

Role Of Humor and Emotional Intelligence in Predicting Marital Satisfaction among Married Individuals



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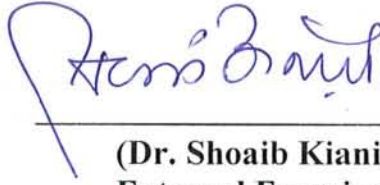
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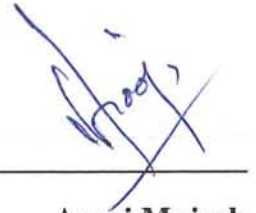
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“In the name of Allah, the most Merciful and most Beneficial.”

On the accomplishment of my present study, I deeply express my thanks to Almighty ALLAH, the compassionate and merciful, whose mercy enable me to accomplish this task and bestowed me with success. Blessings of Allah on Holy Prophet, Muhammad (peace be upon him), and those teachings have served us as beam of light for the humanity in the hours of despair and darkness.

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Abstract

The aim of study was to explore role of humor and emotional intelligence in predicting marital satisfaction among married individuals. The sample of study consisted of 300 married individuals including males ($n = 143$) and females ($n = 157$) taken from Rawalpindi and Islamabad, with age range of 25-63 years. Research variables were measured by using Humor Styles in Relationship-Partner Version (HSR-P) developed by Carid (2014), Emotional Intelligence Scale (EIS) by Wong and Law (2000) and ENRICH Marital Satisfaction scale (EMSS) by Fower and Olson developed (1993). Results indicated that use of affiliative and aggressive humor correlates positively with marital satisfaction. Moreover, there exists a significant positive relationship between emotional intelligence and marital satisfaction. T-test analysis on gender depicted that female scored higher on self-emotional appraisal. In addition to this, individuals with love marriages scored significantly higher on humor styles in relationship partner-version and its subscales as compared to individuals with arranged marriages. Individuals with joint family system scored higher on humor styles, its subscales, and marital satisfaction. T-test analysis on age shows that early adults scored higher on affiliative humor style and middle adults scored higher on emotional intelligence. Results of One-way Anova on education indicated that individuals studied Mphil/PhD scored higher on both subscales of humor styles and also on three subscales of emotional intelligence. Alongwith this, linear regression analysis indicated that both subscales of humor styles positively predicted marital satisfaction. Findings of study variables are discussed in relation to demographics along with suggestions and future implication.

Chapter 1

Introduction

Humor is an umbrella term that incorporates various semantic and pragmatic forms of humor. It's, nowadays, taking an important place in psychological research after playing its role on television, stage and drama. With advancement in technology, world is giving tough competition to all the masses in race of success. So humor not only makes the people relax but also allow them to take part in race of world through motivation, strength and capability. This is done through use of different forms of humor. As the emerging concept of sense of humor is the one that not only amuses people but also represent the attention and intelligence of people that how quickly and smartly they respond to situation in their daily life.

Types of humor can determine personality of individual according to use of affiliative, aggressive, self-defeating or self-enhancing humor. The use of humor not only keeps the person fresh but also makes him responsive to environment. Humor can be positive or negative; as amusement is a positive construct whereas; irony and satire are negative types of humor in which satire is taunting others in negative manner to let them down. Irony is mostly used by writers to mock on alarming situation in humorous manner

Emotional intelligence (EI) is said to be more important than intelligence quotient. EI represents the stability of person that how accurately he/she can respond to environment by regulating their emotions in accordance with situation. It not only help person to regulate their emotions but also make him/her able to understand emotions and feelings of others. It helps people to mask their feeling or emotions at the moment. Mastering emotional intelligence skills can, thus, help an individual to communicate better (Jadhav & Gupta, 2014). EI represents person's stability to environment and its surrounding. People with high EI have good relations with others as compared to people with low EI.

Marital satisfaction is related more to cognition or it can be explained as perceived peace of mind in a marital relationship. Martial satisfaction depends on individual's concept of satisfaction. The concept is more subjective in nature. Martial satisfaction actually determines emotional stability and successful marriage. Its



complex and diverse in nature as it varies from person to person according to their experience. It also differs in different cultures. It is the most important construct on which the basis of a family relies, success of children depends and growth of society sustains.

Humor and emotional intelligence plays a significant role in marital satisfaction of married individuals. As use of humor with spouse helps to generate friendly relation. Along with humor, EI helps person to regulate his/her emotions according to situation that helps the couple to better understand each other and provide possible support to each other by considering circumstances. There is a positive relationship between EI and marital adjustment (Dildar, Bashir, Shoaib, Sultan, & Saeed, 2012). Use of affiliative humor is positively related to relationship satisfaction (Cann et al., 2011).

Humor

Humor is extensive and multifaceted concept if viewed from psychological aspect which can be theoretically and operationally defined in a number of ways. It includes cognitive, emotional, behavioral, psycho-physiological, and social aspects (Martin, 2000). Humor is defined as the quality of action, speech, or writing which excites amusement, oddity, jocularly, facetiousness, comicality, and fun (Simpson & Weiner, 1989).

Humor is in relation with all the academic branches of psychology (Martin, 2000). With evolution humor is expanding, and is taken as tidbits “an endogenous mind candy” (Hurley et al., 2011). Pleasant mood state; linked with joy and happiness is the underlying phenomena that produces laughter in relation to humor (Weisfeld, 1993).

Processes of Humor

Humor consists of following processes.

Social process of humor. Humor is considered as basic component of social network. Humor is more in use in social circle rather than in isolation (Martin & Kuiper, 1999; Provine & Fischer, 1989). Rarely people laugh on their own while they are watching a sitcom, reading a book or memorizing any funny incident of life, this

is called as pseudo-social laughter. Particularly, it occurs in social situations; between spouse, friends, and family or with colleagues etc. (Martin, 2010). Apter (1991) discovered state of mind linking playfulness, internal motivation, high-spirited with humor referred as paratelic mode, differentiating it from more serious, determined, goal oriented; telic mode.

Cognitive-perceptual processes in humor. Other than happening in a social setting, humor is portrayed by specific sorts of perceptions. Production of humor requires logical processing of information originating from memory, involving tricking with ideas, words or actions in innovative methods, through creating humorous verbal articulation or amusing non-verbal signs facetious for audience. Perception of comedy also involves senses (vision and hearing) when someone utter, act or write something comical, it is named as hilarious, funny and mirthful (Martin, 2010). Humor can also be explained in reference to cognition (Hurley, Dennett, & Adams, 2011). Mental process involved in perception of humorous incongruity is described as bisociation, a term devised by Koestler (1964).

Emotional process of humor. Reaction to comics isn't only a scholarly one. The impression of humor constantly likewise brings out a wonderful emotional reaction, at any rate to some degree (Martin, 2010). Exposure to humorous stimuli causes elevation in mood state with positive impact (Szabo, 2003). Displaying of humorous cartoons trigger the limbic system of the brain that depicts emotional nature of humor observed through brain imaging technique (Mobbs et al., 2003). Ruch (1993) suggested term exhilaration to be scientific word to describe emotionality of humor rather than use of humor appreciation (Weisfeld, 1993) or mirth (Shiota et al., 2004). The charming emotions related with humor, which is natural to every one of us, is one of a kind inclination of prosperity that is depicted by such terms as diversion, jollity, cleverness, happiness, what's more, joy. It is firmly identified with delight, and contains a component of celebration and a sentiment of invulnerability, a feeling of development of the self that the seventeenth-century English savant Thomas Hobbes alluded to as sudden glory (Martin, 2010).

Vocal-behavioral process of laughter. Like different feelings, the mirthful delight going with humor likewise has an expressive part, to be specific chuckling and grinning. It starts from lower intensity, depicted through a vague grin transforming

into more loud giggles and guffaw with increase in emotional intensity. At high intensity, it is communicated by boisterous laughs, regularly joined by a blushing of the face, tossing head, body shaking, hitting one's thighs, etc. Along with these lines, giggling is basically a method for communicating or imparting to others the way that one is encountering the feeling of gaiety, similarly as glaring, frowning, shouting, and grasping one's clenched hands convey the feeling of outrage (Martin, 2010).

Ruch and Ekman (2001) expressed giggling as interaction sign of vocals, outlining chuckling as facial expression, utterance, breathing and bodily motion. At around age of four, babies start to giggle by actions of individual surrounding them and it was found that processes of laughter are already present in brain at time of birth in epileptic infants (Sher & Brown, 1976). Prompting playful mood in audience is actual mirth, rather than imparting humor as facetious temper of person (Owren, Bachorowski, Russell, & Fernandez-Dols, 2003). The particular hints of chuckling directly affect the audience, actuating positive enthusiastic excitement which projects the passionate condition of the amusement, maybe through triggering definite brain sites (Gervais & Wilson, 2005; Provine, 2000). Most humorous plays in social gatherings are organized to stimulate individuals to act in peculiar manner (Shiota et al., 2004).

Forms of Humor

Humor is classified into three comprehensive groups which are used in daily life conversations. These include jokes that people retain and utter in playful situations; spontaneous conversational humor that is consciously generated through actions or verbal utterance during communication to produce amusement; and accidental or unintentional humor.

Jokes. Jokes comprises of situation along with turn of phrase. These finely framed situations incorporate everything except terminating phrase, making specific arrangement of assumptions regarding how the circumstance ought to be perceived by audience. The turn of phrase abruptly moves the importance in a surprising and lively way, in this manner making the view of non-genuine confusion that is essential for funniness to happen. Generally jokes are produced through verbal articulation or non-verbal signs or by integrating a specific pattern which demonstrate amusement, with presumption that audience will snicker (Cashion, Cody, & Erickson, 1986).

Spontaneous conversational humor. Production of deliberate conversational humor is more situational based than telling of joke, when described a short time later it remains no more hilarious. Norrick (2003) characterized conversational humor into following kinds including anecdotes; associating an entertaining story with oneself or other; wordplay; making quips, comical reactions, or playing with ideas and irony; mocking at situation in humorous way.

Unintentional humor. Facetious actions or utterance during conversations leading to deliberate production of comedy. Much of hilarity and jocularity emerge from expression or activities are not seem to be amusing (Wyer & Collins, 1992). Spoonerisms are a discourse mistake in which the underlying hints of at least two terms are transformed, making an accidental funny novel sense.

Psychological Functions of Humor

The psychological roles of humor are categorized as cognitive and social benefits of the positive emotion of mirth, uses of humor for social communication and influence, and tension relief and coping.

Cognitive and social functions of the positive emotion of humor. Isen and Labroo (2003) suggested that various social conducts and cognitive skills enhances as individuals encounter more positive emotions in contrast to neutral or negative emotions. Fredrickson and Levenson (1998) found that introduction of positive emotions also plays role in moderating bodily reaction to negative emotions. Findings of Shiota and Keltner (2002) suggested that there is essential purpose of positive emotions in adjustment of intimate relationship. They proposed key role of positive emotions necessary for setting up relationship; coherence (bonding with each other, having collective goals), communicating, developing and retaining key alliance and recognizing true relationship companion.

Social communication and influence. Sociologist Mulkay (1980) proposed humor as a manner of social conversation in which indirect and implicit messages are conveyed and impression is also formed on other individuals. Humor is not only in use to make amusement or enjoyment but also to praise and accept one another while still having argument (Kane, Suls, & Tedeschi, 1977). Humor is also often used in

aggressive/taunting manner which might be misperceived if conveyed in serious manner (Khan, 1989).

Tension relief and coping with adversity. Humor also works in managing worries and difficulties (Lefcourt et al., 1995). Circumstances become less exhausting and more organized through humorous reappraisal (Martin et al., 2003). Humor, in relation to positive emotions, replaces negative emotions making an individual determined, solution oriented and creative (Fredrickson, 2001). Aggressive humor, used as tackling process, always has negative effect on interpersonal relations for long time (Martin et al., 2003).

Styles of Humor

Four types of humor styles were identified by Martin et al. (2001). These humor styles are categorized into positive and negative styles in which self-defeating and aggressive humor are considered as negative form whereas self-enhancing and affiliative humor is considered as positive form.

Affiliative humor. It includes kind of humor in which telling jokes amuses everyone. Its base is to entertain people in gathering and to make strong bond between them. Main focus of this type of comedy is to entertain people by making jokes on daily life hassles. The goal is to create a sense of fellowship, happiness, and well-being.

Aggressive humor. Type of humor in which entertainment is created by insulting others. The extreme type of this kind of humor is depicted by bullies in whom they used to threaten others or cause psychological harm. While some of the audience find this type of humor funny, people use to cover up the feeling of discomfort by laughing.

