



## Emotional Intelligence and Marital Decision: Study on Bali Family Center Clinic, Denpasar-Bali



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### Correspondence Author <sup>a</sup> Abstract



*Emotional Intelligence (EI)* is individuals ability to recognize their self-emotions, emotions of others, motivate their self, and manage their emotions well in dealing with others. Towards a good IE, a person is able to control his/her emotions when facing unpleasant and painful situations. IE plays an important role the one's life than *Intellectual Intelligence (IQ)* and influences decision making when married. The last three years, there have been 6420 divorce cases. The groups that have a good EI level turned out to be 3.5 times easier to feel satisfaction in their marriage. It was compared to those who have a low EI level. The marriage preparations included their participation in premarital classes also influences their married life.

### Keywords

*emotional intelligence;*  
*individual ability;*  
*marriage decision;*  
*marriage preparation;*  
*premarital class;*

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## 1. Introduction

The one succeed is not only determined their intelligence, however, it is more important how the person can manage their emotions well. The person's success is largely determined their *Emotional Intelligence (EI)*. *Intellectual Intelligence (IQ)* is often used to measure a child's learning achievement in the school. There is currently no test tool that can be used to measure one's EI appropriately. There are many situations wherein the emotional turmoil, we feel can be measured (Goleman, 2001).

EI is individuals ability to recognize their self-emotions, emotions of others, motivated their self, and manage their emotions well in dealing with others. Emotions are feelings experienced individuals as a reaction to stimuli that come from their self and from others. These diverse emotions can be grouped into several emotions categories, for example, anger, fear, sadness, joy, affection, and amazement (Santrock, 2007). EI is an ability set in conceptualizing something, assessment, expression, emotional management, and emotional utilization (Masoumeh *et al.*, 2014).

IE is able to control someone, his/her emotions when facing a pleasant or painful situation. It teaches about integrity, honesty, commitment, vision, creativity, mental endurance, wisdom, and self-mastery. EI will determine a person's attitude towards him/her (intra-personal), unlike self-awareness, self-motivation, self-regulation, and towards inter-personal *e.g.*, empathy, the understandability to people others and their social environment (Goleman, 1998).

IE, in fact, plays an important role the one's life than IQ. It brings a consequence is it true IE also influences when someone decides to get married because marriage is a very important stage the one's life, after birth. The most important marriage goal is to get a happy life, full of love, with his/her partner, filled comfort, health, and other life necessities. The correlations regarded several studies indicate a significant and positive relationship between IE and satisfaction in marriage. it appears in linear regression that IE is generally used as the quality prediction towards marriage satisfaction (Masoumeh *et al.*, 2014).

Based on the close relationship between IE and marital satisfaction, the study centers such as universities, family organizations, and clinics can use these variables in micro and macro planning to improve the quality of relationships and health promotion, families and communities for people married.

### *Development of Sexual, Dating, and Marriage*

The one generally will experience sexual organs maturity in adolescence. The maturity process will make a teenager start liking the opposite sex, make various approaches to dating, before later they decide to get married. Too bad the process of maturing these sexual organs is often not balanced the maturity and adequate emotional intelligence. There are many teenagers unable to resist their sexual urge, therefore, they are risky dating. Many studies on the teenagers dating behavior eventually lead them to premarital sexual relations. As a consequence, if the young women finally got pregnant. They chose to have an abortion and continued to have the risky relationship during dating (Santrock, 2007).

If the couple finally decides to get married, of course, there are many things that underlie it. The marriage is often carried out forced for personal reasons. It can be seen based on wedding preparations carried out in a hurry, with inaccurate priorities and clashing to the provisions should, for example, impatient to wait for the queue schedule in the next few months. It is included attending prenuptial classes that are required (Masoumeh *et al.*, 2014).

