Journal of Fundamentals of Mental Health

Mashhad University of Medical Sciences

Psychiatry and Behavioral Sciences Research Center

Original Article

The role of emotional intelligence and marital satisfaction in women's quality of life: Structural equation modeling

***Hossein Shareh[1]; Kazem Foshtanqi[2]**

[1]*Associate professor of clinical psychology, Hakim Sabzevari University, Sabzevar, Iran*
[2]*M.Sc. in clinical psychology, Islamic Azad University, Neyshabour Branch, Neyshabour, Iran*

Abstract

Introduction: This study was conducted to investigate the relationships between emotional intelligence, marital satisfaction and quality of life and examine the role of emotional intelligence and marital satisfaction in quality of life for women.

Materials and Methods: The current study was a descriptive-analytic research, which was carried out using the structural equation modeling technique. In this study, 248 married women working at the elementary level of education in Sabzevar city during 2016 were selected through simple random sampling and were evaluated using Bar-On Emotional Quotient Inventory (EQ-i), Hudson Index of Marital Satisfaction (IMS) and World Health Organization Quality of Life Questionnaire-BRIEF (WHOQOL-BRIEF). To examine the relationship between variables and to evaluate model fit, partial least squares approach was used in SmartPLS-2 software.

Results: The research findings indicated that emotional intelligence is effective in marital satisfaction with beta coefficient of 0.285 (t=4.793) and in quality of life with beta coefficient of 0.545 (t=15.563). The impact of marital satisfaction on quality of life with beta coefficient of 0.373 (t=9.240) was also approved. Further, the structural model designed based on the relationships between emotional intelligence, marital satisfaction and quality of life could cover 55% of the factors affecting the quality of life.

Conclusion: Based in the findings, it seems that emotional intelligence and marital satisfaction are among the effective factors in quality of life for married women.

Keywords: Emotional intelligence, Marital satisfaction, Quality of life

Please cite this paper as:
Shareh H, Foshtanqi K. The role of emotional intelligence and marital satisfaction in women's quality of life: Structural equation modeling. Journal of Fundamentals of Mental Health 2019 Mar-Apr; 21(2): 125-140.

***Corresponding Author:** Department of Psychology, Hakim Sabzevari University, Sabzevar, Iran
h.shareh@hsu.ac.ir
Received: Sep. 10, 2017
Accepted: Jul. 25, 2018

Introduction

Over the past half century, psychology has relied on illness more than health and on pathology of human performance more than the complete understanding of all its dimensions. So, it has paid less attention to healthy and complete human features (1). But recently, with the advent of a new approach called Positive Psychology as a complement to previous approaches, this trend has changed and attention has been paid to human strengths and perfections (2). In this approach, the study of positive human attributes and strategies for using the maximum intrinsic and environmental talents is further emphasized in order to benefit from healthy mental states and constructive life (2,3). The purpose of this approach, in addition to prevention, is to identify and define the concepts that help ensure the health and happiness of individuals. One of these concepts is quality of life and during the last three decades, a great deal of effort has been made to define and measure it objectively (4). Researchers have investigated the relationship between this construct with age, marital status, educational level, income and occupational status (5,6), living conditions in different regions in terms of the level of social security and the economic and cultural performance of countries (7) and also the level of national welfare (8) and have concluded that the mentioned factors have a significant and interesting effect on quality of life.

Review of the texts related to quality of life (9,10) suggests the confirmation of various experts' views on conceptual ambiguity in defining this construct. Each researcher provides a definition of quality of life with regard to the area under study, conditions and characteristics of the research population. As defined by the World Health Organization, quality of life includes people's perception of their own life situation in the form of culture and values governing the society in line with expectations, standards and personal interests of individuals. According to this comprehensive definition, quality of life is closely related to physical and psychological conditions, personal beliefs, the amount of self-reliance, advancement, social communication and the environment. Indeed, the quality of life of each individual depends on his unique understanding of life and to what extent life is satisfactory despite his relationship with his family, friends and society (11).

Previous studies have shown that quality of life is associated with marital satisfaction and emotional intelligence. For example, Van Leeuwen et al. (12) suggested a significant positive correlation between emotional intelligence and quality of life of patients with vestibular schwannoma. In a study conducted by Yoon-Ji and Myunghee (13), the results indicated that there is a positive relationship between marital satisfaction and quality of life.

Marital satisfaction results from the compatibility between the expected situation and the existing status of the individual in marital relationships and is, in fact, a positive and enjoyable attitude taken by couples towards various aspects of their marital relationships (14). According to Larson and Holman study (15), marital satisfaction is predictable with respect to contextual factors (social and cultural), personal behaviors and characteristics of couples and their interactive process.

Marital relationship is a complex relationship that its success is dependent on several factors. Perhaps, it can be stated that the first important component in this relationship is cognition. Cognition is just a belief or thought that, according to the therapist following the rational-emotional

and cognitive schools, makes an important effect on our relationships, feelings and internal and external mental processes. Researchers have found that the amount of unrealistic beliefs in marital relationships is a strong predictor of marital distress. Consequently, it is suggested that therapeutic programs for the inefficiency of the relationship should be based on the cognitive reconstruction of spouses (16). The cognitive styles of couples and the stability of marital relationships that are dependent on their cognitive biases affect marital satisfaction (17). Although marriage and marital relationships are the source of support, intimacy and human pleasure (18), marital satisfaction depends on people's expectations. In the research done by some psychologists, it has been demonstrated that concerning marital satisfaction, the husband and wife's perception of one another's behavior is more important than the behavior itself; that is, the thinking and expectation of a person about an issue is more important than the issue itself (19).