Self-enhancing humor. The ability to laugh on one own's mistakes and blunders or to find enjoyment in bad experiences of self are named as self-enhancing humor. Humor is carved out from daily life activities in which self is special target but in positive manner. Its healthy form of stress coping strategy, it also helps in learning from mistakes.



Self-defeating humor. A self-criticizing kind of humor which represents concept of poor me. Psychologically, this is harmful type of humor for mental health which has negative impacts on self. Bullies also used to cover themselves under this category by targeting themselves in bad manner to avoid the attack from others.

Research on Humor

A large number of researches have been conducted on role of humor between marital couples and romantic relationships. In a study, positive and negative humor style was explored in two circumstances (pleasant versus conflict situations) among individual in romantic relationship. Rating of frequency of humor used in any circumstances was done. The results suggested that participants, pleased with their kinship, reported use of positive humor more than use of avoiding or negative humor. Though, they rated lower level of negative or avoiding humor in conflict situation. Significant two way interaction proposed that people pleased with their kinship indicated lower use of negative or avoiding humor in conflicts situation as compared to pleasant encounter. Whereas; people who were less satisfied in their relationships reported use of negative humor more regardless of situation conflict or pleasant (Butzer & Kuiper, 2008).

Another study by Carid and Martin (2015) utilized repeated measure dairy methodology to study link between relationship satisfaction and utilization of humor styles in terms of dating relationship over time. Outcome concluded intra-personal changes along with inter-personal changes. Finding reported few intra-personal humor styles reflected inter-personal humor styles. For instance utilization of affiliative humor emphatically correlates with relationship satisfaction at two levels whereas; other styles of humor uncovered diverse impact at two levels. Like use of aggressive humor was contrarily connected with inter-personal relationship satisfaction but not with intra-personal. It also revealed significantly negative link among relationship satisfaction and regular use of self-defeating humor for those who utilize elevated amount of this humor style. Conversely no link was found among intra-personal level who once use this sort of humor.

Research has also strived to explore the connection between humor and relationship satisfaction. Results demonstrated that relationship satisfaction was identified with impression of the accomplice's humor more than the life partner's own humor. There was a noteworthy connection for spouses between their scores on humor appreciation and their relationship satisfaction. No connection was found for spouses between their humor scores and their relationship satisfaction. Findings from multiple stepwise regressions on humor scores revealed much of variance of marital satisfaction through reciprocity of couple perception of partners' humor (Ziv & Gadish, 2015).

Humor can be communicated from numerous points of view, some of which may not be viewed as showing a decent sense of humor or as being socially desirable. Utilizing the Humor Styles Questionnaire to anticipate worldwide evaluations of sense of humor for oneself and for a romantic partner demonstrated that exclusive versatile humor styles were dependably identified with sense of humor and that an affiliative style was the essential indicator. Practices related with versatile humor styles were judged as more socially alluring, with maladaptive humor utilizes being evaluated as plainly socially unwanted (Cann & Matson, 2014).

Humor, sometimes, may become more important than we think and affect variables like conflict resolution within a given relationship. A study was designed to explore association among use of positive, negative and instrumental humor with regards romantic relationship and relational well-being to as assessed by positive and negative pattern of conflict resolution. Conduct of couples while endeavoring to determine a relationship based clash was additionally coded by raters. Actor-Partner Interdependence Model (APIM) investigations demonstrated consequences of kind of humor used by partner and actor. In particular, positive humor utilization of the two accomplices anticipated more positive conflict resolution, while negative humor utilization of the two accomplices anticipated more negative conflict resolution. Furthermore, instrumental humor utilization of the two accomplices appeared to anticipate more noteworthy apathy during conflict resolution (Campbell & Moroz, 2014).

The following behavioral testing studies show, how people's utilization of affiliative and aggressive humor (spectator appraised) affected their romantic

partners' mood in social support context. It was additionally inspected whether the attachment orientations of the humor receiving partners moderated the humor effects. As anticipated, support providers' utilization of affiliative humor anticipated pre-to-post dialog diminishes in support recipients' negative state of mind. Partners' utilization of aggressive humor anticipated increments in negative disposition. The harmful impacts of more aggressive humor were exacerbated in individuals who were all more anxiously attached. Partners who utilized more affiliative humor were additionally more empathic, having more avoidant attached partner. Whereas those using more aggressive humor were less critical rather more supporting to their avoidant spouse conduct (Howland & Simpson, 2014).

Research also indicates a relationship between usage of humor and mental health of the individuals. It was accepted, in the research, that there would be a solid connection between humor and mental health furthermore, it was hypothesized that there would be gender differences in connection to use of humor for adapting to stress and it was additionally viewed as that there would be a distinction in compelling use of humor for adapting among school and college. Utilization of Pearson product-moment correlation coefficient demonstrated no connection between humor and mental health. For the second assumption, t-test was utilized, which revealed that sense of humor was more in females than males. Thus, it was also non-significant. To test the third speculation, t-test was utilized which demonstrated that humor in school was more than in college students (Tariq & Khan, 2013).

A longitudinal investigation studied humor perception in newborns ranging from 5 to 7 in response to parental influence through absurd incident. With use of inter-personal configuration parents interchange their smiles being emotional neutral and continue behaving silly toward their new born. Differentiation on the basis of groups revealed that new born of all ages chuckled despite of parental influence. Yet at age of 5, 6 and 7 months they smiled in response to parental humor signs. Through sequential analysis finding also depicted, infants of 7 months only responded to their parental humorous signs after looking event and don't take notice when parents were neutral (Mireault et.al., 2015).

Another study was design to investigate association among spitefulness and humor styles. Spitefulness was decidedly corresponded with negative humor style

(aggressive humor and self-defeating) and contrarily connected with the benign or positive humor styles (affiliative and self-enhancing humor). Taken together, these discoveries demonstrate that spiteful people will probably deprecate, corrupt, and hurt others and themselves by utilizing injurious humor styles. These discoveries expand our insight with respect to the associations between identity attributes and humor styles (Vrabel, Hill, & Shango, 2017).

Ford, McCreight, and Richardson (2014) aimed to analyze link between humor styles, and happiness, avoidance motive and dispositional approach. With regards to past research, approach intentions and the two positive humor styles (self-enhancing and affiliative) decidedly connected with happiness, though avoidance thought processes and the two negative humor styles (aggressive and self-defeating humor) adversely corresponded with happiness. Results indicated that approach thought processes related decidedly with self-enhancing and affiliative diversion styles. Second, avoidance thought processes associated with self-defeating humor style, and third, the positive connection between approach intentions and happiness was mediated by self-enhancing humor style.

Using typological approach, a study was design to between creativity and various humor styles. Two contending theories were analyzed that is; the positivity perspective recommended that constructive humor endorsers are more creative, though the intrapersonal inconstancy viewpoint proposes that general humor endorsers are more creative. Through a group examination, they categorized into four humor kinds that are; general diversion endorser, humor denier, positive humor endorser, and negative humor endorser. The outcomes uncovered that general humor endorser is the most significant factor in both creative potential and inventive attitude. The discoveries upheld the intrapersonal changeability point of view of innovativeness: people who hold unique or restricting components inside themselves have more noteworthy creativity (Chang, Chen, Hsu, Chan, & Chang, 2015).

Researchers have also explored meta-analytic correlations among relationship satisfaction in romantic relations and humor concluding from 3 hypothetical dimensions of humor; within-person/relational, positive/negative, instrumental/content free. Results indicated that all 6 kinds of positive humor significantly correlate with relationship satisfaction whereas 4 from 5 negative kinds

of humor relates negatively with satisfaction in relationship. Here, instrumental humor depicts no association with satisfaction. In case of relational dimension, partner perceived and relation humor depicts medium and large effect size whereas self-reported humor represented less association (Hall, 2015).

Humor does not only play its role in daily life incidents or relationships, it may cast a gross effect on work life of an employee. A research was design to explore the relationship between use of aggressive and affiliative humor by leader and standard relationship among leader and members through leader member exchange (LXM) along with assumption that recognition with leader will mediate the relationship. Outcome depicted that affiliative humor used by leader at time 1 is emphatically correlated with leader member exchange (LXM) at time 2, regardless of controlling leader member exchange at time 1. Similarly, aggressive humor was not significantly related to leader member exchange at time 2. Further it revealed that recognition with leader mediated association between leader member exchange (LXM) and use of affiliative humor by leader whereas recognition with leader did not mediated the relationship between leader member exchange and aggressive humor (Pundt & Herrmann, 2015).

Another study was designed in which meditational role of self-efficacy was tested in relationship between job satisfaction and humor use among bankers. Results suggested that mediating effect of self-efficacy between humor and job satisfaction was insignificant. Humor and perceived self-efficacy have an apparent adaptive value which assist people in developing satisfaction with their work, and helps people manage work related aggravations and stressful situations (Batool & Zubair, 2014).

Theories of Humor

Considerable three major theories of humor are as follow.

Incongruity theory. As per Kant (1804), incongruity is humor where the turn of phrase is ambiguous when its compared to settings (McCreddie & Wiggins, 2008). Retrospect to Aristotle, confusion is one of broadly acknowledged ideology hypothesis of humor to date (Morreall, 1989). Conflict between intellectual sequence and expectations during entertainment is named as delight. Individuals who are

capable of fixing incongruence are able to perceive humor during conversation (Banas et al., 2011). Be that as it may, researchers concur that humor includes the correspondence of various, incongruent implications which are interesting in either ways (Martin, 2007). According to Forabosco (1992) incongruence is the disparity from intellectual pattern of reference, determination and in addition cognitive command/capability as fundamental parts of the humor procedure. As per Martin (1998), exact proof for person and incongruity contrasts in means of wittiness depending on imaginative manners of thinking that are engaged with the creation and appreciation of humor. In an extensive evaluation, about incongruity and humor, Martin (2007) inferred that incongruity speculations don't satisfactorily represent all parts of humor. Specifically, the passionate and social parts of amusingness remain generally unexplained.

Superiority theory. According, to Plato and Aristotle, making fun of people on their old mistakes is named as superiority (Martin, 1998). McCreddie and Wiggins (2008) followed the Superiority Theory (partisan, demonization hypothesis). Hobbes (1679) evaluated aggressive humor kind as enjoying shortcoming and inconvenience of others. A commonplace topic is criticism and ridiculing the individuals who are less lucky or who digress from a given standard (Buijzen & Valkenburg, 2004). On the basis of aggressive rivalry, it is a kind of mocking at others because of their bad luck or who drifts from set ethics or norms (Banas et al., 2011). As indicated by Buijzen and Valkenburg (2004) and Meyer (2000), humor has an essentially enthusiastic capacity when giggling and gaiety come about because of considering one-self to be predominant, superior. According to Martin, 1998 superiority theory is the way to communicate hostile attitude through use of humor Martin (1998) concluded that superiority theory focuses manners by which pessimistic or antagonistic states of mind are communicated in form of humor. Further, it explains that people actually feel amusements in the jokes which degrade people they don't like and did not enjoy those jokes which degrade people to whom they belong.

Arousal theory. As per Freud, relief or release hypothesis suggests humor discharged by abundance nervous energy which covers different instincts and additional desires (McCreddie & Wiggins, 2008). A head-way of arousal hypothesis

portrays joy from expanding excitement to an ideal level (Martin, 2007). The arousal-relief hypothesis is basically been investigated in the psychoanalytic custom (Ferguson & Ford, 2008) by testing the purgation speculation. Ferguson and Ford (2008) comparably inferred, introduction to antagonistic humor is identified with more articulations of animosity, however a few investigations found a relationship between threatening humor, thankfulness and decreases in hostility and pressure (Singer, 1968).

Emotional Intelligence (EI)

According to Emmerling and Goleman (2003), there are various definitions of emotional intelligence that are complementary to each other and each one aims at understanding one's own and others emotions. Salovey and Mayer (1990) devised term emotional intelligence and they described it as a subset of social intelligence which makes individuals capable to understand his emotions and emotions of others and guide them how they can use emotion to express their thinking and actions. EI is a revolutionary construct in positive psychology; it is rooted in academic achievement (Blanchard et al., 2003), a decreased likelihood of aggressive behavior (Bracket & Mayer, 2003) and positively relating to others (Cote, Lopes, Salovey, & Bears, 2003). EI plays essential role in education (Payton et al., 2000), human resource management including teamwork and building positive relationships with others (Cote, Lopes, & Salovey, 2003), and in politics including the effect of emotions on decision making and behavior (Marcus, Neuman, & Mackuen, 2000) and family dynamics (Elias, Tobias, & Friedlander, 1999). Thus EI is an important construct to study along with various variable's.