The irony is too many young couples who have just married are impatient to get divorced. They, therefore, can get out of their household problems. Data on divorce in various Indonesian courts have astonished. It was so easy they shortly divorced after the marriage, which was sometimes so magnificent held for both parties. During the last three years, the court recorded 6420 divorce cases, in which the most cases (50%) occurred in Denpasar city. There were 2483 throughout 2015 divorce cases in Bali, with an around increase 17% each year. The new facts revealed here, it turns out that the plaintiff's divorce was dominated by women Peradi (2015).

The given reason for the hostile couples varies included mild terms to big problems that are very principle. The reason most often expressed is feeling. There is no happy anymore, they have been even though dating for so long before deciding to get married. There are also many reasons for divorce for various very fatal reasons, due to the one party commits violence, comes to the life risk threatening and create an extraordinary fear feeling towards her partner. Some cases referred to mental service units even proved that they also suffered severe mental disorders (Jahangard *et al.*, 2012).

The more severe conditions have been seen in the United States previously. World War I end after, the divorce rates skyrocketed sharply and created deep anxiety about marriage. The fear encourages couples from the middle to upper social classes coming to professionals and counselors to ask for advice to strengthen their relationships (Ceello, 2009).

#### *Married reasons*

It was revealed in a meeting attended unmarried young women generally their married reason was to be happy. Due to they would live with their loved ones legally in a marriage bond. They expect happiness comes from their partners and their loved ones. The dramatic reason is they want to make their parents happy and get offspring immediately. This reason is of course enough to require parents to self-introspect and clean up. Is it true the children must sacrifice much risking their married life for their parent's happiness? No one almost answered the marriage was done to make their partner happy.

The parent's role in this matter is indeed quite significant, they set various criteria for their child partners as a requirement, for example, related to social status, caste, and economy. It is not infrequently even parents actually match their children with their business partners forsaking of their business continuity. It is not surprising the relationship between their children is not good, the relationship between the parents and even their extended family also becomes uncomfortable and filled with tension.

In fact, many young couples are married for forced reasons. For example, due to they have already engaged in relationships like husband and wife. Therefore, they feel that they are not fit to have relationships with other people. One or both parents even though disagree with their relationship, the couple remains determined to get married without waiting for the parents blessing.

Those who are more desperate, sometimes choose to run away from parent's homes, in order to be able to side with their partners. It is quite often the couple chooses to get married soon, because his girlfriend has been pregnant for several months. Uniquely, some people consider it as a natural thing, because the marriage purpose is to have children. Therefore, the pregnancy is considered as a gift that should be grateful for both parties.

It sounds strange, even though, there are many dating services in the modern era to get a life partner. Those who register themselves are generally over 25 years old because they are difficult to find the right partner in their neighborhood or workplace. Jointly the singles, they feel safer to choose a life partner.

#### *Satisfaction in Marriage*

The ability to establish good relations has begun when they are baby. The babies can protest and show frustration, on the contrary, can also ask helping to get back in harmony. They can coordinate with each other when a baby and caregiver are in good harmony, reply to each other's messages and both are able to feel happiness. Conversely, if there is an inconsistency. It takes the caregiver's ability to respond correctly to the frustration signals brought up the baby later on the harmonious state is created. Mastering skills become a provision for a child to grow and be a good managing their emotions in the future. It is depending on their experience gained in childhood (Goleman, 2015).

The couples who came to consult on their household problems, it is often not sure, whether they could maintain their household. Their experience disappointment and broken heart emotion are often related to frustration because what they imagine before marriage cannot be achieved. For example, they hope to get happiness from their partners, it turns out the couple actually ignores it, and being busy with various career, and work affairs. It was even revealed in some cases hoping to get happiness from their partners. They were not willing to first make their partners happy before the couple gave something that made them happy.

#### *Violence towards marriage life*

There are several violence types are often carried out by partners, *e.g.*, physical, psychological or emotional, sexual violence, and economic neglect. The violence usually does not singly occur. Those who experience physical violence generally psychological violence. The sexual violence is likewise generally also

accompanied on the physical and emotional violence. Those who experience economic neglect are also emotionally hurt.