Mayer and Salovey (20) defined emotional intelligence as "the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth". Bar-On (21) states his idea of "Emotional Quotient" as including the capabilities and skills that influence the individual's ability to effectively deal with the needs of the environment and its pressures. In short, we can say that the level of individuals' "intelligence" does not guarantee their success in the long time and in the entire life, but also another feature is necessary for establishing good human relationships and achieving success in life, which is called "emotional intelligence" (22). Accordingly, today, emotional intelligence has been considered by psychologists as an effective factor in human behavior (23). In general, research evidences indicate a significant positive relationship between emotional intelligence with life satisfaction measurement indicators (24-26), happiness (27), quality of social interactions with friends (28,29), development of a positive relationship with others and satisfaction with this relationship (30), cordiality and empathy with others (31), extroversion and openness to various experiences (32).

Based on the foregoing, the purpose of the present study was to investigate the relationships between emotional intelligence, marital satisfaction and quality of life and evaluate the role of emotional intelligence and marital satisfaction in quality of life in married women working as elementary school teachers in Sabzevar city.

Materials and Methods

This research is a descriptive-analytic study using the structural equation modeling. This approved by the vice chancellor of Hakim Sabzevari University. The research target population encompassed married women working as elementary school teachers in Sabzevar during 2016, amounting to 695 individuals. In this study, the inclusion criteria were as follows: Being female and married, aged 25 to 45 years and working as an elementary school teacher. The exclusion criteria included the following: Being non-native, having a divorce record, educational level lower than a bachelor's degree, a history of substance abuse, having mental disorders or being admitted to a psychiatric hospital (according to the statement of participants). The sample size of the study was 248 people using Krejcie and Morgan table. For sample selection, simple random sampling method was applied so that initially, by referring to the Education

Department of Sabzevar and coordinating with the relevant authorities and obtaining consent, a list of all married women working as elementary teachers was prepared and then, 300 subjects were randomly chosen using a random number table and the questionnaires were distributed among the subjects after explaining the goals of the project and the confidentiality of the information. Considering the inclusion and exclusion criteria and exclusion of incomplete questionnaires, some of them were eliminated and a total of 248 questionnaires which were more complete assessed.

Research instrument

A) Bar-On Emotional Quotient Inventory (EQ-i): This questionnaire contains 133 items for 15 scales, which was developed by Bar-On in 1997 and was standardized on 3831 people from 6 countries. The results of standardization showed that this questionnaire has a good validity and reliability (21). Emotional Quotient Inventory has five dimensions: Intrapersonal skills, interpersonal skills, stress management, adaptability and general mood. The dimension of intrapersonal skills includes the subscales of emotional awareness, decisiveness, self-respect, self-actualization and independence. The dimension of interpersonal skills consists of the subscales of empathy, social responsibility and interpersonal relationships. The dimension of stress management comprises the subscales of stress tolerance and impulse control. The dimension of adaptability includes the subscales of flexibility, problem-solving and reality testing and the dimension of general mood embraces the subscales of happiness and optimism. The responses to Bar-On Emotional Quotient Inventory have been rated on a 5-point Likert scale (including totally agree, agree, to some extent, disagree and totally disagree). The high mean scores in emotional intelligence represent a person who potentially has effective performance emotionally and socially. On the other hand, low scores indicate the inability to succeed in life and the probability of the existence of behavioral, emotional and social problems (21,32). In a study carried out by Bar-On (21) about emotional intelligence test-retest coefficient in a South African sample, the average reliability coefficient was 0.85 after one month and 0.75 after four months. Samoei (33) estimated the reliability of the mentioned questionnaire to be 0.93 using internal consistency and Cronbach's alpha and 0.88 through the split-half method. Dehshiri (34) conducted a study on 35 subjects within a month and obtained test-retest reliability coefficient to be 0.73. Golparvar et al. (35) also reported Cronbach's alpha, Spearman-Brown, Guttman and test-retest coefficients of this questionnaire to be respectively 0.93, 0.90, 0.90 and 0.85.

B) World Health Organization Quality of Life Questionnaire- BRIEF (WHOQOL-BRIEF): This scale was developed in 1998 and contains 26 items, which evaluates four areas of life including physical health (7 items), mental health (6 items), social relations (2 items) and living environment (8 items). The first two questions of the questionnaire stating "How do you feel about your quality of life?" and "How satisfied are you with your health status?" do not apply to any of the areas. The score of each item is within a 4-point Likert range and items 3, 4, and 25 are reverse scored. In each area, a score between 4 and 20 was obtained; 4 representing the worst situation and 20 indicating the best situation in the desired area. The total score of the questionnaire is between 0 and 100. In the results reported by the builders of WHO Quality of Life Scale performed in 15