Researches on Emotional Intelligence

Much of researches indicated relationship between emotional intelligence and marital satisfaction. A study was conducted to inspect the link among marital satisfaction and emotional intelligence between married individuals. The design of study is comparative and method used is descriptive analytic done on 226 individuals including 114 people (50 ladies and 64 men) having marital clashes, and 112 individuals (58 ladies and 54 men) having marital satisfaction. Bar-on (with 90

inquiries) and Enrich marital satisfaction (115 inquiries) polls were utilized for gathering the required data. The outcomes from the examination demonstrated that the scores of emotional intelligence in married couples having marriage clashes who had alluded to impartiality was 57.3 ± 13.2 , and the irregular example from the wedded individuals in the city of Isfahan as the contrasting gathering had the score of 67.2 ± 9.5 , and the distinction of the normal scores for the emotional intelligence for the two gatherings was noteworthy ($P < 0.001$). The connection examination demonstrated that there was a noteworthy and positive connection between emotional intelligence and marital satisfaction ($P < 0.001$, $r = 0.529$). The aftereffects of straight relapse likewise demonstrated that the general emotional intelligence predicts the nature of marital satisfaction. The feeling of the anticipating line of the marital satisfaction score (y) is as: $y = 14.8 + 0.656x$, by utilizing the emotional intelligence scores (x) (Eslami, Hasanzadeh, & Jamshidi, 2014).

Similarly, another research determines effect of emotional intelligence in marital satisfaction. The purpose is to recognize attributes of marital satisfaction and emotional intelligence and association among them. Particular aims are: to examine the effect of spouses' emotional intelligence applied on their marital satisfaction; to distinguish the contrast between a steady couple association as far as the spouses' emotional intelligence. Finding favored nearly all objectives. No distinction is found substantially on emotional intelligence whereas noteworthy contrast was found on subscales on basis of gender, in couples engaged in steady relationship. Positive correlation was found between subscales of emotional intelligence (i.e., regulation of emotions and others-emotional appraisal) and marital satisfaction. Notable difference was found on basis of gender engaged in steady relation on regulation of emotions and others-emotional appraisal. Hence, findings depicted that to conserve partner's coherence; self-awareness, confidence and growing emotional intelligence are essential component (Anghel, 2016)

Madahi and Samadzadeh (2013) aimed to explore association among multifaceted domain of emotional intelligence including self-regard (SR), empathy (EM), social responsibility (SR), impulse control (IC), self-actualization (SA), reality testing (RT) and happiness (HA) between married and single university students. Findings suggested noteworthy distinction of emotional intelligence domain among single and married students. Results depicted that married students achieved scores on

self-regard, empathy, reality testing, social responsibility, impulse control and self-actualization. However, non-married students scored only on optimism and happiness. Hence, it is evaluated that level emotional intelligence is strongly predicted through marital status

Research also investigated the association among relation satisfaction of partners obtaining marital therapy and multifaceted domains of emotion regulation. Outcome shows no association among relationship satisfaction and emotional intelligence additionally, it revealed distinct influence of different domains of emotion regulation. Relationship satisfaction was emphatically correlated to perceived approach to emotion regulation technique in two genders. Identification of emotions is significantly related to satisfaction in females whereas it is negatively linked with satisfaction in males. Noteworthy association was found in satisfaction of husband's with wives' impulse controlling however, negative relation was found among wives' understanding of emotions with husband's relationship satisfaction. Emotion regulation domain for males depicted no spouse influence (Rick, 2015).

A study by Batool and Khalid (2012) examined the role of emotional intelligence in the prediction of marital quality in Pakistani scenario. Results revealed significant positive relationship between emotional intelligence and indicators of marital quality, i.e., marital adjustment and conflict resolution. Emotional intelligence explained 48% variance in marital adjustment and 56% variance in conflict resolution. Interpersonal skill including domains of emotional intelligence (i.e., impulse control, empathy and optimism) appeared to be salient predictors of marital quality.

Research has also strived to investigate the connection between ability emotional intelligence (EI), positive and negative effect, and life satisfaction. Correlational outcomes demonstrated that ability EI was noticeable and emphatically connected with life satisfaction and positive effect, and contrarily with negative effect. Accordingly, positive and negative influence has noteworthy link with life satisfaction. Investigations showed that both positive and negative influence assumed a completely mediating part in the connection amongst EI and life satisfaction (Extremera & Rey, 2016).

Emotional intelligence not only relates with marital satisfaction yet it also depicts association with use of humor and humor styles. A research is designed to inspect the link among humor styles, cognitive emotional intelligence and emotional intelligence. Outcome depicted significant relation among adaptive humor styles and emotional intelligence where cognitive intelligence showed no relation with use of humor styles. Furthermore, self-enhancing and affiliative humor is predicted by emotional intelligence (Ogurlu, 2015).

Yip and Martin (2015) aimed to examine relationship between social competence, sense of humor and emotional intelligence (EI). Outcome revealed significant relationship of trait cheerfulness and self-enhancing humor with emotional management ability and negative relation with trait bad mood. Additionally, it depicted negative association of self-defeating and aggressive humor with ability to accurately perceive emotions. Different sections of social competence is significantly related to trait cheerfulness and positive humor styles while social competence is negatively related to trait bad mood and negative humor styles. However, much of social competence domains were significantly related with dimensions of emotional management of EI.

Another study was designed to inspect relationship among humor styles and emotional intelligence (EI). The study utilized a unique audio-visual humor appreciation measure (AVHAM) which is linked to factorial validity, with three significantly related components (children, animal and aggressive). While convergent validity noticed, revealed conceptually persistent and acceptable link among humor style questionnaire and audio-visual humor appreciation measure (AVHAM). Whereas incremental predictive validity depicted no link of humor appreciation with emotional intelligence but was related humor styles (Gignac, Karatamoglou, Wee, & Palacios, 2014).

Emotional intelligence isn't an acquired trait or influence of someone it is an innate construct as research indicates. Vernon et al., (2009) analyze the environmental and genetic elements among trait emotional intelligence and humor styles. Results suggested strongly significant phenotypic association among trait emotional intelligence (global trait EI, well-being, emotionality, self-control and sociability) and humor styles (self-defeating, aggressive, affiliative and self-enhancing). Significantly

strong correlation was found among genetic and personal environmental elements with noticed phenotypically correlated characteristics.

Nelis et al., (2009) proposed a study to explore whether it's possible to increase EI using a controlled experimental design. Results demonstrated significant increase in emotion identification and emotion management abilities in the training group. Follow-up of 6 months revealed that these changes were persistent. No significant change was observed in the control group. These findings suggest anew pathway for further research and treatment.

Emotional intelligence also play key role in determining health, attachment styles, and influence of personality other than exploring marital satisfaction and use of humor as suggested by many of researches. A research was designed to explore association between subjective well-being, gratitude and emotional intelligence. Outcome suggested emphatically positive relationship of subjective well-being and gratitude with emotional intelligence, also that gratitude is significantly linked with subjective well-being and it slightly mediates the positive association of subjective well-being with emotional intelligence. Bootstrapping depicted subordinate influence of emotional intelligence on subjective-wellbeing through gratitude (Geng, 2016).

Similarly, a study was designed to evaluate attachment style as predictor of emotional intelligence by using subscales of emotional intelligence; intrapersonal, interpersonal, adaptability, stress management, and general mood. Significant positive correlation was reported between secure attachment style and all subscales of emotional intelligence abilities. It is also found that attachment styles significantly explain emotional intelligence and secure attachment style predict all sub-dimensions of emotional intelligence (Hamarta, Deniz, & Saltali, 2009).

Research has also examined the mediating part of emotional intelligence in the connection between adults insecure attachment and subjective ill health. Outcome revealed that both insecure attachment and avoidant insecure attachment results into decreased emotional intelligence which thus was identified with poorer subjective wellbeing. Emotional intelligence somewhat mediates the connection among anxious insecurity and health issues. On other hand emotional intelligence completely

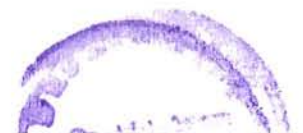
mediates the connection between avoidant attachment and health concerns. Outcome favors model in which insecure attachment results into shortfalls in emotional intelligence, which thus is identified with poorer health outcomes (Marks, Horrocks, & Schutte, 2016).

Emotional intelligence was also studied in relation to academics and coping techniques as following researches presents. A comparative study by Gujjar, Naoreen, Aslam & Khattak (2010) was setup to explore emotional intelligence among university students by using Wong & Law Emotional Intelligence Scale (WLIS). Significantly positive correlations were found with age, gender, qualification as well as the educational institution in which students were enrolled on the basis of emotional intelligence

Research also aimed to examine the relationship between emotional intelligence (EI) and coping styles with stress in a sample of students. Results demonstrates that EI was positively associated with problem-focused and positive emotional focused coping styles, and negatively associated with negative emotional focused coping style. It is concluded that EI is supposed to influence coping strategies through management and regulation of emotions, utilization and facilitation of emotions, and appraisal of emotions (Noorbakhsh, Besharat, & Zarei, 2010).

Research have also analyzed support and coping as indicators of well-being and stress. It likewise meant to explore how EI, estimated as ability. Modeling recommended that social support has more powerful impact than coping style on well-being, in spite of the fact that avoidance coping made a novel supplement to bring down well-being. EI was related with social support, however not to coping. It is evaluated that social support is basic for well-being, far beyond coping, persistent with hypothetical points of view that stresses at the significance of social involvement in pre-adulthood. Capacity EI seems to have just an unassuming impact on emotional functioning amid youthfulness (Zeidner, Matthews, & Shemesh, 2016).

Emotional intelligence being a vast construct was also studied in association to aggression. Research investigated the connection between ability emotional intelligence (AEI) and aggression in both grown-ups and youths, utilizing cross-sectional and longitudinal outlines. Two investigations were directed. Study 1 planned



to give fundamental confirmation about the connection between ability emotional intelligence (AEI) and aggression in grown-ups. By controlling personality traits, outcome demonstrated ability emotional intelligence (AEI) describes noteworthy difference for physical aggression, yet not for verbal aggression. Study 2 pointed a longitudinal investigation of the connection amongst EI and aggression. Ability emotional intelligence (AEI) anticipated physical aggression with passage of time however, it didn't foresee verbal aggression. Findings from the two investigations propose a negative and noteworthy connection amongst AEI and physical aggression, but it didn't for verbal aggression (Garcia-Sancho, Andez-Berrocal, & Salguero, 2017).

The study aimed to analyze connection among emotional intelligence and aggression. Together, these investigations give solid proof that emotional intelligence and aggressive behaviors are adversely related: individuals with higher EI demonstrate less aggression. This relationship seems, by all accounts, to be reliable crosswise over ages (from adolescence to adulthood), societies, kinds of aggression, and EI measures (Garcia-Sancho, Andez-Berrocal, & Salguero, 2014).

Lopez-Zafra and Gartzia (2014) analyzed the stereotyped idea of self-report instruments of EI from the two primary hypothetical EI approaches (ability based and mixed models). Results demonstrate that most EI measurements include gender prejudice, as far as being seen as more normal for one gender or the other. An in-group gender inclination showed up especially among female members whereby they ascribed higher scores to ladies than to men in most EI measurements. Men additionally supported men giving higher scores than ladies did in some portion of the measurements. These outcomes propose that self-report EI measures might be impacted by gender bias stereotypes.

Theories of EI

There are three models or theories of EI which are as follow.

Mayer-Salovey-Caruso ability model. The conceptualized model Ability-Based Emotional Intelligence is based on the work of Gardner and his perspective on personal intelligence. Model consist of five broad categories including knowing one's

own emotions, managing one's own emotions, self-motivation, recognizing emotions of others and handling relationships with others. Salovey and Mayer, (1990) reevaluated emotional intelligence and suggested four branches in which emotional perception is the first branch that is the capability of person to be aware of one's own emotion, their expression and understanding of others emotional needs. It also includes person's capability to differentiate various emotional expressions. The second branch, emotional assimilation, is the capability of individual to understand emotions and exhibit the required and accurate emotions accordingly using thought process. For instance, positive mood state make person determined, goal oriented and solution oriented but situation requirements should be kept in mind. The third branch, emotional understanding, is the ability to comprehend composite of emotions and their ability to recognize transformation from one emotion to the other such as the transition from anger to satisfaction or from anger to shame. Lastly, the fourth branch, emotional management, is capability to stay open to all types of emotions either good or bad and ability to stay connected or detached depending upon person's understanding of environment. It also includes regulation of emotion in oneself and others. Mayer et al. (1990) stated that the four branches function hierarchically with increase in complexity of emotional type as emotions acting are most basic or bottom branch, and emotional management as the most complex or top branch.

