



## **THE ROLE OF EMOTIONAL INTELLIGENCE AND SOCIAL ADJUSTMENT IN MARITAL SATISFACTION**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 30 <sup>th</sup> September 2025 <b>Accepted:</b> 26 <sup>th</sup> October 2025	The study examined the impact of psychological stability of marital relationships, empathy, emotional self-control, and interpersonal communication culture on the level of family satisfaction based on empirical data. The results show that individuals with high levels of emotional intelligence and social adaptation have an advantage in maintaining mutual understanding, sympathy, and emotional stability in family life. The level of emotional intelligence and empathy is manifested as psychological mechanisms that increase marital satisfaction.
<b>Keywords:</b> emotional intelligence, social adaptation, family satisfaction, empathy, marital stability, emotional culture.	

**INTRODUCTION.** In today's era of globalization and rapid development of information flows, the role of the family as a social institution is increasingly increasing. Studies conducted in many research centers and psychological institutes around the world show that the level of satisfaction with family life is one of the factors that directly affects the stability and strength of the family. In modern psychology, the family is interpreted as the most important link in the social environment, and the harmony of interpersonal relationships in it is considered one of the psychological indicators of the stability of society.

The results of advanced psychological research conducted in the world confirm that individuals with high emotional intelligence establish positive communication in family relationships, are able to control their emotional state, and tend to find constructive solutions in problematic situations, which contributes to an increase in the level of satisfaction with family life. On the contrary, low emotional literacy increases family conflicts, causes emotional instability, and this negatively affects the strength of the family.

In recent years, the Republic of Uzbekistan has been implementing systematic reforms to strengthen the family, create a healthy social environment, and ensure the strength of marriage. The family, as the foundation of society, has risen to the level of one of the important directions of state policy. In particular, the activities of the Committee for Family and Women, the Agency for Support of Neighborhoods and Enlightened Persons, and Psychological Service Centers are aimed at establishing an emotionally healthy environment in families, providing practical assistance in problem situations, and improving interpersonal relationships.

Nowadays, there is an increasing need to study the internal psychological environment of the family institution, to ensure social stability by strengthening the relationship of mutual trust, love, cooperation and tolerance between spouses. Because the family is an environment responsible not only for the personal life of a person, but also for the moral, spiritual and psychological health of society. From this point of view, the level of emotional intelligence, its management skills and the level of development of the culture of emotional literacy are considered decisive factors in the formation of a healthy psychological environment in the family.

**LEVEL OF RESEARCH ON THE TOPIC.** In modern psychology, the phenomenon of intelligence, in particular emotional intelligence, is being widely studied as one of the main psychological factors determining the process of personal, cognitive and social development of a person. The issues of studying the emotional sphere of a person on a scientific basis, its importance in family life and its role in interpersonal relationships have been analyzed by many foreign and domestic researchers from different perspectives.

Among the studies devoted to the study of this problem in foreign psychology, the works of such scientists as G. Y. Eysenck, R. Bar-On, J. Mayer, C. Spearman, E. L. Thorndike, S. Stein, C. Hunt, L. Thurstone, D. Wexler, M. Arnold, R. Lazarus, R. Kettel, L. Spitz, P. Sifneos, R. Lipper, R. Stenberg, P. Selovey, D. Goulman, V. S. Merlin, A. Palmar, V. V. Pospeev, A. A. Rean, and Friedman are of particular importance.

In particular, E. L. Thorndike introduced the concept of "social intelligence" and interpreted the ability to manage interpersonal relationships as an important component of intellectual potential. Ch. Spearman put forward the theory of "general intelligence" (g-factor),



proving that human mental activity works as a whole, integrated system. R. Bar-On and D. Goleman defined emotional intelligence as a person's ability to understand and manage their own emotions, maintain motivation, and understand the emotions of others.

