

The Comparison of Emotional Intelligence and Marital Burnout in Women Demanding Divorce and Normal Women

Fatemeh Ghorbani¹, Hadis Heydari Rad² and Sajjad Almadani Some'eh^{3*}

Abstract

This study aimed to compare emotional intelligence and marital disturbance between women demanding divorce and normal women. This study is causal-comparative. Research data were collected by using emotional intelligence and marital disturbance questionnaires. The results showed a significant difference between two groups of women in emotional intelligence ($F= 6.4, p<0.001$) and marital burnout ($F=10.9, p<0.000$). Therefore, the emotional intelligence mean in normal women is higher than women demanding divorce, and the marital burnout mean in women demanding divorce is higher than normal women. Considering the high level of marital burnout in women demanding divorce, it seems necessary to enhance the level of marital satisfaction through consultancy intervention. Also family counselors and couples should try to pay special attention to the role of emotions and emotional intelligence and plan to do necessary educations for recognizing and controlling emotions to reduce the divorce rate in society.

Keywords: *emotional intelligence, marital burnout, divorce*

1. M.A. of Psychology, University of Mohaghegh Ardabili, Ardabil, Iran

2. M.A. of Psychology, University of Mohaghegh Ardabili, Ardabil, Iran

3. M.A. of Psychology, University of Mohaghegh Ardabili, Ardabil, Iran

(Corresponding Author) s_a_s139@yahoo.com