

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

THE ROLE OF EMOTIONAL INTELLIGENCE AND SOCIAL ADJUSTMENT IN FAMILY SATISFACTION

Oimatova Dilorom Ruzimurotovna
Senior Teacher, Shakhrisabz State Pedagogical Institute
Dilorom_5500@gmail.com

Abstract

This article examines the interrelationship between emotional intelligence, social adaptation, and marital satisfaction within the context of family psychology. Based on empirical findings, the study analyzes how emotional self-regulation, empathy, and interpersonal communication culture influence the stability and quality of marital relationships. The results indicate that individuals with higher levels of emotional intelligence and social adaptability are more capable of maintaining mutual understanding, empathy, and emotional balance in family life. Emotional intelligence and empathy function as core psychological mechanisms that enhance satisfaction with marriage.

Keywords: Emotional intelligence, social adaptation, family satisfaction, empathy, marital stability, interpersonal relations, emotional culture.

Introduction

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

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

strengthening family stability through the development of emotional intelligence has become one of the current areas of socio-psychological research today.

In recent years, the Republic of Uzbekistan has been implementing systematic reforms to strengthen the family, create a healthy social environment, and ensure the strength of marriage. The family, as the foundation of society, has risen to the level of one of the important directions of state policy. In particular, the activities of the Family and Women's Committee, the Mahalla and Enlightenment Support Agency, and Psychological Service Centers are aimed at establishing an emotionally healthy environment in families, providing practical assistance in problem situations, and improving interpersonal relationships. In this regard, determining the level of satisfaction with family life, systematically studying the psychological and social factors affecting it, as well as determining the mediating role of emotional intelligence in managing these factors is an issue of urgent scientific and practical importance.

Level of research on the topic

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

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

Psychologists from the CIS countries have also conducted important research in this area. In particular, L. S. Vygotsky, S. L. Rubinstein, D. V. Ushakov, A. N. Markova, L. M. Mitina, R. S. Nemov, I. Y. Rogov, A. A. Bantischeva, Y.

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

Sinelnikova, A. S. Burelomova, A. A. Denisov, L. D. Kamishnikova, I. N. Andreeva and others interpreted intelligence in their studies as a psychological system related to self-awareness, social adaptation, emotional self-control and success in interpersonal relationships.

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

Methodology and research methods. The methodological basis of this study is based on theoretical views and empirical approaches developed in the fields of modern psychology in the areas of interpersonal relationships, emotional intelligence and satisfaction with family life. The theoretical direction of the study is based on the concept of studying the emotional, social and cognitive aspects of the individual as a whole psychological system. The impact of the family as a social institution on the emotional well-being and level of psychological adaptation of a person is also comprehensively studied.

The following set of psychodiagnostic methods was used in the study:

- The methodology “Determining the level of satisfaction with family life” (V. V. Stolin, T. L. Romanova, G. P. Butenko) – is aimed at assessing the emotional, communicative and motivational content of the relationship between spouses. This methodology measured the respondents’ general level of psychological well-being in marriage and indicators of mutual satisfaction.
- “Test for determining the level of satisfaction with marriage” (Yu. U. Alyoshina, L. Y. Gozman, Y. M. Dubovskaya) – made it possible to determine the level of positive-emotional background, mutual trust, emotional closeness and correspondence of personal needs in marriage.
- N. Hall’s “Diagnostics of the level of emotional intelligence” – was used to determine a person’s ability to perceive and manage their own emotions,

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

understand the emotions of others, and provide adequate emotional responses in communication.

- “Empathy Level Diagnostics” developed by V. V. Boyko – was used to determine the participants’ ability to understand the situation of others, express sympathy and respond empathetically in communication.
- “Emotional Intelligence Level Test” by N. T. Andreyeva, adapted into Uzbek by Z. E. Abdurakhmonova – allowed to measure a person’s emotional self-awareness, self-management and social competence skills.
- “Methodology for studying emotional creativity” by J. Eyvrill – was included in the study to identify the characteristics of novelty, flexibility and originality in a person’s emotional reactions.