Bar-On's mixed model. Word Emotional Quotient (EQ) is devised by Bar-On's in his doctoral dissertation that is parallel to Intelligent Quotient (IQ). He presented his model in 1998 and his model consists of various aspects containing cognitive ability and aspects of personality, health and well-being. The theory considers aptitude for performance and success and focus on process-orientation rather than outcome-orientation. According to him, EI is a construct related to non-cognitive capabilities, competencies and skills that help individuals to be progressive by tolerating pressure through problem solving techniques. It is further divided into four categories which interact with each other including intrapersonal domain which includes emotional awareness, assertiveness, independence, self-regard and self-actualization. Interpersonal domain includes empathy, social responsibility and interpersonal relationships. Stress management includes stress tolerance and impulse control and Mood includes happiness and optimism.

Goleman's competency model. Goleman (1995) coined the concept of emotional intelligence in his book of Emotional Intelligence. According to him, emotional intelligence is ability to motivate oneself and tolerate adversities; to have control on anger and patience; to regulate mood and keep distress from swamping the ability to think to empathize and to hope. Goleman's model outlines the five constructs of emotional intelligence.

Self-awareness. Capability of person to identify emotion as it's the key to EQ. Understanding of true feeling helps in developing self-awareness. If individual is able to comprehend his emotions, he can regulate them as well. The key component of self-awareness are emotional awareness that is ability to understand ones owns emotions and their impact and self-confidence that is giving value to self with believe on capabilities.

Self-regulation. It is not easy to have control over while experiencing emotions. To endure such state optimistically number of techniques is used like taking a long walk and meditation or prayer. Other than this self-regulation is the key component which includes following factors. Self-control that is tolerance to frustration, Trustworthiness that includes following norms of morality and nobility, Conscientiousness that is being responsible for your actions, Adaptability which includes acceptance and adjustability to change and Innovation that is novelty and openness towards uniqueness.

Motivation. Goal orientation and positive attitude is key factor to motivation. Either there is in-built positive or negative attitude but little effort and learning helps in practice optimistic thinking. Optimistic thinking helps the individual to reframe negative thoughts into positive one which helps achievement of goals. Motivation is made up of following factors that are Achievement drive which is persistent hard work to achieve desired goals, Commitment that is the ability to work with group in responsible manner, Initiative that is preparing self for attaining of goals and Optimism which includes motivated working on goals despite of hurdles.

Empathy. It is a person's ability to view people from their point of view that how important success and career is for them. The more skillful you are at understanding and discriminating actual feeling of others from depicting signals, more accordingly you can communicate. An empathetic person excels at Service orientation that is understanding, helpful and identifying other's need, Developing others which

includes perceiving aptitude of others and encouraging their abilities, Leveraging diversity that is providing a variety of platforms, Political awareness which is knowing individual status with respect to society and Understanding others that is recognizing desires of others.

Social skills. Good communication skills can become step of success in life and career. The flourishing technology is acquiring whole world making connections more strong. Thus, “people skills” are even more important now because you must possess a high EQ to better understand, empathize and negotiate with others in a global economy. Among the most useful skills are Influence that is using compelling influence strategies, Communication includes sending clear messages, Leadership that includes rousing and controlling gatherings and individuals, Change catalyst which is starting or overseeing change, Conflict management includes understanding, arranging and settling contradictions, Building bonds which is supporting instrumental connections, Collaboration and cooperation that includes working with others toward shared objectives and Team capabilities includes making bunch cooperative energy in seeking after aggregate objectives.

Marital Satisfaction

Marital satisfaction is a construct that is defined as give and take in a marital relationship. It is also said to be cost benefit relationship in which as much as you put in a relation, less satisfied you be in general if you do not get same care and love back. According to Vries (2006) marriage is more than love which is made up of responsibility, efforts, health, illness, finance, stress, problems, and management. It contains being young and becoming old, dealing with small and big problems, coping with internal and external hardships and threats and much more.

Ramcharan (2008) defined two components of marriage. One is concrete (sexual desire etc.) and the other is abstract (love, respect, adore etc.); that correspond to body and divine. Both of the component gradually assimilates with passage of time and at a particular point of time the later aspect (love, respect, adore etc.) becomes evident. Marriage is pure and very sensitive relation so it shouldn't be handled carelessly. Korchin (1967) is of the view that marriage is the construct of mutual relation in which both partners share responsibility to avoid conflict. It is where spouse trust and examine their issues with thoughtful approach (Vanfossen, 1981).

Factors Effecting Marital Satisfaction

Jane (1999) recognizes six factors that can play vital role in satisfaction of married life:

Expression of affection. It refers to unconditional love and regard for partner without expectations. It demands reciprocity and need a constant praise through words, expression and actions. It requires equal status and importance involving and respecting each other in all manners and paying regards to each other

Communicating. At start it is difficult to communicate even to express with each other freely but with passage of time when both partners come close to each other, their bond become strong. They start to understand each other gradually, and when intimacy increases, both become used to of each other and then a time comes when both can understand non-verbal communication with each other. It's a gradual process that develops along with development of their comfort zone.

Consensus. It is a concept which explains relationship more in terms of individual differences. As people with two different personalities lead life with consensus of each other. Though, it is not compulsory that both should have agreement with each other all the time but to live life with peace and satisfaction, it is must to compromise and understand each other in certain situations. It includes style of parenting, financial assets, home environment and relationship with others.

Sexuality and intimacy. Sex is basic need of life that satisfies individuals. In martial life, it is the element that bond individuals with each other and increases intimacy. It assures spouse about his/her worth. It keeps couple to believe each other and remain in contact with each other. It intensifies the relation with passage of time.

Conflict management. The major concept of satisfaction is to handle and manage situation while they are going worse. Arising of conflict in relationship is not an issue but not ruling out reason of conflict or intensifying the reasons of conflict leads to unmanaged, unsatisfied marriage. Management is skill to live life and in married life, management skills of every type make life happier and healthier.

Distribution of roles. It also plays vital role in satisfaction of life as distributing roles to each other increases love and intimacy making life satisfied.

These role distribution changes with passage of time and changing circumstances but it gives sense of care and support from both individual in relation.

Researches on Marital Satisfaction

The study was designed to inspect trajectories of marital satisfaction among two sexes with reference to physical attraction of partner. Outcome depicted stronger role of spouse's physical attraction for males as compare to females. These results support the idea that physical attraction plays a key role in maintenance of long term bondage among couples. Thus, it is concludes that satisfaction last till spouses' physical attraction for males and rating of time period of attraction revealed an average time period of four years (Meltzer, McNulty, Jackson, & Karney, 2014).

A similar research discovered interaction among partners' constancy of sexual intercourse, sexual satisfaction, negative and positive nonsexual interpersonal behaviors and feeling of marital satisfaction through second, third and fourteen years of marriage. Results showed that females did not administer positive interpersonal behavior toward their spouse were as males do. Despite of gender nor positivity neither negativity revealed the constancy of partners involved in sexual intercourse. Sexual satisfaction among both genders is depicted through interpersonal negativity and constancy of intercourse. Results suggested, sexual satisfaction, interpersonal behaviors and constancy of sexual mating accompany each other but when it comes to marital satisfaction only constancy of sexual mating relates. Whereas feeling of marital satisfaction is predicted only by satisfaction from sex life rather than constancy of intercourse (Schoenfeld, Loving, Pope, Huston, & Tulhofer, 2017).

It has been observed that social support plays an important role for married individuals. A research studied relation among depression and marital satisfaction and also discovers the mediating role of perceived social support among association of depression with marital satisfaction in married individuals. Outcome favors significant link between depression and marital satisfaction. Further, it showed positive relationship among perceived social support and marital satisfaction. Result also depicts perceived social support as significant predictor of depression. Similarly, results suggested mediating role of perceived social support among depression with marital satisfaction (Khan & Aftab, 2013).

The study aimed to analyze early and late marriages' association with life satisfaction and marital adjustment. The purpose of research is to determine consequences of age on life satisfaction and marital adjustment in late and early marriages. Outcome revealed strongly positive relation among life satisfaction and marital adjustment. Results also showed noteworthy distinction on marital adjustment and life satisfaction among late and early marriages. In addition to this, late marriages have revealed high level of marital adjustment and life satisfaction (Arshad, Mohsin, & Mahmood, 2014).

Another research indicated that expression of emotions can be an important factor in married life by investigating link among capability to express sentiments of marital satisfaction and spousal support and also to inspect the degree to which proximity expression of marital satisfaction and spousal support can forecast marital satisfaction. Outcome favored marital satisfaction and all sub-directions of spousal support. Furthermore, spousal support was found to be strong predictor of marital satisfaction. It also revealed proximity emotion of expression to be emphatically correlated with marital satisfaction and there is no association between expression of negative and positive feelings. Multiple regression analysis depicted no link between marital satisfaction and expression of sentiments (Yedirir & Hamarta, 2015).

There seems to be gender differences when it comes to experiencing marital life satisfaction. The aim of a meta-analysis was to experimentally test the hypothesis which says females experience lower marital satisfaction as compare to males. Results suggested slightly significant distinction between two genders on marital satisfaction revealing wife's to be moderately less satisfied as compare to husbands'. Here, moderator analysis showed that difference is because of addition of clinical sample (wives' undergoing marital therapy). Whereas results of non-clinical sample shows no gender difference on marital satisfaction (Jackson, Miller, Oka, & Henry, 2014).

Another study investigated contrast in elderly people appraisal of negative and positive features of their marriage, figuring out the link that how these appraisals associate with marital satisfaction in whole world, and also to determine those unique marital accounts linked with overall satisfaction among males and females. Findings revealed that males responded emphatically to marital evaluation on items such as positive behavior of women towards their men in contrast to females. Classification

revealed three marital accounts: negative, positive-negative and positive. However, satisfaction of marriage is best described by positive appraisal in two genders but these are more essential for females than males. Whereas negative profiles accounts more for males (Boerner, Jopp, Carr, Sosinsky, & Kim, 2014).

Theoretical Models of Marital Satisfaction

Some theoretical models of marital satisfaction are as follow.

Psychodynamics model. The model is of the view that marital satisfaction greatly depends upon gratification of narcissistic requirements (Shah, 2004). Selection of mate depends upon some unattained age ideals. Couples are usually attracted by shared developmental failures (Skinner, 1980). It is reported that similarity of need for affiliation, aggression, autonomy and nurturance were found to be associated with marital satisfaction. In fact, the association between spouse similarity and marital success is highly replaceable (Isaac & Shah, 2004).

Role expectation model. The basic assumption of this model is that marital satisfaction seems to more congruent between the role expectation of spouse and role performance of the other spouse than to any specific pattern of role. Marital satisfaction also depends on ability of marital partner to define and enact maturely satisfying roles (Lewis & Spaniser, 1980).

It is basically concerned with how does one perceives the action and activities of the others according to his own liking and disliking, and his own role desirability and role expectations. The theory states that when an individual indulges in those activities which are according to his fellow men, the activities performed by him are considered acceptable, and those which are contradictory with the already existing system are dejected, less approved or strongly disliked.

Nye and McLaughlin (1976) have developed a role competence theory of marital satisfaction as it is based on notion (Isaac & Shah, 2004) that a husband or a wife is satisfied to the extent that he or she feels the spouse is satisfying certain role expectation.

Social exchange model. The model says that in marital satisfaction, the extent to which there is the economic exchange of needed and valued such as companionship, sex, sharing of household labor, care giving and nurturance and

opportunities for giving care and nurturance to the other person, the more would be the married life satisfied.

Sager (1976), in his theory of marital satisfaction explains marriage dyadic relationship system dependent upon both conscious and unconscious expectation. These expectations function as agreement at which partners are bound on and on which relationship's quality and survival depend (Shah, 2004).

Family life cycle perspective. Many studies documented a slight curvilinear relationship between family life cycle and marital satisfaction, with the child dependent years being the period with lowest reported score of marital satisfaction (White, 1990). Other researchers (Rollin et, al., 1974) suggested that additional variance in marital satisfaction may be explained by role expectation, role accumulation, role strain and perception of role enactment. They suggested that marital satisfaction may be maximized throughout family life cycle by altering role expectation and monitoring the accumulation of roles and resulting role strain (Isaac & Shah, 2004).

Kamo (1998) described the marital satisfaction in marital life span as the U-shaped relationship, where marital satisfaction is higher right from the start of marriage, then come a decrease in it and again there is seen elevation in the older age. This clarifies that in very early days, companionship is the component of higher marital satisfaction, whereas transition of couple to parenthood cause the beginning of stressful years for marital satisfaction, here it decreases, but in older age when couple is free of stress and worries of their children, there is again an increase in marital satisfaction.

