposed plan and procedure

The present study measures and compares Emotional Intelligence and Marital Satisfaction Among Wives of Patients with Alcohol Use Disorder and Non-Alcohol Use Disorder in Kannur District.

Research questions

1. How does the level of emotional intelligence impact marital satisfaction among wives of patients with Alcohol Use Disorder compared to those with Non-Alcohol Use Disorder in Kannur District?"

Objective

1. To assess the levels of emotional intelligence among wives of patients with Alcohol Use Disorder and Non-Alcohol Use Disorder in Kannur District.
2. To evaluate the marital satisfaction of wives of patients with Alcohol Use Disorder and Non-Alcohol Use Disorder in Kannur District.
3. To compare the relationship between emotional intelligence and marital satisfaction.

Hypotheses

1. There is no significant difference between wives of alcohol use disorder patients and wives of non-alcohol use disorder patients concerning overall emotional intelligence
2. There is no significant difference between wives of alcohol use disorder patients and wives of non-alcohol use disorder patients concerning marital satisfaction
3. There is no significant relationship between emotional intelligence and marital satisfaction

Research Design

The researcher employed a descriptive research design.

Nature of the study	Variables	Tools	Sample	Type of analysis
Survey method	Emotional Intelligence, and Marital Satisfaction of Wives of alcohol use disorder Patients and non-alcohol use disorder patient	- Saiful, Fuad & Rahman' Emotional Quotient Inventory (2010) -Amrutraj& Prakash's Marital Satisfaction Scale (1985)	130 wives of alcohol use disorder patients and 130 wives of non-alcohol USD disorder patient	Quantitative

Research Tools

To achieve the objectives of the study, the following research instruments are being used

1. Socio-Demographic Profile Sheet
2. Saiful, Fuad & Rahman' Emotional Quotient Inventory (2010)
3. Amrutraj & Prakash's Marital Satisfaction Scale (1985)

Socio-Demographic Profile Sheet

It is developed by the researcher to elicit detailed information regarding the respondents' education, duration of marriage, occupation, monthly income, and partner alcohol use disorder.

Saiful, Fuad & Rahman' Emotional Quotient Inventory

It is constructed and standardized by Saiful, Fuad & Rahman (2010). The inventory consists of 46 statements dealing with seven personality domains Emotional Control, Emotional Maturity, Emotional Conscientiousness, Emotional Awareness, Emotional Commitment, Emotional Fortitude, and Emotional Expression

Reliability and validity

Reliability shows that the scale has a high internal consistency; Corobach's alpha coefficient value is 0.96 which is more than the acceptable cut-off point of 0.7.

Marital Satisfaction Scale

It is developed by Amrutjaj & Prakash (1985). It is comprised of 30 items referring to different aspects of marriage such as social, sexual, attitudes, and desire to maintain and continue with the present relationship.

Reliability and validity

The test has high reliability by the split-half method (Index of realibility 0.94). It correlates to the extent of +.77 with the marital adjustment questionnaire. It differentiates between designated groups with marital problems and those without marital problems.

Sampling Techniques

The researcher has selected random sampling to select the sample for the study.

Data Collection Procedure

Data was collected through a questionnaire from 130 wives of individuals with alcohol use disorder, and 130 women, wives of non-alcohol disorders were randomly selected from various villages in Kannur district. Among 130 wives of an alcohol use disorder, 50 of their partners were admitted to the de-addiction center for treatment at the time of data collection and the other 80 women were those who came for the support group program after the treatment.

After obtaining consent from the respondents, they were asked to complete the questionnaire. For those who were unable to record their responses independently, the researcher explained the statements and recorded their responses.

Statistical Techniques

Data is subjected to quantitative analysis. The tests are manually scored using the scoring system provided by the respective scales. The raw scores are subjected to different statistical analyses to arrive at meaningful interpretations of the stated hypothesis. Statistical techniques such as number and percentage, mean, SD, t-test, and correlation analysis are done by the use of the SPSS package.

Operational Definitions

Emotional Intelligence

According to Oxford Dictionary (2003), emotion is a strong mental or instinctive feeling ‘easily affected by or readily displaying emotion’, while the term intelligence refers to ‘quickness of understanding’.

This study examines the emotional intelligence of wives of alcoholic use disorders and wives of non-alcoholic use disorders in terms of Emotional Control, Emotional Maturity, Emotional Conscientiousness, Emotional Awareness, Emotional Commitment, Emotional Fortitude, and Emotional Expression.

Marital Satisfaction

Most of the time, marital satisfaction is a complex construct used interchangeably with terms like marital quality and dyadic adjustment. Marital quality can be operationally defined as the ability of a husband and wife to accommodate each other at any given time. It can refer to specific aspects such as communication or the general success of marriage. Marital satisfaction refers to the happiness of both husband and wife about their marital relationship. The satisfaction under dimension involves their adjustment to each other, fulfillment of needs, sexual gratification, and agreement on several issues like household and financial issues, children, activities jointly performed, and new social groups with which they interact.