international centers of this organization, the Cronbach's alpha coefficient has been reported to be between 0.73 and 0.89 for the four subscales and the total scale (36). Nejat et al. (37) standardized this scale and obtained alpha coefficient of the questionnaire for healthy population in the field of physical health, mental health, social relations and living environment to be 0.70, 0.73, 0.55 and 0.84 respectively. Also, they estimated the reliability coefficient to be 0.7 for the whole scale through test-retest method after two weeks. In the research by Moradi et al. (38), the reliability of this questionnaire was obtained to be 0.92 using Cronbach's alpha. Additionally, Nasiri (39) applied test-retest method with a three-week interval, the split half method and Cronbach's alpha for the scale reliability. The reliability coefficients were 0.67, 0.84 and 0.84 respectively. In order to determine the scale validity, Nasiri (39) assessed the relationship between each item with subscales and total score of the questionnaire and also the relationship between the total score and subscales of this questionnaire with the total score and subscales of General Health Questionnaire (GHQ; 40) through correlation coefficient. The range of correlation coefficient was from 0.45 to 0.83. Each item had the highest correlation with its dimension.

C) Hudson Index of Marital Satisfaction (IMS): It is a 25-item self-assessment tool which has been developed to measure the amount, severity or extent of couples' problems in a marital relationship (41). Questions are scored on a 7-point Likert scale ranging from 1 to 7. For scoring, positive questions should be reverse scored. Questions 1, 3, 5, 8, 9, 11, 13, 16, 17, 19, 20, 21 and 23 are reverse scored. In scoring this index, the scores of all questions answered are added and unanswered questions are deducted from the sum of scores. The resulting figure is multiplied by 100 and is then divided by 6 times as many answered questions. The obtained figure is between 0 and 100. A higher score in this index suggests the greater severity or extent of the problem. This index has two cut-off points of 30 (a score of less than 30 is a sign of significant clinical problems) and 70 (a score of more than 70 indicates many problems and the possibility of violence) (42,43). Its average alpha coefficient is 0.96 and its two-hour test-retest reliability coefficient has been obtained to be 0.96 (43). In a study in Iran, the reliability coefficients of Hudson Index of Marital Satisfaction for a group of 38 couples were equal to 0.88 and 0.91 respectively for men and women using Cronbach's alpha coefficient, and the two-week test-retest coefficients in a group of 30 couples were obtained to be 0.70 and 0.87 respectively for men and women. In the same research, validity coefficients of this index with Enrich Marital Satisfaction Inventory using convergent construct validity in a sample of 38 couples were -0.67 and -0.72 respectively for men and women (45). Unlike the Hudson Index, higher scores of the Enrich questionnaire indicate that couples are more satisfied with their relationships and for this reason, the relationship between the Hudson and Enrich indices is negative. Besides, Hudson Index of Marital Satisfaction suggests a significant correlation with Locke and Wallace Marital Adjustment Test (MAT; 46) while being able to distinguish problematic couples from apparently unproblematic couples (47). Torkan and Molavi (48) carried out a study in which Cronbach's alpha coefficients of 0.97 and 0.93 were obtained for non-distressed and distressed couples respectively. They calculated diagnostic validity coefficient (squared correlation coefficient of the total score of the scale with group membership)

to be 0.68 for the total score of couples and reported a significant and high correlation between Marital Satisfaction Index and Dyadic Adjustment Scale (DAS; 49). In factor analysis, they demonstrated that the questions of this index measure a homogeneous factor.

For data analysis, partial least squares (PLS) approach was used in SmartPLS-2 software to examine the relationship between variables and evaluate the model fit. The purpose of partial least squares approach, first introduced by Wold (50), is to maximize the variance of dependent variables defined by independent variables. Like other structural equation models, partial least squares model also contains a structural part which reflects the relationship between hidden (latent) variables and a measurement component (50-52). PLS is a variance-based path modeling technique that allows for assessing the relationships between hidden variables and metrics (observable variables) (51,52). In PLS, two models are tested: Outer model and inner model. The outer model is similar to measurement and the inner model is like path analysis in structural equation models. After testing the outer model, it is necessary to provide the inner model that represents the relationship between the research latent variables. The model research hypotheses can be examined using the inner model (50,53,54).

Results

All subjects were female and aged between 25-45 years (32.71 ± 9.94 years) with a bachelor's degree or a higher degree. All participants lived in Sabzevar and the research duration was September and November 2016. All participants were married with at least one child. All of them worked as elementary teachers. The mean and standard deviation of the main research constructs are presented in Table 1.

Table 1. Mean and standard deviation of the main research constructs

Constructs	Mean	SD
Emotional intelligence	112.4 8	11.34
Marital satisfaction	28.38	3.18
Quality of life	83.56	12.52

As observed in Table 1, the mean emotional intelligence of subjects is slightly higher than average. Moreover, the range of marital satisfaction index scores indicates a relatively favorable level of satisfaction although average scores are very close to the cut-off point of 30.

In the next section, the structural equation modeling results are provided to investigate the relationships between constructs.

Structural equation modeling

In SmartPLS, two models are tested: Outer model and inner model. The outer model is the assessment of validity and reliability of the measurement model regarding the relationship between observed variables and associated latent variables and this is equivalent to the measurement model in structural equation modeling. The measurement model testing includes the evaluation of the reliability (internal consistency) and diagnostic validity of the model. After testing the outer model, it is necessary to provide the inner model which represents the relationship between the research latent variables and is equivalent to the structural model in the structural equation modeling literature. The research hypotheses can be examined using the inner model (50,53,54). Before an attempt is made

to conclude on the relationship between constructs, the sequence of these two steps guarantees the reliability of the measurement scale of constructs. Below, each step is investigated:

Study of the outer model

Examination of the outer model includes the following:

The reliability of each item or variable observed: To assess the reliability of any observed variables or items, some researchers suggest that factor loading of any observed variable should be at least greater than 0.50 (50,53,55,56).