Theoretical Framework for Humor, Emotional Intelligence and Marital Satisfaction

Baxter and Matgomery proposed relational dialect theory in 1998. The theory is basically communicational in nature that works to sort out interpersonal conflicts. The root of theory lies in notion of extremism that is the actual cause of opposition. The major relational dialects are openness and closeness; both individuals being partner are open to each other but at the sometime the need some privacy as person. Certainty and uncertainty; during stable period of life both partners support each other with understanding and cooperation but as the problem arise the stressful mental state

lead to uncertainty that give rise to conflict between two. Connectedness and separateness; the intimacy between two individuals as couple but too much attachment interferes with person identity as separate individual.

Thus the theory describes the present concept as use of affiliative humor will represent openness among couples whereas use of aggressive humor indicates the closeness. And also the use of style of humor will predict the openness and closeness between partners. Certainty and uncertainty in relationship will depict the emotional intelligence of person as individual and as, partner as well. That how will they interpret, manage and behave in particular circumstances. However, marital satisfaction will predict the connectedness and separateness of partners; higher the marital satisfaction more will be partners affiliate with each other, lower the marital satisfaction more will be couple requires separateness or time spend alone.

Rationale of the study

The present research conducted aims to add in growth of successful married life. The study which is aimed to be persuading positively add in growth of successful married life. As in present era, the rate of divorce is increasing day by day that is only because race of being successful and wealthier have made people to forget about constructs like happiness and satisfaction. The present research will give individual an idea to look differently toward use of humor.

In previous literature work on EI is majorly related to academics. It is explored more in terms of occupation and education rather than in intimate relations. The present study aimed to contribute the role of EI in interpersonal relationships which will help the individual to understand their partners' emotions and regulate their own feelings in different situation. It will give them insight about each other's emotions.

The construct of martial satisfaction is very complex and diverse in nature. It is mostly misunderstood with happiness as it is related to cognition where happiness is related to worldly desires. The present research measures marital satisfaction in more unique way by examining it with use of humor style and emotional intelligence. Martial satisfaction is basis of happy, satisfied life. Conflict on marital life make person stressed and frustrated all the time that ultimate effects individual functioning in other areas of life.

Keeping in view the Pakistani culture related to marriage, the present study will give new insight to people about married life, use of humor and regulation of emotions. There exists a typical concept related to marriage in which frustration is always displaced inside home. On the other hand, humor is mostly used with friends or in social gathering and regulation of emotion is not bothered inside home. The research will play important role in breaking such assumptions while looking into the factors which can increase intimacy between couple and bring about marital satisfaction in couples.

Chapter II

Method

Objectives

Following are the objectives of current study:

1. To determine the relationship between humor, emotional intelligence and marital satisfaction.
2. To evaluate the effect of humor and emotional intelligence on marital satisfaction.
3. To explore the relationship of study variables with demographic variables including age, gender, education, nature of marriage, family system, duration of marriage and number of children.

Hypothesis

Following hypothesis are formulated in order to fulfill study objectives:

1. Affiliative humor will positively predict emotional intelligence and marital satisfaction.
2. Aggressive humor will negatively predict emotional intelligence and marital satisfaction.
3. Emotional intelligence will positively predict marital satisfaction.
4. Females will score higher on affiliative humor as compared to males whereas; males will score higher on aggressive humor as compared to females.
5. Females will score higher on emotional intelligence and marital satisfaction as compared to males.
6. Working individuals will score higher on emotional intelligence as compare to non-working individuals.
7. Working individuals will score higher on affiliative humor and marital satisfaction whereas; non-working individuals will score higher on aggressive humor and will have low marital satisfaction.
8. Individuals with love marriage will score higher on humor, emotional intelligence and marital satisfaction as compared to individuals with arranged marriage.

9. Individuals with joint family system will score higher on humor, emotional intelligence, and marital satisfaction as compared to individuals with nuclear family system.
10. Individuals in early adulthood will score higher on humor whereas; individuals in middle adulthood will score higher on emotional intelligence.

Operational Definition

Humor. Humor is the quality of action, speech, or writing which excites amusement, oddity, jocularity, facetiousness, comicality, and fun (Simpson & Weiner, 1989). In current research, humor was operational as scores on humor styles in relationships-partner version scale which had two subscale affiliative humor and aggressive humor. High score on respective scale indicates presence of higher level of respective style.

Emotional intelligence. It is defined as ability to identify and manage one's own emotions and emotions of others (Burton, 2016). In current research, emotional intelligence was operational as score on emotional intelligence scale which had four subscales self-emotional appraisal, others-emotional appraisal, use of emotions and regulation of emotions. High scores show high emotional intelligence.

Marital satisfaction. Korchin (1967) defined marital satisfaction as situation where both spouse are free of clash regarding dominance, accountability independence, compliance and have respect and warmth for each other. In current research marital satisfaction was operationalized as score on ENRICH marital satisfaction scale having reverse scoring with nine positive and nine negative items.

Instruments

Demographic sheet. A demographic sheet was developed to obtain specific information for the participants. The sheet included gender, age, education, nature of marriage, family system, number of children, working status and duration of marriage.

Humor Styles in Relationships-Partner Version (HSR-P). Humor style in relationship-partner version (Carid, 2015) was used in present study to measure use of humor among married individuals. Married individuals are required to answer 18 items of each aggressive and affiliative humor style. The item numbers for affiliative

humor style are 1, 2, 3, 6, 8, 10, 11, 13 and 17. For aggressive humor style, items are 4, 5, 7, 9, 12, 14, 15, 16 and 18. Individuals respond using a 7 point scale (1= not very much to 7= a great deal) (see appendix A). The reliability of affiliative humor style is .76 and aggressive humor style is .89. High scores on affiliative humor will represent more use of following humor style. Similarly high scores on aggressive humor will indicate more use of aggressive humor and vice versa (Carid, 2015).

Emotional Intelligence Scale (EIS). Emotional intelligence scale (Wong & Law, 2000) was used in present study to measure emotional intelligence. Individuals are required to answer 16 items of emotional intelligence. It has four subscales and each scale has 4 items. Self-emotional appraisal subscale (SEA) includes item numbers 1, 2, 3, and 4. Others-emotional appraisal subscale (OEA) includes item number 5, 6, 7 and 8. Item numbers for use of emotions subscale (UOE) are 9, 10, 11 and 12 and item numbers for regulation of emotions (ROE) are 13, 14, 15 and 16. Individuals responded on 6 point likert scale (1= strongly disagree, 6= strongly agree) (see appendix B). The internal consistency for this scale was .94 and reliabilities for the subscales are .83, .92, .83 and .81 for self-emotional appraisal, others-emotional appraisal, use of emotion, and regulation of emotions subscales respectively (Wong & Law, 2000).

ENRICH Marital Satisfaction Scale (EMSS). ENRICH marital satisfaction scale (Fowers & Olson, 1993) was used in present study to measure satisfaction level of married individuals. Individuals are required to answer 15 items. The scale has 9 positive and 6 negative items. Positive items are 1, 3, 4, 6, 7, 10, 11, 13 and 15. Negative items are 2, 5, 8, 9, 12 and 14. Individual responded on 5 point scale (1= strongly disagree and 5= strongly agree). The reliability coefficient over time was .86. The item-total correlations for the Marital Satisfaction scale items are strong, ranging from .52 to .82 with a mean of .65 for men and .68 for women.

Sample

The sample of study included married individuals. Purposive sampling technique is used to collect data. There were 300 individuals including ($n=143$) males and ($n=157$) females. The inclusion criteria are as follow.

1. Participant included are individuals with and above 1 year of marriage.

2. Participant with education B.A or above were part of research sample.

Procedure

For conducting this research, survey method was used. Questionnaire booklet including the consent form and demographic sheet were made. Sample of married couples was approached through purposive sampling technique. Permission was taken from potential participants. Sample size consisted of 300 married individuals. Questionnaire was present in hard form and was given to each participant. It was instructed to mark the response that is best representative of individual feeling about particular question, not to leave any item unmarked. Informed consent was taken from individuals. And they were given full ethical protocol that only volunteers are welcomed; they are not forced to participate. They can quit whenever they want to and all private information will be remained confidential.

Chapter 3

Results

The study was conducted to explore the influence of emotional intelligence and humor on marital satisfaction. Psychometric properties of variables included mean, standard deviation, and alpha reliability. The relationship between variables was predicted by Correlation, ANOVA, t-test and Regression analysis.

Table 1

Demographics Characteristics of the Participants (N=300)

Demographics	F	%
Age		
Early adulthood	188	62.7
Middle adulthood	107	35.7
Late adulthood	4	1.3
Gender		
Male	143	47.7
Female	157	52.3
Education		
Bachelors	106	35.3
Masters	147	49.0
Mphil	37	12.3
Phd	10	3.3
Working Status		
Working	202	67.3
Non-working	98	32.7
Nature of Marriage		
Love	94	31.3
Arrange	205	68.3
Family System		
Nuclear	137	45.7
Joint	163	54.3
Duration of marriage	8.2*	7.8*
Number of children	2#	7#

Note. *represent mean and standard deviation; # represent median and range

Table illustrates the sample distribution of the demographics including age, gender, and education, nature of marriage, family system, working status, duration of marriage and number of children. Their percentages, frequencies, mean, median, range and standard deviation are also mentioned.

Table 2

Pearson Correlation of Humor Style in Relationship-Partner Version, Emotional Intelligence Scale and ENRICH Marital Satisfaction Scale (N=300)

Measures	1	2	3	4	5	6	7	8	9	10	11
d.marriage	-	.645**	-.111	-.131*	-.071	.060	.075	.007	.042	.068	.037
No.children		-	-.043	-.113	.034	-.034	-.073	-.092	-.044	.094	.040
HSR-P			-	.903**	.908**	.174**	.071	.154**	.157**	.188**	.373
AFF				-	.641**	.269**	.179**	.253**	.249**	.146**	.354
AGG					-	.050	-.048	.028	.038	.146*	.322
EIS						-	.861**	.835**	.837**	.709**	.255
SEA							-	.662**	.668**	.446**	.191
OEA								-	.640**	.428**	.195
UOE									-	.414**	.209
ROE										-	.203
EMSS											-

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions, D.MARRIAGE; duration of marriage, NO.CHILDREN; number of children. * $p < .05$. ** $p < .01$.

Table 2 shows the correlation between humor style partner-version (affiliative and aggressive humor), emotional intelligence scale (self-emotional appraisal, other emotional appraisal, use of emotions and regulation of emotion), ENRICH marital satisfaction scale, number of children and duration of marriage. Results depict significant relationship among all study variables. Here, duration of marriage is related to number of children. Correlation found is at $p < .01$, $p < .05$.

Table 3

Alpha Reliabilities and Descriptive Statistics for Humor Style in Relationship-Partner Version, Emotional Intelligence Scale & ENRICH Marital Satisfaction (N=300)

Measures	Items	α	M	SD	Range		Skewness	Kurtosis
					Actual	Potential		
HSR-P	18	.89	74.79	20.0	21-126	18-126	-.00	-.01
AFF	9	.83	39.26	10.9	9-63	9-63	-.09	-.23
AGG	9	.82	35.53	11.1	9-63	9-63	-.01	-.32
EIS	16	.89	70.26	13.5	20-96	16-96	-.69	.92
SEA	4	.81	17.60	4.41	4-24	4-20	-.82	.22
OEA	4	.72	17.89	3.93	4-24	4-20	-.62	.10
UOE	4	.76	18.13	4.07	4-24	4-20	-.83	.73
ROE	4	.73	16.64	4.23	4-24	4-20	-.33	-.03
EMSS	15	.67	51.59	8.02	20-70	15-75	-.24	1.0

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions.

Table 3 represents alpha reliability of scales and sub-scales and values mentioned above represent that scales and sub-scales are sufficiently reliable. It has been observed that the scale used have their-own skewness and kurtosis within desired range of +2 to -2. HSR-P analyzed for reliability using 18 items and which resulted into .89. Likewise, reliability of subscales (AFF and AGG) of HSR-P are .83 and .82 respectively. However alpha reliability of EIS analyzed using 16 items is .89. Similarly, the reliability of subscales (SEA, OEA, UOE, ROE) of EIS are analyzed into .81, .72, .76, .73 respectively. Reliability analyzed for EMSS resulted as .67.

Table 4

Gender Difference on Humor Partner-Version, Emotional Intelligence and Marital Satisfaction (N=300).