Analysis and findings

Analysis of Emotional Intelligence

Hypothesis: There is no significant difference between wives of alcohol use disorders patients and wives of non-alcohol use disorders concerning overall emotional intelligence.

Table 1

Difference between means wives of alcohol use disorders patients and wives of non-alcohol-use disorders patients in their overall emotional intelligence

Variable	Spouses	N	Mean	SD	t-value	P-Value	LOS
Emotional Intelligence	Wives of alcohol use disorder patients	130	117.24	19.036	2.695	.143	NS
	Wives of non-alcohol use disorder patients	130	120.72	19.076			

NS: Not significant

Since the calculated value is not significant at the 5% level, the null hypothesis is accepted. Hence concluded that there is no significant difference between the wives of alcohol use disorders patients and non-alcohol disorders patients concerning overall emotional intelligence. Based on the average score wives of non-alcoholic use disorders have slightly higher emotional intelligence than non-alcohol use disorders but not significantly at the 5% level.

Analysis of Marital Satisfaction

1. *Hypothesis: There is no significant difference between wives of alcohol use disorder patients and wives of non-alcohol use disorder patients concerning marital satisfaction*

Table: 2
Difference between Means of wives of alcohol use disorder patients and wives of non-alcohol use disorder patients concerning marital satisfaction

Variable	Samples	N	Mean	SD	"t" value	"P" value	LOS
Marital satisfaction	Wives of Alcohol Use disorder patient	130	42.98	7.351	.698	.486	NS
	Wives of non-alcohol use disorder	130	43.58	6.491			

NS: Not significant

Since the calculated value is not significant at the 5% level, the null hypothesis is accepted. Hence concluded that there is no significant difference between wives of alcohol use disorder patients and wives of non-alcohol use disorder patients concerning marital satisfaction.

Table: 3
Relationship between emotional intelligence
And marital satisfaction of wives of alcohol use disorder patients and non-alcohol use disorder patients

Variables	Correlation Coefficient	LOS
Emotional intelligence and marital satisfaction	.234	.01**

** Significant at 1% level

The above table presents the correlation between emotional intelligence and marital satisfaction. The study reveals that there is a positive relationship between emotional intelligence and marital satisfaction (.234). This indicates that when emotional intelligence is high marital satisfaction also will be high and vice versa. Hence the null hypothesis is rejected and concluded that there is a significant relationship between marital satisfaction and emotional intelligence.

Major Findings

The major findings of the study reveal the following

- The study's results indicate that the mean scores for emotional intelligence among wives of patients with alcohol use disorder and those without are nearly equal, with the scores of wives of non-alcohol use disorder patients being slightly higher. (120.72) in emotional intelligence than wives of non-alcohol use disorder patients (117.24) but not significant at 5% level. The research finding reveals that there is no significant difference between wives of alcohol use disorder patients and non-alcohol use disorder patients concerning emotional intelligence. Therefore, the null hypothesis

that there is no significant difference between wives of alcohol use disorders and non-alcohol use disorder wives concerning emotional intelligence is accepted.

- The research finding reveals that there is no significant difference between wives of alcohol-use disorder patients and non-alcohol-use disorder patients concerning marital satisfaction. Therefore, the null hypothesis that there is no significant difference between wives of alcohol use disorder patients and non-alcohol use disorder patients concerning marital satisfaction is accepted.
- The study reveals that there is a significant positive relationship between emotional intelligence and marital satisfaction ($r=.234$). This indicates that when emotional intelligence is high marital satisfaction is also high and vice versa. Hence null hypothesis that there is no relationship between emotional intelligence and marital satisfaction is rejected.

DISCUSSIONS

The present study supports the finding by Extremera et al. (2020), who explored a relationship between emotional intelligence and marital satisfaction in a large sample of married couples. Their research indicated that emotional intelligence explained a great amount of proportion variance in marital satisfaction. This emphasizes that people with higher EI manage and resolve conflicts more effectively, which is very basic for good marital relationships.

These findings are also supported by a previous study done by Schutte et al., 2001, and more recently, by Karimi and Alipour, 2021, both attempts to find out the relationship that exists between emotional intelligence and marital satisfaction among married couples. This underlines the role of emotional intelligence in well-adjusted, happy, and successful marriages, hence the importance of developing emotional intelligence skills in maintaining and improving long-term relationship satisfaction.

In countries such as India, particularly in the state of Kerala, most marriages are arranged based on caste, creed, and status by parents. Sometimes couples also face Societal and familial pressures to stay together to maintain family status. In such situations, emotional intelligence plays a vital role in these arranged marriages to cope with new situations as partners often marry without prior acquaintance. Emotional intelligence facilitates the development of affection and understanding of each other and the new family environment. A successful marriage needs interpersonal skills, assertiveness, patience, regard, stress tolerance, optimism, and impulse control. High levels of emotional intelligence enable spouses to accommodate each other and their in-laws effectively, fostering a compatible and successful marital relationship.