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

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

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

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

“During strong emotional arousal, the activity of the heart is directly influenced by consciousness; changes in the heart, in turn, redirect brain activity.”

This idea was the basis for the first scientific explanation of the relationship between emotional states and physiological mechanisms in the human psyche.

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

Results and discussions

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

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

According to the results of the study, the levels of emotional intelligence of men and women differ significantly in some aspects. Men, as a rule, showed higher

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

results in understanding their emotions, controlling them and limiting negative emotional reactions. They tend to control their emotions when necessary and express them in a socially acceptable way. Women, on the other hand, are more sensitive to, empathically perceive, and respond to not only their own emotions but also the emotional states of others. At the same time, women have more difficulty than men in controlling external emotional expressions—facial expressions, tone of voice, gestures, and other communicative cues—which makes them more likely to quickly reveal their emotional state.

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

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

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

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

Conclusion

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

The results of the study showed that at different stages of family development, its internal emotional and social relationships are subject to constant change. If in the early years of marriage there is a high level of mutual interest, attention and affection, then over time various external factors - economic responsibility, increased social roles, educational obligations and stress factors - can reduce emotional intimacy. In this process, spouses experience periods of distancing from each other in their emotional relationships or, conversely, rapprochement through mutual love. Such dynamic changes are inextricably linked to the level of emotional intelligence, stress tolerance and empathic abilities of individuals. In conclusion, it should be noted that a positive emotional environment and a culture of empathy within the family are not only a guarantee of psychological well-being, but also of the social stability and spiritual maturity of society. Therefore, the development of emotional intelligence and the formation of empathic mutual understanding are one of the modern psychological criteria for a healthy and strong family system.

References

1. Bar-On R. Emotional Intelligence and Self-Actualization. // Cherniss C., Goleman D. (Eds.) The Emotionally Intelligent Workplace. San Francisco: Jossey-Bass, 2001. – P. 82–101.
2. Mayer J.D., Salovey P. What is Emotional Intelligence? // Salovey P., Sluyter D. (Eds.) Emotional Development and Emotional Intelligence: Educational Implications. New York: Basic Books, 1997. – P. 3–31.

 WORLD BULLETIN PUBLISHING Online Publishing Hub	World Bulletin of Education and Learning (WBEL)
ISSN (E): 3072-175X	Volume 01, Issue 02, November 2025
	This article/work is licensed under CC by 4.0 Attribution
https://worldbulletin.org/index.php/1	

3. Goleman D. Emotional Intelligence: Why It Can Matter More Than IQ. New York: Bantam Books, 1995. – 352 p.
4. Mehrabian A., Epstein N. A measure of emotional empathy. // Journal of Personality. – 1972. – Vol. 40. – №4. – P. 525–543.
5. Aleshina Yu.E. Psychology of family relationships. – Moscow: Academic Project, 2001. – 240 p.
6. Andreeva G.M. Social psychology. – Moscow: Aspect Press, 2005. – 364 p.
7. Kharchev A.G. Sociology of the family. – Moscow: Nauka, 1979. – 272 p.
8. Sisenko V.A. Personal needs and problems and satisfaction in the family. // Questions of psychology. – 1982. – No. 1. – P. 45–52.
9. Novgorodova A.P. Socio-psychological factors of marital satisfaction. – Minsk: BSU, 1987. – 198 p.
10. Yurkevich N.G. Marital Satisfaction and Distribution of Roles in the Family // Questions of Psychology. – 1985. – №3. – Pp. 103–112.
11. Grozdova E.V., Liders A.G. Complementarity in Marital Relations // Psychological Journal. – 1990. – №5. – Pp. 67–75.
12. Tivodar A.R. Value Orientations and Their Influence on Family Satisfaction. – Tashkent: Fan, 1992. – 156 p.
13. Yakovleva E.L. Features of Personality Self-Awareness in the Development of the Emotional Sphere // Questions of Psychology. – 2004. – №6. – Pp. 21–29.
14. Navaitis G. Psychology of the family. – Vilnius: Mintis, 1987. – 244 p.