Variable	Male (n=143)		Female (n=157)		<i>t</i> (298)	<i>p</i>	95%CL		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
HSR-P	74.68	20.81	74.89	19.41	-.092	.92	-4.78	4.35	-0.01
AFF	39.27	11.18	39.25	10.76	.009	.99	-2.48	2.50	0.00
AGG	35.41	11.58	35.64	10.86	-.173	.86	-2.77	2.32	-0.02
EIS	69.30	14.87	71.13	12.09	-1.16	.24	-4.93	1.26	-0.14
SEA	17.08	4.85	18.08	3.92	-1.96	.05	-2.01	.003	-0.23
OEA	17.59	4.16	18.15	3.71	-1.22	.22	-1.45	0.33	-0.14
UOE	17.90	4.37	18.34	3.77	-.947	.34	-1.38	.484	-0.11
ROE	16.73	4.30	16.55	4.18	.367	.71	-.785	1.14	0.04
EMSS	51.27	8.80	51.88	7.25	-.647	.51	-2.45	1.23	-0.08

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions

Table 4 illustrates that two groups divided on the basis of gender differ slightly on their mean values. The results of table depict no such significant differences between males and females on any of the scale expect, in case of self-emotional appraisal ($t(298) = -1.96, p=0.5$) with females scoring high mean ($M=18.0$) as compare to males having mean value ($M=17.0$), sub-scale of emotional intelligence ($p < .05$).

Table 5

Measuring Working Status on Humor Partner-Version, Emotional Intelligence and Marital Satisfaction (N=300).

Variable	Working (n = 202)		Non-working (n = 98)		<i>t</i> (298)	<i>p</i>	95%CL		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
HSR-P	74.87	20.7	74.63	18.7	.094	.92	-4.63	5.10	0.01
AFF	39.69	11.3	38.37	10.1	.984	.32	-1.32	3.97	0.12
AGG	35.17	11.6	36.27	10.3	-.792	.42	-3.80	1.62	-0.10
EIS	70.97	13.8	68.80	12.5	1.31	.19	-1.09	5.44	0.16
SEA	17.60	4.54	17.61	4.14	-.024	.98	-1.08	1.05	0.00
OEA	18.10	4.08	17.44	3.60	1.43	.15	-.249	1.57	0.17
UOE	18.36	4.20	17.66	3.76	1.38	.16	-.292	1.67	0.17
ROE	16.91	4.26	16.08	4.14	1.61	.11	-.186	1.84	0.20
EMSS	51.56	8.42	51.64	7.15	-.079	.93	-2.02	1.86	-0.01

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions

Table 5 represents difference between working and non-working individuals on basis of study variables. The results indicated non-significant mean differences but the data pattern highlighted that working individuals have high means emotional intelligence scale and its subscales, self-emotional appraisal, other-emotional appraisal, use of emotions and regulation of emotions compared to non-working individuals

Table 6

Measuring Nature of Marriage on Humor Partner-Version, Emotional Intelligence and Marital Satisfaction (N=300).

Variable	Love (n = 94)		Arrange (n = 205)		t(298)	p	95%CL		Cohen's d
	M	SD	M	SD			LL	UL	
HSR-P	79.57	20.0	72.60	19.7	2.81	.00	2.10	11.8	0.35
AFF	41.98	10.6	38.04	10.9	2.95	.00	1.30	6.57	0.37
AGG	37.60	11.4	34.57	10.9	2.18	.03	.297	5.76	0.27
EIS	70.85	13.2	69.99	13.6	0.51	.60	-2.45	4.18	-
SEA	17.71	4.36	17.53	4.43	0.32	.74	-.902	1.26	-
OEA	18.18	3.97	17.75	3.93	.874	.38	-.538	1.39	-
UOE	18.01	3.68	18.19	4.25	-.343	.73	-1.17	.827	-
ROE	16.95	4.17	16.52	4.27	.814	.41	-.610	1.46	-
EMSS	51.57	7.38	51.62	8.32	-0.50	.96	-2.02	1.92	-

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions

Table 6 represent significant results on humor styles in relationship partner-version ($t(297) = 2.81, p = .00$), affiliative humor ($t(297) = 2.95, p = .00$) and aggressive humor ($t(297) = 2.18, p = .00$). The results indicated non-significant mean differences on rest of scales but the data pattern highlighted that love married individual scores high mean on all the constructs.

Table 7

Measuring Family system on Humor Partner-Version, Emotional Intelligence and Marital Satisfaction (N=300).

Variable	Nuclear (n = 137)		Joint (n = 163)		t(298)	p	95%CL		Cohen's d
	M	SD	M	SD			LL	UL	
HSR-P	71.09	18.10	77.90	21.12	-3.00	.00	11.272	2.357	-0.35
AFF	37.41	10.22	40.82	11.31	-2.71	.00	-5.878	-.936	-0.32
AGG	33.68	10.28	37.09	11.72	-2.65	.00	-5.936	-.878	-0.31
EIS	69.01	13.65	71.31	13.32	-1.46	.14	-5.366	.782	-0.17
SEA	17.48	4.52	17.71	4.32	-.437	.66	-1.231	.784	-0.05
OEA	17.72	3.91	18.02	3.97	-.661	.50	-1.201	.598	-0.08
UOE	17.72	4.24	18.47	3.90	-1.58	.11	-1.683	.184	-0.19
ROE	16.09	4.39	17.10	4.05	-2.08	.04	-1.978	-.056	-0.24
EMSS	50.23	8.44	52.73	7.48	-2.71	.00	-4.307	-.686	-0.32

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions.

Table 7 represents significant values on humor styles in relationship partner-version ($t(298) = -3.00, p = .00$), affiliative humor ($t(298) = -2.71, p = .00$) and on aggressive humor ($t(298) = -2.65, p = .00$). It also depicts significant results on regulation of emotions ($t(298) = -2.08, p = .04$) and on marital satisfaction ($t(298) = -2.71, p = .00$). Level of significance found is $p < .01, p < .05$.

Table 8

Measuring Age Difference on Humor Partner-Version, Emotional Intelligence and Marital Satisfaction (N=300).

Variable	Early adulthood (n=189)		Middle adulthood (n=107)		<i>t</i> (298)	<i>P</i>	95%CL		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
HSR-P	76.2	19.2	71.5	20.8	1.94	.05	-.057	9.61	0.24
AFF	40.2	10.8	37.2	10.7	2.25	.02	.366	5.51	0.28
AGG	36.0	10.8	34.2	11.6	1.33	.18	-.875	4.55	0.16
EIS	69.8	13.1	71.2	13.2	-.90	.36	-4.58	1.68	-0.11
SEA	17.4	4.39	17.9	4.31	-.91	.36	-1.52	.559	-0.12
OEA	17.9	3.96	17.9	3.75	-.00	.99	-.928	.925	0.00
UOE	18.1	3.79	18.2	4.29	-.29	.76	-1.09	.803	-0.03
ROE	16.3	4.48	17.1	3.55	-1.62	.10	-1.81	.171	-0.19
EMSS	51.3	7.81	51.9	8.32	-.59	.55	-2.48	1.33	-0.08

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions

Table 8 represents findings of independent sample t-test. Independent sample t-test was conducted to compare the results of age on humor styles in relationship partner-version, emotional intelligence and ENRICH marital satisfaction scale. Analysis revealed significant results on humor styles in relationship partner-version ($t(294) = 1.94, p=0.05$) with early adults (25-35 years) showing high mean ($M=76.2$) as compare to middle adults (36-55 years) depicting lower mean ($M=71.5$). Findings

also suggested noteworthy outcome on affiliative humor ($t(249) = 2.25, p=0.2$) with early adults showing high mean ($M=40.2$) as compare to middle adults representing lower mean ($M=10.7$). Furthermore, no other cue represented significant value. Whereas on emotional intelligence measure middle adults represented high mean ($M=71.2$) as compare to early adults illustrating lower mean ($M=69.8$). Significance level found is $p < .05$.

Table 9

One-way ANOVA Variance Analysis for education among study variable (N=300)

Variables	Bachelors (n = 106)		Master (n = 147)		Mphil/PhD (n = 47)		p	F	i-j	D (i-j)	95% CI	
	M	SD	M	SD	M	SD					LL	UL
HSR-P	73.6	19.8	73.1	18.3	82.4	23.9	.01	4.20**	3>1 3>2	8.86* 9.31*	72.5	77.0
AFF	38.3	10.6	38.0	10.1	45.0	12.2	.00	8.04***	3>1 3>2	6.62* 6.93*	38.0	40.5
AGG	35.2	11.2	35.1	10.3	37.4	13.6	.42	.85	-	-	34.26	36.8
EIS	70.5	12.5	68.0	13.6	76.5	13.4	.00	7.27***	3>1 3>2	5.99* 8.43*	68.7	71.7
SEA	17.8	3.99	16.8	4.61	19.3	4.19	.00	6.00***	3>2	2.45*	17.10	18.1
OEA	17.8	3.94	17.3	3.79	19.7	3.85	.00	7.14***	3>1 3>2	1.86* 2.44*	17.44	18.3
UOE	18.1	3.72	17.6	4.41	19.7	3.26	.00	5.08***	3>2	2.14*	17.6	18.5
ROE	16.6	4.05	16.3	4.18	17.7	4.68	.14	1.92	-	-	16.1	17.1
EMSS	51.5	8.22	51.2	8.21	52.7	6.92	.55	.58	-	-	50.6	52.5

Note. HSR-P = Humor Style in Relationship- Partner Version; EIS = Emotional Intelligence Scale; EMSS = ENRICH Marital Satisfaction Scale; AFF = Affiliative humor; AGG = Aggressive Humor; SEA = Self-emotional Appraisal; OEA= Others-emotional Appraisal; UOE = Use of Emotions; ROE= Regulation of Emotions

Table 9 illustrates One way Anova which is computed to compare the difference between groups. Education groups are formed on the basis of education level (i.e., bachelors, masters, Mphil and PhD) whereas Mphil and PhD levels of education are merged because of small number of individuals. Findings depicted that aggressive humor (subscale of humor styles in relationship partner-version), regulation of emotions (subscale of emotional intelligence) and ENRICH marital satisfaction scale has no statistically significant group difference. Analysis depicted significant results on humor styles in relationship partner-version ($t(299) = 4.20, p=0.1$) and on affiliative humor ($t(299) = 8.04, p=.00$). The examination also depicted significant results on emotional intelligence scale ($t(299) = 7.27, p=.00$), self-emotional appraisal ($t(299) = 6.00, p=.00$), other emotional appraisal ($t(299) = 7.14, p=.00$) and use of emotions ($t(299) = 5.08, p=.00$). Furthermore, Mphil and PhD depicted high mean as compare to masters and bachelors on all of constructs ($p < .01, p < .05$).



Table 10

Multiple linear stepwise Regression Analysis for Humor Styles in Relationship-Partner Version Scale (N=300)

Predictors	B	SE	β	<i>p</i>	95% CL	
					LB	UB
Constant	33.3	2.58	-	.000	28.2	38.4
AFF	.132	.054	.180	.015	.026	.237
AGG	.138	.051	.192	.008	.037	.239
SEA	.140	.146	.077	.339	-.147	.427
OEA	.030	.157	.015	.851	-.280	.339
UOE	.105	.152	.053	.491	-.194	.404
ROE	.198	.117	.104	.091	-.302	.428
R	.422					
R ²	.178					
F	10.5					

Note. AFF= Affiliative humor; AGG= Aggressive humor; SEA= Self-emotional Appraisal; OEA= Other-emotional Appraisal; UOE= Use of emotions; ROE= Regulation of emotions

Table 10 indicates coefficient of the study sample. It is concluded that variables in the regression order have relatively less difference. Results indicate affiliative and aggressive humor, subscales of humor styles in relationship-partner version scale show strongly significant relationship with marital satisfaction ($p < .01$, $p < .05$).

Chapter IV

Discussion

The aim of present study was to explore the part of humor and emotional intelligence in predicting marital satisfaction of married individuals. The current study also investigated the impact of demographic variables which included age, gender, education, family system, nature of marriage, duration of marriage, working status and number of children with study variables (humor, emotional intelligence and marital satisfaction). The data was gathered by measuring Humor Styles in Relationship-Partner Version (Carid, 2015), Emotional Intelligence Scale (Wong & Law, 2000) and ENRICH Marital Satisfaction Scale (Fowers & Olson, 1993).

Alpha reliabilities of scales and subscales used in current study were figured out. The reliability coefficients demonstrated that Humor Style in Relationship-Partner Version has very satisfactory reliability ($\alpha = .89$) and along with its subscales affiliative and aggressive humor having much satisfactory reliabilities ($\alpha = .83$ & $.82$), respectively. Reliability of Emotional intelligence scale is also excellent ($\alpha = .89$) with its sub-scales self-emotional appraisal, other-emotional appraisal, use of emotions and regulation of emotions having sufficiently excellent reliabilities ($.81$, $.72$, $.76$, & $.73$), respectively. ENRICH Marital Satisfaction Scale has also very good reliability which is ($\alpha = .67$) (see Table 3).