Composite reliability (CR) of each construct: For composite reliability of each of the constructs, Chin (55) suggests Dillon-Goldstein coefficient. Acceptable values of this index should be more than 0.70 (50,53,55,56). Average variance extracted (AVE): Fornell and Locker (57) recommend values of 0.50 and above for the average variance extracted and this means that the intended construct explains 50% (or more) of the variance of its markers.

Finally, square root of the average variance extracted of a construct should be greater than its correlation with other constructs. This indicates that the correlation of that construct with its markers is greater than its correlation with other constructs (diagnostic validity) (50,53,55,56).

Thus, in the structural equation modeling method, it is first necessary to examine the reliability of the construct under study in order to determine whether the selected items have the accuracy required to measure their desired constructs. If the factor loading of each item with its construct is above 0.50, this item has the accuracy required to measure that construct or latent trait. In Table 2, values of factor loading have been presented for items of each construct. As seen in Table 2, after correction and removal of items with a factor loading of less than 0.50, the present study items have a factor loading of more than 0.50 on their own construct.

To examine the composite reliability of each construct, as previously mentioned, Dillon-Goldstein coefficient is used. In the methodology of structural equation modeling, the composite reliability coefficient for each construct higher than 0.70 indicates good reliability. The values of this coefficient which are more than 0.70 for all constructs have been displayed in Table 2. Therefore, the constructs enjoy good composite reliability.

Values of the average variance extracted (related to constructs) have also been provided in Table 2, by which the third criterion of internal consistency of constructs can be evaluated. In Table 2, most of these values are greater than 0.50 indicating good reliability of the measurement tool.

Table 2. Study of the values of the average variance extracted and composite reliability

Constructs	Markers	Factor loading	AVE	Composite reliability	Cronbach's alpha
Emotional intelligence	Intrapersonal skills	0.880	0.57	0.86	0.80
	Interpersonal skills	0.513			
	Coping with stress	0.678			
	Compatibility	0.867			
	General mood	0.773			
Quality of life	Physical health	0.824	0.48	0.96	0.95
	Mental health	0.900			
	Social relations	0.770			
	Environmental health	0.854			

Marital satisfaction	Item 1	0.811	0.70	0.90	0.86
	Item 2	0.584			
	Item 3	0.730			
	Item 4	0.679			
	Item 5	0.711			
	Item 6	0.631			
	Item 7	0.591			
	Item 8	0.812			
	Item 9	0.790			
	Item 10	0.720			
	Item 11	0.771			
	Item 12	0.610			
	Item 13	0.726			
	Item 14	0.604			
	Item 15	0.570			
	Item 16	0.632			
	Item 17	0.653			
	Item 18	0.629			
	Item 19	0.826			
	Item 20	0.687			
	Item 21	0.723			
	Item 22	0.617			
	Item 23	0.758			
	Item 24	0.685			
	Item 25	0.576			

To examine the diagnostic validity, the square root of the average variance extracted can be applied. To this end, the square root of the average variance extracted should be greater than the correlations of other factors with this construct. This issue has been displayed in Table 3. Results of assessing the diagnostic validity reveal that all constructs have been relatively well separated.

Table 3. Square root of the average variance extracted with correlations

Constructs	Emotional intelligence	Marital satisfaction	Quality of life
Emotional intelligence	0.755		
Marital satisfaction	0.285	0.693	
Quality of life	0.652	0.529	0.837

Study of the inner model

In the inner model, the following cases are examined:

Study of path coefficients (Beta)

Significance of path coefficients and R^2 values demonstrate that the proposed model explains several percent of the factors affecting the dependent construct (56). In order to investigate the significance of the path coefficient or beta, t-value significance for each path coefficient should be taken into consideration (58). When the statistical t-value for testing a hypothesis is at least higher than 1.96 at a level of 0.05, the hypothesis is confirmed (59). Table 4 examines the research hypotheses concerning the relationships between emotional intelligence and marital satisfaction and between emotional intelligence and quality of life and between marital satisfaction and

quality of life and displays a summary of the results obtained from the analysis of partial least squares for testing the structural model especially the standardized path coefficient (β) and statistical t. Figure 1 also clearly shows the path coefficients.

Table 4. Hypothesis testing results

	Hypothesis		Path coefficient (Beta)	t-statistic	Hypothesis result
	Independent variable	Dependent variable			
1	Emotional intelligence	Marital satisfaction	0.285**	4.793	Confirmed
2	Emotional intelligence	Quality of life	0.545**	15.563	Confirmed
3	Marital satisfaction	Quality of life	0.373**	9.240	Confirmed

**P < 0.001

The amount of beta coefficient for the effectiveness of emotional intelligence in marital satisfaction is 0.285, which shows that 28% of the changes in marital satisfaction are related to emotional intelligence. Hence, there is a significant positive relationship between emotional intelligence and marital satisfaction at the level of 0.001. The amount of beta coefficient for the effectiveness of emotional intelligence in quality of life is 0.545, which suggests that the amount of the effect of emotional intelligence on quality of life is 54%; that is, 54% of the changes in quality of life are related to emotional intelligence. Considering the significance of the relationships, it can be stated that there is a significant positive relationship between emotional intelligence and quality of life at the level of 0.001. The amount of beta coefficient for the effectiveness of marital satisfaction in quality of life is 0.337, which indicates that 37% of the changes in quality of life are associated with marital satisfaction and a significant positive relationship exists between marital satisfaction and quality of life at the level of 0.001.