The present research tries to bring another important insight into the comparison of emotional intelligence among wives of AUD patients and wives of non-AUD patients. The mean emotional intelligence scores for wives of AUD patients are almost at par with the mean scores of wives of non-AUD patients, even when they face many challenges due to their husbands' AUD problems. Specifically, the mean emotional intelligence score for wives of non-AUD patients is 120.72, slightly higher than the 117.24 score for wives of AUD patients. However, this difference is not statistically significant at the 5% level, suggesting that a spouse's AUD does not significantly impact the wife's emotional intelligence. This resilience may be due to coping mechanisms or support systems in place.

Additionally, the study found no significant difference in marital satisfaction between the two groups of wives. This suggests that emotional and relational aspects of their lives are influenced by factors beyond their husbands' AUD. The resilience observed in wives of AUD patients, reflected in their comparable emotional intelligence scores, implies that support systems and coping strategies, such as participation in support groups like Al-Anon, and follow-up programs conducted by Vachana Jyothi De-addiction Center, might have enhanced their emotional health. These programs also could have helped them to understand AUD as a disease requiring treatment and support, enabling them to accept their AUD partners and find satisfaction in their marriages despite the challenging circumstances.

IMPLICATION OF THE STUDY

1. Interventions for marital satisfaction: The strong positive relationship of emotional intelligence shows that interventions aiming at enhancing emotional intelligence may improve marital satisfaction. This is more relevant based on marriages where initial acquaintance between partners is low, like arranged marriages.
2. Marriage Counseling and Therapy: The professionals can help the couples in acquiring their emotional intelligence skills towards sustaining effective communication, stress management, and conflict resolution. This would be of all the more vital value in the lives of couples under such stresses as wives of alcohol USD disorders.
3. Support Systems: The study illustrates that support systems such as Al-Anon and psycho-education programs and activities in de-addiction centers would come in very handy as these would help the spouse of an AUD patient preserve their emotional health and marital satisfaction levels.
4. Cultural considerations: The role of emotional intelligence is enhanced in the setting of an arranged marriage, especially within the Indian state of Kerala. For cultural settings, such as arranged marriages, programs, and workshops on improving emotional intelligence could be designed.

RECOMMENDATIONS

1. Enhance Emotional Intelligence Training: Emotional intelligence should be considered in premarital programs, particularly in the areas where arranged marriage is a common process, covering a few interpersonal skills, the ability to be assertive, patience, stress tolerance, and impulse control. Especially among wives of AUD patients
2. Encourage participation in support groups for spouses of individuals with AUD, such as Al-Anon. The support groups offer a basis for experience-sharing and coping methods, promoting emotional hardiness and satisfaction in marriage.
3. Public Awareness Campaigns: Initiate public awareness campaigns for the sensitization of the communities on the importance of emotional intelligence in married lives. Success stories and support services/resources for learning more about their and their partners' feelings for couples must be highlighted.
4. Longitudinal Studies: Conduct longitudinal studies to study the long-term effects of emotional intelligence on marital satisfaction, particularly among wives of alcohol use disorder. This can provide deeper insights into how emotional intelligence evolves in different life situations, especially concerning the relapse of AUD patients.

LIMITATIONS OF THE STUDY

1. The study is done only in one district in Kerala so generalization is not possible
2. Due to the lack of time there were no personal interactions with some respondents. Data collected during the meeting
3. The present study focused only on two variables

SUGGESTIONS FOR THE FURTHER RESEARCH

- The study has been limited to only one district, so it can be extended to other districts.
- Further research can focus on the effect of counseling and marital therapy on spouses with marital problems.
- The present study is confined only to wives of alcohol-USD patients and wives of non-alcohol-USD patients whose duration of marriage is between 1-30 years, further study can include spouses whose duration of marriage is above 30 years.
- The present study focused on only two variables, further study can give attention to some other variables

CONCLUSION

The results of the research point to the significance of emotional intelligence in the development of marital satisfaction. Especially in cases of arranged marriages, emotional intelligence is a significant factor when partner acquaintance is minimal at the time of marriage. The only area found comparable and effective in the spouses to the AUD patient's support systems and coping mechanisms in the face of the challenges provoked by the disorder exhibited similar scores for emotional intelligence as those whose respondents were not spouses to the AUD patients. Implications and the recommendations of the study indicate that emotional intelligence can be improved through concerted support group participation and public awareness campaigns on emotional intelligence and, thus, marital satisfaction can be improved. Summarizing basically, the study suggests that emotional intelligence supports the key role played in the process of keeping a well-adjusted, joyful, and successful marriage, even under the impact of such stress and possible havoc as AUD.

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