First hypothesis of the research was that the affiliative humor is positively associated with emotional intelligence and marital satisfaction. This hypothesis was tested by using Pearson's correlation. Results showed that there is significant positive correlation between affiliative humor, emotional intelligence and marital satisfaction (see Table 2). This confirmed the first part of the hypothesis. As found by Gignac, Karatamoglou, Wee, & Palacios (2014), the EI subscales correlated positively with the adaptive humor style and negatively with the maladaptive humor styles. Similarly, Carid and Martin (2014) found that affiliative humor is strong predictor of relationship satisfaction in their research on relationship-focused use of humor styles and relationship satisfaction in dating couples. So use of affiliative humor not only enhances emotional intelligence but also play role in marital satisfaction. As, use of affiliative humor amuses mood, reduces frustration and anger that helps to regulate

emotions. Therefore use of affiliative humor increases marital satisfaction as it increases the affiliation between partners, enhances communication and understanding between them.

Secondly, it was hypothesized that aggressive humor will negatively predict emotional intelligence and marital satisfaction. The hypothesis was tested by using Pearson's correlation method. But results are contrary to what was predicted there is significant positive correlation between aggressive humor, regulation of emotions (subscale of EI) and marital satisfaction (see table 2). These results are contradictory to prior findings and it might be due to socio-culture factors. With respect to Pakistani culture aggression in males is supported and females are taught to endure that aggression. In short, male dominant society always prevails regardless of status, education or nature of relation. Females as wife, have to tolerate the aggression so to secure their marital relation because they don't have support from their family. Most of females are illiterate and can't brought-up their children own their own so they prefer to endure that aggression. Males used to displace aggression so to regulate their emotions and similarly working women also displace frustration. Patriarchy (male dominant society) is that persistent explanation to this outcome.

Examination also revealed that there is strong positive correlation between duration of marriage and number of children. It also has significant relationship with use of humor (see table 2). As an antecedent research reveals that having children increase marital stability but for small period of time (Waite & Lillard, 1991). Keeping Pakistani culture in context it is evident that number of children and duration of marriage correlates. Increase in number of children makes relation secure and more durable as it is the requirement and norm of this collectivistic culture. Females have to compromise and endure all the adversities financial, environmental, physical or psychological for sake of their family and children. Males also try hard to keep relationship strong and long-lasting.

Furthermore, it was hypothesized that emotional intelligence will positively predict marital satisfaction. The assumption was tested by using Pearson correlational method. Outcome favors hypothesis as emotional intelligence along with its subscales strongly predicts marital satisfaction (see table 2). Prior studies also support hypothesis as found by Ilyas and Habib (2014) in the study they conducted on

emotional intelligence and marital satisfaction among different professionals. Results revealed that there is strong relationship between emotional intelligence and marital satisfaction. These findings were likewise supported by study done by Khalid and Batool (2012) examining emotional intelligence as interpreter of marital quality among Pakistani couple. Outcome of study proves emotional intelligence as strong predictor of marital quality and it also showed that accomplice with higher emotional intelligence have better marital quality. Thus, these results further make it evident that emotional intelligence plays a necessary role in predicting marital satisfaction. As expression of feeling according to requirement of circumstances has greater impact.

Another assumption was made that females will score higher on affiliative humor as compare to males; whereas males will score higher on aggressive humor as compared to females.. T-test analysis was used to prove hypothesis. Results depicted no significant difference on basis of gender in both cases (see table 4). With respect to prior studies, use of humor among gender is always related to personality traits as found by Sarolgou, Lacour and Demeure (2010) in their study on bad humor, bad marriage; humor style in divorced and married couples. In which it was discovered that men use self-enhancing humor more that leads to increase marital satisfaction and women use self-defeating humor that decreases their marital satisfaction but contributes in an enhance marital satisfaction of their husbands. This was also observed that there is similarity between spouse in use of negative forms of humor (self-defeating, aggressive & earthy) but not in use of positive styles of humor (affiliative & self-enhancing). They also found that less use of constructive humor by couple results in divorce, in which high use of antisocial humor (earthy & aggressive) by men and more use of self-defeating humor by women are strong predictors. So it can be evaluated as this hypothesis can't be generalized as use of humor is strongly dependent on personality of individual.

Studies found that use of affiliative and self-enhancing humor is related to extraversion personality trait whereas aggressive and self-defeating humor results in addition to neuroticism, low agreeableness and conscientiousness (Galloway, 2010). The result table also favors the hypothesis as there is slight difference of mean on basis of gender. Literature supports gender difference in case of marital satisfaction but results are contrary to it, which might be because of culture difference along with regional factor as research is conducted in a specific region of Pakistan (including;

Rawalpindi and Islamabad). Regional factor may include freedom of expression and possession related to status and relationship. As in Pakistan people are really concerned to their position in society and also they don't like to discuss about their relationship with spouse

Further, it was hypothesized that female will score higher on emotional intelligence and marital satisfaction as compare to males. T-test analysis was run to check hypothesis. Outcome revealed no significant difference, except in case of self-emotional appraisal (subscale of emotional intelligence) but there is slight difference in mean of male and female (see table 4). The antecedent researches also supported the view as found by Dildar et al.,(2012) in their study on emotional intelligence and marital adjustment. They found that there is no statistical difference between emotional intelligence of husband and wife other than slight difference in mean values of their scores. Ilyas and Habib (2014) study on marital satisfaction and emotional intelligence among different professionals in which they explored that emotional intelligence is slightly higher in women. So it is evident that emotional intelligence in females is higher than males. This could be because of females in Pakistan are brought up in more constricted environment and they are prepared to tolerate all the adversities and males are always brought in lenient way as they are house holders. Self-emotional appraisal (SEA) illustrated significant results with female depicting high mean as compare to males. SEA is actually understanding and acceptance of one's own emotions. Findings suggested that females can better understand their emotions as compare to males which might be because females have to cater their family as daughter, wife, mother and if, working so they have to play role outside as well. So better understanding and regulation of their emotions make them able to interpret need of their family and serve them well.

Analysis revealed no significant gender difference on marital satisfaction. Findings depicts less than slight mean difference where females are slightly less satisfied than males. Literature support the results, as findings of meta-analysis on gender difference conducted by Jackson, Mille, Oka, and Henry (2014) reported women to be less satisfied than males. And the magnitude of difference was very small having effect size 0.04 that is 7% wives' are less satisfied than husbands. This suggest that generally, on marital satisfaction there is no major gender differences and

less satisfaction in women is might be because of aggressive humor used by husband, neglection of their self just to serve family and burden of responsibility.

It was assumed that working individual will score higher on emotional intelligence as compare to non-working individuals. To make assumption evident t-test analysis was used. Results showed non-significant relationship between working status and emotional intelligence. Whereas working individual depicted high mean on emotional intelligence as compare to non-working individuals (see table 5). It is fact that emotional intelligence of worker is higher as compare to non-worker because emotional intelligence is an academic construct and it is necessary to remain compose at working area. As found by Shukla and Srivastava (2016) in their study on exploring the effect of emotional intelligence on socio-demographic variable and job stress among retail employees. In which they found that it's better to select employees with high emotional intelligence which will automatically reduce job stress rather than reducing external stressor. So it claims that high emotional intelligence make individual competent in field of life. In this way they become manage to handle all kind of situations and circumstances. This also help person to maintain their marital life effectively. Liu (2016) in his study on mediating effect of social support between the emotional intelligence and job satisfaction of Chinese employees which revealed that emotional intelligence is related job satisfaction through social support. As financially stable status is necessary in married life, so person with job satisfaction will have high emotional intelligence which in return made their marital life contented. Interaction with environment make person more resistant to environmental adversities and also teaches them how to tackle problems effectively. So this makes emotional intelligence of working individuals more sound and stable.

It was also hypothesized that working individuals will score higher on affiliative humor and marital satisfaction whereas; non-working individuals will score higher on aggressive humor and will have low marital satisfaction. Outcome is contrary to what was assumed (see table 5). Yet, working individuals illustrated high mean on use of affiliative humor and non-working individual resulted high mean on aggressive humor which shows that being unemployment makes person frustrated and angry. Study of Paul et al., (2016) on frustration of life goals mediates the negative effect of unemployment on subjective well-being found that unemployed people have



reduced marital satisfaction and increase rates of divorce. So this makes it evident that working status is essential component of marital satisfaction and unemployment leads to conflict in relationships and also effects person's well-being. Though results does not showed any significant relationship which could be because of cultural difference and as research is conducted in a specific region so components of marital satisfaction may differ.

Further it was hypothesized that Individuals with love marriage will score higher on humor, emotional intelligence and marital satisfaction as compared to individuals with arranged marriage. To prove hypothesis t-test analysis was used. Results depicted noteworthy relationship of humor styles in relationship partner-version, affiliative and aggressive humor with nature of marriage (see table 6). As prior studies suggest that people use styles of humor for selection of mate research conducted by DiDonato and Jakubiak (2016) on strategically funny: Romantic motives affect humor style in relationship initiation. Results suggested that people use positive humor to attract mate for longer period of time and use negative humor to attract mate for small period of time. These finding assimilate with finding of current research in a way that affiliative humor depicts significant results which shows that partners who selects mate of their choices uses positive humor more that's make their bond stronger. In addition, to this aggressive humor also represents significant results with love marriage couples showing high mean which might be because people in love marriage use to express with each other either of their moods which leads to affection, cooperation and more understanding of each other.

Outcome also illustrated that people in love marriage depicts high mean on emotional intelligence (see table 6). Ancillary outcome reported that emotional intelligence contributes in relationship satisfaction as explored by Malouff, Schutte, and Thorsteinsson (2014) in their study on trait emotional intelligence and romantic relationship satisfaction: a meta-analysis. This shows that understanding of partner's emotion lead to better communication and constructive relationship between partners. So it claims that selection of mate increases cooperation and understanding between partners.

It is found that arrange marriage depicts slightly higher mean on marital satisfaction. Prior studies depicted that marital satisfaction is higher in arranged

marriage couples as compare to self-married found by Raina and Maity (2018) in their empirical study on marital satisfaction of arranged and self-married couples in Bangalore. This represents that marital satisfaction in arranged married individuals is high. It might be because in planned marriages dispute related to religion, caste, status are settled but in case of love marriage people have to compromise and adopt religion, culture, caste and status of partner that leads to conflicts in later life.

It was hypothesized that Individuals with joint family system will score higher on humor, emotional intelligence, and marital satisfaction as compared to individuals with nuclear family system. The assumptions are tested by using t-test analysis. Outcome favored the hypothesis depicting noteworthy difference of humor styles in relationship partner-version, affiliative humor, aggressive humor, regulation of emotions (subscale of emotional intelligence) and marital satisfaction (see table 7). Individuals in joint family depicted high mean on all the variables. It is concluded as individuals in joint family have support from family and shared responsibilities make them relax as compare to people in nuclear family system. People in nuclear family system used aggressive humor more because their responsibilities are doubled they have to work outside, manage house chores and keep eye on their children as well. This make them frustrated, burdened and stressed out. Emotional regulation in joint family system is better, as in collectivistic system family support in conflicts play an essential role and help individual to have control over their emotions in accordance with situation. In return marital satisfaction among individuals of joint family system is high as they are more stable emotionally, physically and psychologically.

It was assumed that individuals in early adulthood will score higher on humor whereas individuals in middle adulthood will score higher on emotional intelligence. T-test analysis revealed noteworthy association between age, use of humor styles in relationship in partner-version (see table 8). No studies were found related to age linked with humor. So humor could be concluded as an individual trait linked with personality of individual as explored by Veselka, Martin, Vernon, and Schemer (2010) in their study exploring link between dark trait traits of personality and humor style. Mendiburo-Seguel, Paez, and Martinez-Sanchez (2015) supported previous literature through their study, conducting meta-analysis to explore link between big five personality traits and humor styles. Middle adults represented higher mean on

emotional intelligence as compare to early adults. Study conducted by Cabello et al.,(2016), on age and gender differences in ability emotional intelligence in adults: A Cross-Sectional study, results suggested that middle aged adults score higher on ability emotion intelligence except in case of branch of understanding of emotions whereas younger and older adults score lower on ability emotional intelligence Outcome depicted no relation of age and marital satisfaction which is supported by literature Hischberger, Srivastava and Cowan (2009) found that marital satisfaction decreases as first child joins school. Frijters and Beaton (2012) are of same view, they determined that between age 20 and 50 there is no change in happiness.