The effects of total constructs and also R^2 values are shown in Table 5. R^2 values indicate that the proposed model has incorporated several percent of the factors affecting the dependent construct. With respect to the R^2 value (R^2=0.553) calculated for the dependent variables of quality of life, it is concluded that the proposed model has incorporated 55% of the factors influencing quality of life (Table 5).

Table 5. The effects of all variables

Dependent constructs	Independent constructs		R^2
	Emotional intelligence	Marital satisfaction	
Marital satisfaction	0.285	-	0.081
Quality of life	0.652	0.373	0.553

Discussion

This study aimed to investigate the role of emotional intelligence and marital satisfaction in quality of life in married women working as elementary teachers in Sabzevar. According to the research, results obtained from the structural equation modeling method with partial least squares approach, there is a significant positive relationship between emotional intelligence with marital satisfaction and quality of life. Further, the amount of the effectiveness of emotional intelligence in marital satisfaction is 28% and its effectiveness in quality of life is 0.54. Besides, it was determined that a significant positive relationship exists between marital satisfaction and quality of life and the amount of the effectiveness of marital satisfaction in quality of life is 37%. Based on the results, the designed model has

the required fit to explain the quality of life based on the direct and indirect effects of emotional intelligence and marital satisfaction. Findings of the current study are consistent with the results of other studies in this regard, including the research by Hoseini Sadeh and Fathi Ashtiani (60), Shamsaei, Nikkhah and Jadidi (61), Mehanian Khameneh, Borjali and Salimizadeh (62), Hoseindokht et al. (63), Pandy and Anand (64), Van Leeuwen et al. (12), Ghaffari and Rezaei (65) and Yoon-Ji and Myunghee (13). Hoseini Sadeh and Fathi Ashtiani (60) reached the conclusion that emotional intelligence and social skills are suitable predictors of marital satisfaction, and increased emotional intelligence is associated with increased marriage duration, marriage age and marriage level. In a study, Shamsaei et al. (61) concluded that there is a significant relationship between identity, emotional intelligence and marital satisfaction and emotional intelligence is a better predictor of marital satisfaction. The research by Mehanian Khameneh et al. (62) also disclosed a significant correlation between emotional intelligence and marital satisfaction while among emotional intelligence components, emotional self-awareness, social skills, self-control and empathy are respectively better predictors of marital satisfaction and also, emotional intelligence and marital satisfaction have a significant impact on job success.

In explaining these findings, it should be mentioned that women who have the ability to recognize and understand their emotions are also aware of their effect on their spouses and since self-awareness is the basis of control over one's feelings and guidance of others (62), such people are more capable of managing their own and their spouse's emotions and thus will have greater marital satisfaction. On the other hand, this finding confirms that people with the ability to regulate their emotions and monitor how they express their feelings towards their spouse experience more marital satisfaction in their daily life. Marital satisfaction is a situation in which the husband and wife are happy and satisfied with marrying each other and being together (66). This feeling arises when the couples can significantly meet the needs and expectations of each other in the marital relationship (66). Research on the relationship between social skills and marital satisfaction has shown that women with high social skills are able to manage interpersonal relationships, especially marital relationships, using effective and appropriate methods and be a reliable spouse and comfort others (60).

Pandy and Anand (64) arrived at the conclusion that the higher levels of emotional intelligence in couples are associated with higher marital adjustment and greater health and well-being. Additionally, Van Leeuwen et al. (12) argued that emotional intelligence has a high positive relationship with the specific quality of life of the disease. In their study, Ghaffari and Rezaei (65) reported that marital satisfaction has a significant positive relationship with quality of life and life skills and it has a significant negative correlation with obsessive-compulsive tendency. Yoon-Ji and Myunghee (13) also revealed that there is a positive relationship between marital satisfaction and quality of life. In another study, it was found that a significant positive relationship exists between the variables of gender ideologies, marital roles and emotional intelligence with quality of life and marital roles are predictors of quality of life (67).

Emotional intelligence, in addition to increasing the probability of correct and realistic recognition of emotions, increases the individual's predictive power and

control and provides people with effective coping strategies to deal with stressful situations, including social stress and work environment stressors (67). Thus, given that emotional intelligence enhances a person's evaluation of the events occurred, it causes to improve quality of life. On the other hand, low levels of emotional intelligence will lead to poor evaluation and performance of the individual. In other words, emotional intelligence helps the individual improve his performance and increases the probability of his success in different fields through the features of emotional perception, emotional facilitation, emotion recognition, emotion management, predictive mechanisms, increased power of control and enhanced effective coping strategies (68). Particularly, the ability to effectively dealing with emotions in the work environment helps the employees resist job stress (35). Therefore, if emotional intelligence authorities undertake to increase emotional intelligence through appropriate strategies, this can have a considerable effect on reduced occupational stress (68).