The model of emotional intelligence developed by P. Selovey and J. Mayer identified the cognitive and affective components of this concept. In their opinion, emotional intelligence is a person's ability to perceive, evaluate, express their emotions and effectively use them in communication with others. Also, R. Lazarus studied emotional intelligence in relation to stress tolerance and emotional self-control, interpreting it as one of the adaptive mechanisms of the individual. D. Goleman popularized this concept in his work "Emotional Intelligence" (1995), putting forward the idea that 80 percent of human success is determined by emotional factors.

Among the representatives of the Central and Eastern European school of psychology, scientists such as V. S. Merlin, A. A. Rean, A. Palmar, V. V. Pospeev analyzed the emotional sphere of a person from the perspective of adaptation in social activity, motivational stability, and management of relationships. They considered emotional intelligence to be the basis of a person's social competence.

Psychologists from the CIS countries have also conducted important research in this area. In particular, L. S. Vygotsky, S. L. Rubinstein, D. V. Ushakov, A. N. Markova, L. M. Mitina, R. S. Nemov, I. Y. Rogov, A. A. Bantischeva, Y. Sinelnikova, A. S. Burelomova, A. A. Denisov, L. D. Kamishnikova, I. N. Andreeva and others interpreted intelligence in their studies as a psychological system related to self-awareness, social adaptation, emotional self-control and success in interpersonal relationships.

In recent years, a number of scientific studies have been conducted in the field of psychology in Uzbekistan on the problems of emotional intelligence, interpersonal relationships, family satisfaction and family stability. Local scientists - R. Kadirova, D. Turakulova, M. M. Karimova, N. Khudoyberganova, G. Rustamova, D. R. Yuldosheva, S. Kadirov and others - have highlighted in their studies the relationship between emotional intelligence and a person's mental health, level of social adaptation and satisfaction with family life based on psychodiagnostic analysis.

The methodological basis of this study is based on theoretical views and empirical **METHODOLOGY AND RESEARCH METHODS**. approaches developed in the fields of modern psychology in the areas of interpersonal relationships, emotional intelligence and

satisfaction with family life. The theoretical direction of the study is based on the concept of studying the emotional, social and cognitive aspects of the individual as a whole psychological system. The impact of the family as a social institution on the emotional well-being and level of psychological adaptation of a person is also comprehensively studied.

The study of the psychology of family relationships has its own scientific difficulties, because the family is a complex socio-psychological system, the formation and development of which is directly influenced by many factors: the temperament of individuals, the system of values, the social environment, economic conditions, cultural traditions and national customs. The roles existing within the family system, emotional exchange, the decision-making process and the level of personal adaptation are considered to be factors determining the level of satisfaction with family life.

To date, there is no single approach to the concepts of family life satisfaction and marital success in the scientific literature. Psychologists have relied on different schools and paradigms in interpreting this process. Some have explained this phenomenon by the harmony of personal needs (V. A. Sisenko), others by the reasons for marriage (A. G. Kharchev), socio-psychological factors (A. P. Novgorodova), and satisfaction with work and life (N. G. Yurkevich, G. Navaytis).

The introduction of the concept of emotional intelligence into scientific paradigms has led to significant changes in psychological approaches to the relationship between human emotional and cognitive processes. According to R. Bar-On, the roots of the concept of emotional intelligence go back to Ch. Darwin's views on emotions and physiological reactions. Darwin said in his research:

"During strong emotional arousal, the activity of the heart is directly influenced by consciousness; changes in the heart, in turn, redirect brain activity." This idea was the basis for the first scientific explanation of the relationship between emotional states and physiological mechanisms in the human psyche.

J. Mayer and P. Selovey defined emotional intelligence as the ability to understand and regulate emotional phenomena that influence cognitive processes. According to their concept, emotional intelligence is an integrative cognitive-emotional system that allows a person to correctly interpret their own and others' emotions, manage them, and use them in a goal-oriented way in a social context.