Domestic violence is a pervasive social problem. It demands attention from many social service providers. Social workers who serve them are expected to be able to connect them with various important services. Unfortunately, social workers repeatedly mistakenly respond to domestic violence. They eventually often fail to provide services needed by the victims (Collins & Dressler, 2008).

There are also a number of controversial marriages in America. They eliminated the marriage promises ritual. This marriage usually occurs in underage adolescents. They return after the wedding ceremony to their parents and continue their education. A marriage can be considered as a prostitution emotion is endorsed the society. The partners may have sex without being subject to social sanctions. They are allowed to divorce without taking care of any benefits, they unless already have children (Davis, 2008).

The research on the emotional intelligence relationship and aggression in adolescents has been carried out on high school students in Tehran, Iran. The respondent's number consisted of 200 male and 200 female students from 20 schools in Tehran. They are 16 to 18 years old. The results is a statistically significant relationship between aggression and their EI (Masoumeh *et al.*, 2014).

The women in certain circumstances can be aggressive like men. There are term differences between aggression and violence. It is generally used to defend themselves against aggressors. The women hit, some of them use strength in ongoing relationships or against their former partners. Nobody denies that women have the same basic emotions as men, for example, anger, jealousy, and revenge. They are not always identical as feminine, who are able to face aggressive men with subtlety, or refuse access to use force in certain circumstances (Miller, 2005).

#### *Emotional intelligence growth and marriage happiness*

Empathy is an important element of effective therapy, varieties of systemic barriers, gender, and ethnic dimensions, perspectives in marriage and behavior, cognitive, and effective interventions to facilitate empathy (Giblin, 1996). The research on 24 women in Lebanon who managed domestic violence out. Their experience turned out to be very related to local culture. The first reason is to focus on saving the marriage. The second contemplates the calm moments can help them reevaluate their experiences during the marriage, and the last reason is how they can leave the problem without having to 'losing their face' (Khoury & Wehbi, 2016).

The family is a place to build a person's personality, including to foster human values. It is very much related to large health status, as well as a concern source in society's order. Due to the marital conflicts can have negative consequences and the cause of very serious problems with the couple's physical health and their children (Eslami *et al.*, 2014).

Marriage satisfaction is an agreement in the family. The mutual agreement between them will affect various factors that will appear next in marriage. The mutual understanding existence before they get marriage, cultural harmony, the similarity in economic status, behavior and personality each influence the various values, interests, life goals, and coordination among families. Influencing each other, maintaining family management quality and happiness factors in the family, the existing sadness nuances, life problems, various stressors including mental stress.

The married satisfaction can be used as an indicator that is in accordance with partner happiness, can be used as a life quality measure of one's marriage. The satisfaction in marriage, thus, will strengthen families as infrastructure in the society.

It is obtained EI in an emotional dysregulation study of the borderline personality, is an important predictor for borderline personality traits, can change four of the fifteen EI components (self-actualization, impulse control, problem-solving, and independence) (Pirkhaefi *et al.*, 2014).

The research was conducted on 156 married couples in the cities, the United States showed that marriage satisfaction turned out to be related to EI acts that occurred when their child. The violent acts were not only caused their dissatisfaction, but also their partners. The empathy accuracy is shown they were dealing with positive emotions, partner's hostility during discussions and when facing conflict is given an assessment score. Are they able to understand and feel their partners emotions?. This is related to the emotional relationship satisfaction of the husband and wife. Men and women have violence history when they were child turned out to have low satisfaction in their marriages, and were less able to make satisfaction and comfort for

their partners. They have low empathy accuracy. They cannot even empathize (Maneta *et al.*, 2015; Aminian *et al.*, 2015).