Golman (69) believes that high emotional intelligence can promote the general quality of life and personal and social situations of the individual. Abundant evidence shows that in today's societies, couples have many problems to establish and maintain intimate relationships and make the spouse understand their feelings (67). It is evident that the deficiencies in affective and emotional competencies of spouses, together with many other factors, have adverse effects on their common life, among which are deficiencies in self-awareness ability, self-control, empathy and the ability to relieve each other`s distress. The research results suggest that affective competencies increase the ability to tolerate stress and solve daily problems and these personal skills can make the individual successful in coping with sudden environmental pressures (70). Hence, it seems that emotional intelligence is one of the cases that can give direction to people's life and create within them more appropriate satisfaction with the environment and individuals. With regard to the existence of a significant positive relationship between emotional intelligence and marital satisfaction in working women and their spouses, the quality of emotional intelligence can be considered as a fundamental and effective construct in the process of improving and strengthening satisfactory marital relationships. That is, as concluded by Ali Akbari Dehkordi (66), effective action can be taken through teaching the role of emotional intelligence in improving interpersonal and marital relationships. Intimate relationships between couples require communication and verbal skills and other important family skills such as individuals' attention to issues from the viewpoint of their spouse, the ability to empathize with what their spouse has experienced and being sensitive to and aware of his/her needs, all of which are related to emotional intelligence. So, we need to improve these factors through training, counseling and other methods.

Given the results of the present study, it is necessary to raise the emotional capabilities of couples so that they can better respond to their different roles and as a result of creating a favorable relationship between couples, a safe and suitable environment is provided in the family to improve the quality of life. One of the limitations of this research was the use of the correlation method which merely shows the relationship between variables and does not allow for the extraction of causal relations although attempt was made to remove this limitation to a great extent using the structural equation modeling method. Another limitation of this study includes the specific

features of the sample comprising married women working as elementary teachers in Sabzevar. Hence, it is necessary to generalize the results with caution. It is suggested that this research be replicated in other regions of the country and on other teachers, including male and single teachers, and an empirical research be used if possible.

Conclusion

According to the obtained results using the structural equation modeling method with partial least squares approach, there is a significant positive relationship between emotional intelligence with marital satisfaction and quality of life and emotional intelligence plays a mediating role in the relationship between marital satisfaction and quality of life.

Acknowledgment

Hereby, we express our great appreciation to the respected staff and teachers of Sabzevar, who sincerely assisted us in doing this research. The present study was conducted with the approval of the research deputy of Hakim Sabzevari University.

According to the statement of the corresponding author, there was no financial support for the research and no conflict of interest.

References

1. Terjesn M, Jacofsky M, Froh J, DiGiuseppe R. Integrating positive psychology into schools: Implications for practice. Psychol School 2004; 41(1): 163-72.
2. Seligman, MEP, Csikszentmihalyi M. Positive psychology: An introduction. Am Psychologist 2000; 55(1): 5-14.
3. Seligman MEP. Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. New York: Free Press; 2002: 15-75.
4. Hagerty MR, Cummins RA, Ferriss AL, Land K, Michalos AC, Peterson M, et al. Quality of life indexes for national policy: Review and agenda for research. Soc Indic Res 2001; 55(1): 1-96.
5. Mier N, Ory MG, Zhan D, Conkling M, Sharkey JR, Burdine JN. Health-related quality of life among Mexican Americans living in colonies at the Texas-Mexico border. Soc Sci Med 2008; 66(8): 1760-75.
6. Casas F, Figuer C, Gonzâlez M, Malo S. The values adolescents aspire to, their well-being and the values parents aspire to for their children. Soc Indic Res 2007; 84(3): 271-90.
7. Bohnke P. Does society matter? Life satisfaction in the enlarged Europe. Soc Indic Res 2008; 87(2): 189-210.
8. Bonini AN. Cross-national variation in individual life satisfaction: Effects of national wealth, human development, and environmental conditions. Soc Indic Res 2008; 87(2): 223-36.
9. Felce D, Perry J. Quality of life: Its definitions and measurement. Res Dev Disabil 1995; 16: 51-74.
10. Sirgy MJ. The quality of life research movement: Past, present and future. Soc Indic Res 2006; 76: 343-466.
11. Mayer JD, Cobb CD. Educational policy on emotional intelligence: does it make sense? Educ Psychol Rev 2000; 12: 163-83.
12. van Leeuwen BM, Borst JM, Putter H, Jansen JC, van der Mey AG, Kaptein AA. Emotional intelligence in association with quality of life in patients recently diagnosed with vestibular schwannoma. Otol Neurotol 2014; 35(9): 1650-7.
13. Yoon-Ji P, Myunghee J. Comparison of marital satisfaction and quality of life in international married woman migrants and Korean man. J Korean Acad Soc Nurs Educ 2012; 18(3): 383-92.
14. Winch R. Selected studies in marriage and the family. New York: Hito Rinehart and Winston, Inc; 2000: 49-97.
15. Larson JH, Holman TB. Predictors of marital quality and stability. Fam Relat 1994; 43: 228-37.
16. Eidelson RJ, Epstein N. Cognition and relationship maladjustment: Development of a measure of dysfunctional relationship beliefs. J Couns Clin Psychol 1982; 50: 715-20.