One way Anova on education suggested significant results on use of humor styles in relationship partner-version, affiliative humor and emotional intelligence and three of its subscales self-emotional appraisal, others-emotional appraisal and use of emotion (see table 9). It was found that there is relationship between education and use of affiliative humor as found by Cheng, Chen, Hsu, Chan and Chang (2015) in there study conducted on creative mind and the flexible humor styles: using a typological approach to explore the relationship between creativity and humor styles. Results revealed that association between humor and creativity. Galloway (2010) and Leist and Muller (2013) also make the results evident through their researches which depicted that there is link between humor and creativity through humor style typology approach. These outcomes represents that there is relationship between education and humor as creativity is a construct of education. So, this indicates that as person exceed in world of knowledge they become more expressive and communicative. Thus, there is increased use of affiliative humor.

This is fact that emotional intelligence and education are in direct relation with each other. As discovered by Costa and Faria (2014) in their study that emotional intelligence is predictor academic achievement among students. Parrish (2015) found that to determine leadership in higher education emotional intelligence is the most essential component. These outcomes conclude that education is the factor that make person more stable with passage of time, teaching them how to behave in certain situation, how to maintain self-control during problematic time and how to express emotions according to circumstances. Emotional intelligence is purely academic construct that plays very vital role during academic session of life. It is base of person on which foundation of personality relays.

Results table depicted no relationship between education and marital satisfaction. It might be because marital satisfaction is more related to psyche whereas education is functional component that can never predict marital satisfaction. Results table depicts no significant results. Here, Mphil and phd depicts higher mean as compare to masters and bachelors.

Result tables 10 and 11 illustrate linear regression. Outcome revealed that subscale of humor styles in relationship partner-version significantly predicts marital satisfaction whereas subscale of emotional intelligence doesn't predicts marital satisfaction except regulation of emotion of emotions.

Limitations and Suggestions

There are some limitations related to research mentioned below.

Inclusion criteria of sample selection create hindrance in generalization of results because point of view of individuals below B.A is not yet exposed. So in future this should have to be taken into account. Otherwise it will become difficult to know the roots of marital satisfaction in culture of Pakistan. People are reluctant to share about their personals related to marital satisfaction. This indicates that it still take time to make masses aware of research and its essence. Convincing skills of researcher should be strong enough to assure participants about confidentiality. Along with marital satisfaction, marital quality should also be explored so that masses get to know about reason of increasing marital conflicts.

Implications

This research will provide bases for future researchers to conduct more researches on this topic. This will help in understanding the components of marital satisfaction in Pakistani culture. It has also helped to review humor and emotional intelligence in new dimension. Humor is confined only to acting, drama and skits in our culture and emotional intelligence is purely related to academics. Results contradictory to hypothesis revealed some unique aspects other than ordinary myths. This provides a new baseline to researchers to explore more with other variables as well.

Conclusion

The results of current study are useful in determining the components of marital satisfaction. The study was structure to explore the role of emotional intelligence and humor in forecasting marital satisfaction. Outcome depicted positively strong association between humor and it's subscales with marital satisfaction. Finding also represented positively strong link between emotional intelligence and it's subscales with marital satisfaction. Ancillary outcome makes the results more evident. Some of the unique findings are, aggressive humor positively correlates with marital satisfaction. There is no significant difference revealed on the basis of gender, age and family system which is suggested to be explored further. Additionally, investigation will help in determining some more characteristic of marital satisfaction.

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Annexures

syeda laiba <syedalaiba076@gmail.com>
sara.caird@ottawacbt.ca

Apr 9, 2018, 11:34 AM

pected ma'am

I am laiba ikhlaq student of MSc psychology at Quaid e azam university , Pakistan. I need your permission for humor scale-partner version for my master and guidance regarding its scoring as well . I will be grateful for your cooperation in this regard.

ikhlaq
psychology
National Institute of psychology
Quaid e Azam University, Islamabad, Pakistan

sara.caird@ottawacbt.ca <sara.caird@ottawacbt.ca>

Apr 9, 2018, 6:28 PM

to me

Hello,

I need more information about the scale that you are looking for as I have used different version of the scale in my masters and PhD work.

Is it from my PhD dissertation from 2015 or from the Caird and Martin article in Humour?

Also, are you looking for the daily diary version or the trait level versions?

-Sara

syeda laiba <syedalaiba076@gmail.com>

Apr 9, 2018, 7:42 PM

to sara.caird@ottawacbt.ca

ma'am

I need only partner version of your scale that you have used in your PhD dissertation, 2015. i am looking for trait level version.
Anticipating positive response.

sara.caird@ottawacbt.ca <sara.caird@ottawacbt.ca>

Apr 9, 2018, 8:30 PM

to me

Hello,

Please see attached for sub-scale loadings of Partner HSQ used in Studies 1 and 2. Note that in Study 2 I only assessed affiliative and aggressive humour.

-Sara

-----Original Message-----

From: "syeda laiba" <syedalaiba076@gmail.com>

018

permission for scale of emotional intelligence - syedalaiba076@gmail.com - Gmail

laiba <syedalaiba076@gmail.com>

Sep 5, 2018, 9:35 PM (13 hours ago)

ong

cted Sir

am laiba ikhlaq student of MSc psychology at Quaid e azam university , Pakistan. I need your permission for emotional intelligence scale (2000) for my thesis and guidance regarding its scoring as well . I will be grateful for your cooperation in this regard.

khlaq

psychology

al institute of psychology

e Azam University, Islamabad, Pakistan

Chi Sum Wong (MGT) <wongcs@cuhk.edu.hk>

8:09 AM (3 hours ago)

to me

Dear Labiba Ikhlaq,

In case you do not have, attached are papers reporting the development and validation of the scale. Items are reported in the appendix of the papers. So far as you are using the scale for non-profit making research projects, feel free to use it. Good luck to your study.

Regards,

C.S. Wong

Dept. of Management

The Chinese University of Hong Kong

From: syeda laiba <syedalaiba076@gmail.com>**Sent:** Thursday, September 6, 2018 12:36 AM**To:** Chi Sum Wong (MGT) <wongcs@cuhk.edu.hk>**Subject:** permission for scale of emotional intelligence

syeda laiba <syedalaiba076@gmail.com>
to bflowers

Mon, Apr 9, 7:46 PM

Respected Sir

I am laiba ikhlaq student of MSc psychology at Quaid e azam university , Pakistan. I need your permission for ENRICH marital satisfaction scale for my master thesis and guidance regarding its scoring as well . i will be grateful for your cooperation in this regard.

Laiba Ikhlaq
MSc psychology
National institute of psychology
Quaid e Azam University, Islamabad, Pakistan

Fowers, Blaine J <bflowers@miami.edu>
to me

Tue, Apr 10, 2:33 AM

Greetings,

You have permission to use the Marital Satisfaction Scale from ENRICH. I have attached a copy of the article that contains the scale items and the scoring procedure. There is a more up-to-date version available from PREPARE/ENRICH.com, but you must pay to use it. You can contact them through their web site if you want to use the most current version.

Best wishes,

Blaine

Blaine J. Fowers, Ph.D.
Professor
Department of Educational and
Psychological Studies
Merrick 312
5202 University Dr.
Coral Gables, FL 33146
305-284-5261 (o)
305-284-3003 (f)

Informed Consent

I am Laiba Ikhlq, research student of 4th semester at National Institute of Psychology, Quaid-i-Azam University, Islamabad. The partial fulfillment of my degree requires conducting a research thesis. For this purpose, I am planning to explore the impact of humor and emotional intelligence on marital satisfaction of married individuals. I request you to give your honest opinions on the questionnaire attached along. Information provided by you will be kept confidential and anonymity will be ensured. Moreover, the provided information will be used for academic purpose only. You have a right to quit at any time if you want to. However, your participation will be highly appreciated.

Thank you.

SIGNATURE

Note

Please do not leave any item unanswered.

Demographic Form

Gender:

- Male
- Female

Age: _____

Education: _____

Working Status:

- Working
- Non-working

Nature of marriage:

- Love
- Arrange

Duration of marriage (in years): _____

Family system:

- Nuclear
- Joint

No. of children (if,any): _____

Instructions

Below is a list of statements describing ways people may express humor. Please read each statement and indicate how often you engage each of these forms of humor with your partner. Here 1 being 'not very much' and 7 being 'a great deal'. Answer by circling one of the options.

1. I tell my partner jokes and say funny to make him/her laugh.
1 2 3 4 5 6 7
2. I refer to my partner with cute/silly nicknames.
1 2 3 4 5 6 7
3. I laugh and joke around with my partner.
1 2 3 4 5 6 7
4. Sometimes my partner seems offended or hurt by things I say or do while trying to be funny.
1 2 3 4 5 6 7
5. I use humor to put down my partner in a teasing way.
1 2 3 4 5 6 7
6. I am able to think of witty things to say to amuse my partner.
1 2 3 4 5 6 7
7. I sometimes use humor with my partner to show that I am annoyed by him/her.
1 2 3 4 5 6 7
8. I use humor with my partner to have fun.
1 2 3 4 5 6 7
9. I sometimes make jokes at my partner's expense (enjoy laughing at partner).
1 2 3 4 5 6 7
10. I use humor with my partner so we will feel closer as a couple.
1 2 3 4 5 6 7
11. I frequently make my partner laugh by doing or saying something funny.
1 2 3 4 5 6 7
12. If my partner is bothering me, I will often make a joke about it.
1 2 3 4 5 6 7
13. I engage in silly behaviors to make my partner laugh.
1 2 3 4 5 6 7

14. Sometimes I have to defend myself when I tell my partner a joke by saying that I was "just kidding".

1 2 3 4 5 6 7

15. Sometimes when I try to be funny, my partner gets annoyed with me.

1 2 3 4 5 6 7

16. Sometimes I tease my partner about his/her appearance or something he/she said or did.

1 2 3 4 5 6 7

17. I often mention "inside jokes" with my partner.

1 2 3 4 5 6 7

18. My aggressive humor seems to make my partner uncomfortable.

1 2 3 4 5 6 7

Note

Read the instructions from the bar.

Item No.	The following statements deal with you and your emotions. Please circle the one number for each question that comes closest to reflecting your opinion about it. Here 1 indicates strongly disagree and 6 is strongly agree.	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1	I have a good sense of why I have certain feelings most of the time.	1	2	3	4	5	6
2	I have good understanding of my own emotions.	1	2	3	4	5	6
3	I really understand what I feel.	1	2	3	4	5	6
4	I always know whether or not I am happy.	1	2	3	4	5	6
5	I always know my friends' emotions from their behavior.	1	2	3	4	5	6
6	I am a good observer of others' emotions.	1	2	3	4	5	6
7	I am sensitive to the feelings and emotions of others.	1	2	3	4	5	6
8	I have good understanding of the emotions of people around me.	1	2	3	4	5	6
9	I always set goals for myself and then try my best to achieve them.	1	2	3	4	5	6
10	I always tell myself I am a competent person.	1	2	3	4	5	6
11	I am a self-motivated person.	1	2	3	4	5	6
12	I would always encourage myself to try my best.	1	2	3	4	5	6
13	I am able to control my temper and handle difficulties rationally.	1	2	3	4	5	6
14	I am quite capable of controlling my own emotions.	1	2	3	4	5	6
15	I can always calm down quickly when I am very angry.	1	2	3	4	5	6
16	I have good control of my own emotions.	1	2	3	4	5	6

Instructions

Below is a list of statements that measures the marital satisfaction of married individuals. Please read each statement and encircle the level of satisfaction. Hereby, 1 represents 'strongly disagree' and 5 represents 'strongly agree'.

1. My partner and I understand each other perfectly.

1 2 3 4 5

2. I am not pleased with the personality characteristics and personal habits of my partner.

1 2 3 4 5

3. I am very happy with how we handle role responsibilities in our marriage.

1 2 3 4 5

4. My partner completely understands and sympathizes with my every mood.

1 2 3 4 5

5. I am not happy about our communication and feel my partner does not understand me.

1 2 3 4 5

6. Our relationship is a perfect success.

1 2 3 4 5

7. I am very happy about how we make decisions and resolve conflicts.

1 2 3 4 5

8. I am unhappy about our financial position and the way we make financial decisions.

1 2 3 4 5

9. I have some needs that are not being met by our relationship.

1 2 3 4 5

10. I am very happy with how we manage our leisure activities and the time we spend together.

1 2 3 4 5

11. I am very pleased about how we express affection and relate sexually.

1 2 3 4 5

12. I am not satisfied with the way we each handle our responsibilities as parents.

1 2 3 4 5

13. I have never regretted my relationship with my partner, not even for a moment.

1 2 3 4 5

14. I am dissatisfied about our relationship with my parents, in-laws, and/or friends.

1 2 3 4 5

15. I feel very good about how we each practice our religious beliefs and values.

1 2 3 4 5

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