## 2. Materials and Methods

This research was conducted on Bali Family Center Clinic, Denpasar using consecutive cross-sectional, through a deep interview, 1-3 sessions. The samples were taken from all patients who came to the Clinic regarded the main complaint towards family problems. The study was conducted for twelve months, starting from January 2017 to December 2017, involving 120 respondents. The data were processed statistically using the SpSS program, version 22.

## 3. Results and Discussions

### 3.1 Result

This study involved 120 sample respondent whose data will be presented descriptively in Table 1. The sample of this study consisted of 50 men and 70 women who had come to consult at Bali Family Center Clinic, Denpasar. Their consultation reason is about household and life partner issues.

Regarding 120 samples, it turned out that only 62.5% were still in marriage, the remaining 29 were unmarried even though they had lived together for a long time (24.2%), 3 were unofficial marriage (2.5%) and 13 were divorced (10.8%).

Table 1  
Sample demographic data

Sample Data	Distribution	n	%
Gender	Male	50	41.7
	Female	70	58.3
Marital status	No/unmarried	29	24.2
	Unofficial marriage	3	2.5
	Divorced	13	10.8
	Official marriage	75	62.5

It is interesting here. There were 13 people who were an official marriage. However, they were still not finished thinking about their household problems. They generally came to consult because they had problems with their ex-spouses. For example, in fighting for child custody, prolonged conflicts with their extended families, distribution property acquired jointly, and so on.

Table 2  
Respondent marriage data

Sample Data	Distribution	n	%
Marriage age	<1 years	35	29.2
	1-5 years	32	26.7
	6-10 years	25	20.8
	11-20 years	14	11.7
	> 20 years	14	11.7
Number of children	0	35	29.2

1	41	34.2
2	21	17.5
3	14	11.7
4 / more	9	7.5

Their marriage age varies from three months to 50 years. The highest proportion being those who have just married less than one year is 35 respondents (29.2%), 32 respondents who have been married 1-5 years (26.7%) and 25 respondents who have been married 6-10 years (20.8%). The 35 respondents did not have children (29.2%), 41 respondents had 1 child (34.2%).

Table 3  
Satisfaction in Marriage

Sample Data	Distribution	n	%
Satisfaction in marriage	Not satisfied	91	75.8
	Satisfied	29	24.2
Marriage reasons	Already pregnant	28	23.3
	Matched up	11	9.2
	Longtime suitable	11	9.2
	Because of love	70	58.3

Most of them are 91 respondents (75.8%) stated that they were unhappy and not satisfied with their marriage. When they wrote down their marriage reasons for. It turned out to be quite astonishing. They were only 70 respondents stated that married because of love (58.3%), and interestingly, 28 respondents stated that they were forced to marry because the partners were pregnant (23.3%). Thus, they had no other choice. They choose to marry rather than have to have an abortion and kill their baby that has been as what they did.

Table 4  
Emotional respondent intelligence level

Sample Data	Distribution	n	%
EI Level	EI very low	5	4,2
	EI low	16	13,3
	EI enough	82	68,3
	EI good	14	11,7
	EI very good	3	2,5

Most of them have a minimum EI level is quite good. Three respondents have very good IE (2.5%), 14 respondents with good IE (11.67%) and 82 respondents with enough EI (68.3%). The remaining 21 respondents are category included for low and very low IE (17.5%).

Table 5  
Relationship of emotional intelligence and satisfaction in marriage

Emotional intelligence level	Satisfaction level		Total
	Not satisfied	Satisfied	
EI very low	3 (3.30%)	2 (6.90%)	5
EI low	14 (15.38%)	2 (6.90%)	16
EI enough	65 (71.43%)	17 (58.62%)	82
EI good	8 (8.79%)	6 (20.68%)	14
EI very good	1 (1.10%)	2 (6.90%)	3

Total	91 (100%)	29 (100%)	120
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In order to see how the relationship between their EI and satisfaction in undergoing marriage can be seen in Table 5. The 91 respondents who were not satisfied with their marriage, it turned out that less than 10% had been good or very good EI, 71.43% had ordinary or sufficient EI, and the rest had low, even very low EI levels (18, 68%). If it is compared with a satisfied group, it turns out that 27.58% of them have a good and very good EI level. It means that those who have a good EI level are at least 3.5 times easier to feel satisfaction in their marriage.