17. Carrere S, Buehlman KT, Gottman JM, Coan J, Ruckstuhl L. Predicting marital stability and divorce in newlywed couples. J Fam Psychol 2000; 14: 42-58.
18. Batt V, Gabhainn SN, Falvey F. Perspective on provision of counseling for woman in Ireland. Report commissioned by the Women's Health Council in conjunction with the Women's Health Advisory Committees of the Northern Area Health Board, East Coast Area Health Board, South Western Area Health Board, the North Western Health Board and the Southern Health Board; 2005: 8-28.
19. Ghadam Kheir M, Ghamari Givi H, Milaeeli N, Sepehri Shamlo Z. [The effectiveness of intervention based on rational – emotional behavioral therapy in raising intimacy and women's marital satisfaction]. Iranian journal of psychiatry and clinical psychology 2013; 8: 27-36. (Persian)
20. Mayer JD, Salovey P. What is emotional intelligence? In: Salovey P, Sluyter DJ. (editors). Emotional development and emotional intelligence: Educational implications. New York: Basi; 1997: 3-34
21. Bar-On R. The Bar-On Emotional Quotient Inventory (EQ-I): A test of emotional intelligence. Toronto, Canada: Multi-Health Systems; 1997: 15-157.
22. Akbarzadeh N. [Emotional intelligence]. Tehran: Farabi; 2006: 15-53. (Persian)
23. Jahangiri M. [The relationship between family function and emotional intelligence of adolescents in Tehran]. MA. Dissertation. Tehran: Tarbiat Moallem University, 2006: 75-112. (Persian)
24. Palmer B, Donaldson C, Stough C. Emotional intelligence and life satisfaction. Pers Individ Dif 2002; 33(7): 1091-100.
25. Gignac GE. Self-reported emotional intelligence and life satisfaction: Testing incremental predictive validity hypotheses via structural equation modeling (SEM) in a small sample. Pers Individ Dif 2006; 40: 1569-77.
26. Livingstone HA, Day AL. Comparing the construct and criterion related validity of ability-based and mixed-model measures of emotional intelligence. Educ Psychol Meas 2005; 65: 757-79.
27. Jokar B, Safavi H. [Relationship between emotional intelligence and happiness]. Proceeding of the First Academic Conference of Iranian University Students, Tehran: Tehran University, 2009: 55-56. (Persian)
28. Lopes PN, Brackett MA, Nezlek JB, Schutz A, Sellin I, Salovey P. Emotional intelligence and social interaction. Pers Soc Psychol Bull 2004; 30: 1018-34.
29. Lopes PN, Salovey P, Côté S, Beers M. Emotional regulation ability and the quality of social interaction. Emotions 2004; 5: 113-18.
30. Lopes PN, Salovey P, Straus R. Emotional intelligence, personality, and the perceived quality of social relationships. Pers Individ Dif 2003; 35: 641-58.
31. Constantine MG, Gainor KA. Emotional intelligence and empathy: their relation to multicultural counseling knowledge and awareness. Prof School Couns 2001; 5(2): 131-7.
32. Bar-On R. Emotional and social intelligence: Insights from the Emotional Quotient Inventory (EQ-i). In: Bar-On R, and Parker JD. (editors). Handbook of emotional intelligence: Theory, development, assessment and application at home, school and in the workplace. San Francisco: Jossey-Bass; 2000: 363-88.
33. Samoei R. [Translating and norms for emotional intelligence questionnaire among University Students]. Journal of psychology 2011; 5: 9-10. (Persian)
34. Dehshiri GH. [Validation and factor analysis of the Emotional Quotient Inventory (EQ-i) in students of Tehran universities]. MA. Dissertaton. Tehran: Allameh Tabataba'i University, 2005: 63-95. (Persian)
35. Golparvar M, Aghaei A, Khaksar F. [Emotional intelligence and its relationship with job-oriented development among workers in factories and industries]. Knowledge and research in applied psychology 2005; 25: 75-106. (Persian)
36. World Health Organization: Division of Mental Health. WHOQOL-BREF: introduction, administration, scoring and generic version of the assessment: field trial version, GENEVA: World Health Organization, 1996: 1-16.
37. Nejat S, Montazeri A, Holakouie Naieni K, Mohammad K, Majdzadeh S. [The World Health Organization quality of Life (WHOQOL-BREF) questionnaire: Translation and validation study of the