**RESULTS AND DISCUSSIONS.** In the socio-psychological structure of modern society, the stability



of the system of interpersonal relationships between men and women, emotional balance in the family environment, and the level of satisfaction with marriage are recognized as factors that directly affect human well-being and the spiritual health of society. In modern psychology, the problem of satisfaction with marriage is related to the dynamic nature of the socio-psychological system of the family, which is not a state that is formed spontaneously or created once, but is a process that is consciously maintained and improved by each family member. The main determinants of the level of satisfaction with family life are emotional relationships between individuals, the level of empathy, indicators of emotional intelligence, and communicative culture.

The low culture of interpersonal communication within the family, poor emotional self-regulation skills, lack of mutual respect and trust lead to the failure to satisfy the internal emotional needs of the individual - psychological requirements such as self-esteem, recognition, emotional closeness. This leads to instability of the family climate, increased tension in communication, and ultimately to a decrease in the level of satisfaction with marriage. Thus, the stability of marriage is based on constant emotional and communicative interaction, and this process requires mutual efforts of the spouses.

According to the results of the study, the levels of emotional intelligence of men and women differ significantly in some aspects. Men, as a rule, have shown higher results in understanding and controlling their own emotions and limiting negative emotional reactions. They tend to control their emotions when necessary and express them in a socially acceptable way. Women, in turn, are distinguished by their ability to more sensitively perceive, empathize and respond not only to their own emotions, but also to the emotional state of others. At the same time, women have more difficulties than men in managing external emotional expressions - facial expressions, tone of voice, gestures and other communicative signs - which increases the likelihood of their emotional state being quickly revealed.

The conducted scientific analyses show that the factors influencing the level of family satisfaction are divided into two main groups - individual (intrapersonal) and social (interpersonal) factors. In the first type of research, mainly the emotional stability of the individual, temperament, value orientations, empathy and self-awareness of the person are studied in relation to satisfaction with marriage. The second type of research is aimed at analyzing the social environment of the family, economic conditions, the distribution of

mutual roles, the level of agreement on household and educational issues.

In the work devoted to the analysis of foreign studies by Yu. A. Aleshina, the duration of marriage is emphasized as an important factor in the dynamics of marital satisfaction. Studies show that if the level of satisfaction is high in the early years of marriage, then over time it decreases to some extent. The reason for this is the increase in the responsibilities of spouses in everyday life, the formation of new roles, the upbringing of children and increased economic pressures. Therefore, maintaining emotional closeness throughout marriage, striving to listen to and understand each other is a necessary psychological condition for the stability of marriage.

One of the urgent tasks of family psychology is to identify the psychological factors that determine the stability and dynamic variability of marital relationships. Among these factors, empathy, that is, the ability to feel and understand the emotional state of another person, occupies a special place. The results of the study show that empathy is directly correlated with a high level of marital satisfaction. In families where there is mutual sympathy and understanding, communication problems are less common, conflicts are resolved constructively, and emotional closeness is maintained.

Empathy is a relatively dynamic quality of the individual, which changes at different stages of family development. At certain periods of the family life cycle, the level of emotional closeness between spouses changes: at some periods they understand each other more deeply, at other times there are cases of emotional distancing. Such changes reflect the nature of the individual to change empathic responses in accordance with age, experience, social roles and stressful situations.

**CONCLUSION.** As a result of the above studies, it was found that empathy is one of the central psychological factors of stability, mutual understanding and emotional harmony in marital relationships. A high level of empathy between spouses enriches interpersonal communication in the family, strengthens mutual attention, trust and cooperation, and creates the opportunity for individuals to understand each other more fully. Thus, empathy is considered a prerequisite for successful psychological functioning and emotional stability in marriage.

Based on the results of the study, it can be concluded that a high level of emotional intelligence and empathy is one of the most important psychological factors for increasing satisfaction with family life. They not only maintain emotional balance in the family, but also



contribute to constructive conflict resolution, the formation of a culture of listening to each other, and the creation of a positive psychological climate between family members. Therefore, in applied psychology, methodological approaches aimed at developing emotional intelligence and strengthening empathy skills play an important role in the development of family counseling, training, and psychocorrectional programs.

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