The researchers tried to compare EI as subjects with their reason made the decision to get married. As we know, marriage is an important stage in one's life, after birth. It should, of course, be prepared as well as possible, through various stages, fulfilling the religion rules, culture, and customs that they have. For example, the study sessions/counseling 3-6 months pre-marital class led the elders or their mentors. Some communities require to announce their marriage plan openly, through an engagement event at least a year before, inviting large families, both parties, their close relatives and friends, and various other pre-marital rituals.

Unfortunately, the relationship in the digital era currently has a very different consequence for teenagers. They are free to do anything including sexual relations before marriage. It can be assumed, they also have to face the consequences of pre-marital pregnancy. Table 6 below reveals the relationship between EI and their marriage reasons.

Table 6  
Relationship between emotional intelligence and marriage reason

		Marriage Reason				Total
		Already pregnant	Matched up	Longtime suitable	Love	
Emotional intelligence level	EI very low	3	0	0	2	5
	EI low	5	2	5	4	16
	EI enough	17	7	5	53	82
	EI good	2	2	1	9	14
	EI very good	1	0	0	2	3
Total		28	11	11	70	120

Unlike, the most other couples who are getting married, 70 respondents reason are married because of love (58.33%), there are still other groups who are managed by their parents/family or suitable feeling after good dating and knowing each other. Ironically, there are 28 respondents (23.33%) who stated that they are married is due to they are already pregnant. Apparently, in the 'already pregnant' group only 3 respondents (10.71%) had a good and very good EI level, 8 respondents (28.57%) had a very low EI level, the remaining 17 respondents (60.71%) have common EI levels. It means that those who have low and very low EI levels have 2.7 times the risk of being forced to marry because they are already pregnant.

### 3.2 Discussion

It was revealed to get married decision is strongly influenced towards EI level. The marriage should be placed as a sacred stage in one's life turns out to be so quickly done. It is conducted very hastily, trimming all religious rituals, customs rules and stages in pursuit of time before the baby is born in the world. Those who have low and very low EI levels have 2.7 times more risk of being forced to marry because they are already pregnant.

Unlike the marriage type, it is truly conceivable, there will be problem varieties that they have not had time or even thought about before because when they were dating, they only saw the beautiful things. The difficulties in life and various child growth matters, financial problems, and relationships between extended families often occurred their marriage on the first day. Thus, their happiness making expected is far away.

If those who have a good EI level, they will more easily feel satisfaction for their marriage. They are able to manage all life problems come in turns with spacious emotions without overflowing and meaningful emotional outbursts. It was revealed in the current study that those who were emotionally intelligent had at least 3.5 times more satisfaction than those who were less or not mastering emotionally intelligent.

This is needed the parents and family role, in order to grow EI children from an early age. There will be a lot of losses can be obtained when they have poor EI. For those who have grown up, it is still possible to learn and train themselves to improve their EI, through various therapy sessions with mental medicine clinicians, *e.g.*, psychologists and psychiatrists. Pre-marital counseling can be used as a prerequisite for married couples because these sessions can be filled with training and therapy to improve the EI for each party.

#### **4. Conclusion**

Emotional intelligence is very influential on the marriage decision. One's satisfaction is undergoing a marriage. The public views so far, it is easy to see marriage is expected to begin to be changed with various education and counseling about the importance for all pre-marital preparations must be passed, if someone wants to get married. The mental health practitioners are expected to be able to serve marriage and pre-marital counseling for those who are facing difficult choices in marriage.

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