Iranian version]. Journal of School of Public Health and Institute of Public Health Research 2006; 4(4): 1-12. (Persian)
38. Moradi A. [The effect of self-esteem, self-efficacy and achievement motivation on quality of life and entrepreneurial behavior in young females: A model for individuals with physical-motor disability]. PhD. Dissertation. University of Isfahan, Isfahan, Iran, 2010: 73-105. (Persian)
39. Nasiri H. [Investigation the validity and reliability of Iranian version of WHO-BREF]. Proceeding of the Third Conference of Students' Mental Health; Tehran, 2006: 18-19. (Persian)
40. Goldberg D. Manual of the General Health Questionnaire. Windsor: NFER-Nelson, 1978: 1-32.
41. Hudson WW. Index of marital satisfaction. Tempe, AZ: WALMYR Publishing Company; 1992: 1-15.
42. Hudson WW. The WALMYR Assessment Scales Scoring Manual. Tallahassee, FL: WALMYR Publishing Company; 1997: 35-72.
43. Corcoran K, Fischer J. Measures for clinical practice and research. A source book. 5th ed. New York: Oxford University Press; 2013: 38-69.
44. Olson DH, Fournier DG, Druckman JM. PREPARE/ENRICH Counselor's Manual. Minneapolis: PREPARE/ENRICH, Inc.; 1983: 1-35.
45. Alaei P. [Validation of Love Story Scale and its relationship with marital satisfaction]. MA. Dissertation. Tehran: Allameh Tabataba'i University, 2005: 95-116. (Persian)
46. Locke HJ, Wallace KM. Short marital adjustment and prediction tests: Their reliability and validity. Marr Fam Living 1959; 21: 251-55.
47. Sanai Zaker B, Alaghband S, Falahati SH, Homan A. [Family and marriage scales]. Tehran: Besat; 2008: 42-65. (Persian)
48. Torkan H, Molavi H. [Psychometrical properties of the Index of Marital Satisfaction (IMS)]. Journal of psychology 2009; 13(1): 3-19. (Persian)
49. Spanier GB. Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. J Mar Fam 1976; 38: 15-38.
50. Wold H. Partial Least Squares. In: Kotz S, Johnson NL. (editors). Encyclopedia of statistical sciences. New York: Wiley; 1985: 581-91.
51. Hulland J. Use of partial least squares (PLS) in strategic management research: A review of four recent studies. Strat Manag J 1999; 20: 195-204.
52. Chin WW, Marcolin BL, Newsted PR. A partial least squares latent variable modeling approach for measuring interaction effects: Results from a Monte Carlo simulation study and an electronic-mail emotion/adoption study. Inform Syst Res 2003; 14(2): 189-217.
53. Lohmöller JB. Latent variable path modeling with partial least squares. Heidelberg, Germany: Physica Verlag; 1989: 28-54.
54. Fornell C, Bookstein FL. Two structural equation models: LISREL and PLS applied to consumer exit-voice theory. J Market Res1982; 19: 440-52.
55. Chin WW. PLS is to LISREL as principal components analysis is to common factor analysis. Technol Stud 1995; 2: 315-19.
56. Seyedabbaszadeh MM, Amanisaribeglou J, Khezri A, Pashoy GH. [An introduction to structural equation modeling based on PLS method and its application to behavioral sciences with introducing Smart PLS, Visual PLS and PLS-Graph softwares]. Urmia: Urmia University, 2013: 32-68. (Persian)
57. Fornell C, Larcker DF. Evaluating structural equation models with unobservable variables and measurement error. J Market Res 1981; 18(1): 39-50.
58. Taghavi Fard MT, Nemat M, Saniei Monfared MA. [The prediction of customer repurchasing behavior (Case: An internet service provider)]. Quarterly journal of business management 2012; 10: 55-74. (Persian)
59. Ghollamzadeh R, Ghanavati M. [Strategic orientation and order of market entry of food firms]. New marketing research journal 2012; 3: 47-62. (Persian)

60. Fathi-Ashtiani A. [Psychological tests: Personality and mental health assessment]. Tehran: Besat; 2009: 23-59. (Persian)
61. Shamsaei MM, Nickkhah HR, Jadidi M. [The role of identity and emotional intelligence in marital satisfaction]. Journal of applied psychology 2006; 2: 57-67. (Persian)
62. Mehanian Khameneh, M, Borjali A, Salimizadeh MK. [The investigation of the relationship between emotional intelligence and marital satisfaction]. Journal of psychology 2006; 10(3): 308-20. (Persian)
63. Hoseindokht A, Fathi-Ashtiani A, Taghizadeh ME. [Relationship between spiritual intelligence and spiritual well-being with quality of life and marital satisfaction]. Psychology and religion 2013; 6(2): 57-74. (Persian)
64. Pandy R, Anand T. Emotional intelligence and its relationship with marital adjustment and health of spouse. Indian J Soc Sci Rec 2010; 7(2): 38-46.
65. Ghaffari M, Rezaei A. [The relationship between marital satisfaction and quality of life with obsession tendencies and life skills in married students of Payame Noor University]. Medical science journal of Islamic Azad University 2013; 23(2): 140-7. (Persian)
66. Aliakbari-Dehkordi M. [Relationship between emotional intelligence and marital satisfaction in couples]. Journal of behavioral sciences 2012; 6(2): 17-18. (Persian)
67. Ghorbani F. [The relationship between gender ideologies, marital roles, emotional intelligence and marital quality in married employees of Shiraz government departments]. MA. Dissertation. Ahvaz: Ahvaz University, 2010: 64-87. (Persian)
68. Nasrollahi A. [Relationship between emotional intelligence and job stress among employees of University of Payam Noor]. MA. Dissertation. Tehran: Tehran University of Payam Noor, 2010: 73-102. (Persian)
69. Golman D. Emotional intelligence: why it can matter more than IQ? New York: Bantam Books; 1995: 21-75.
70. Panahi Sardi R. [The relationship between emotional intelligence and forgiveness with marital satisfaction among couples seeking divorce and normal couples of Tabriz]. MA. Dissertation. Tehran: Allameh Tabataba'i University, 2013: 81-126. (Persian)