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EMOTIONAL INTELLIGENCE AND RELATIONSHIP SATISFACTION AMONG YOUNG ADULT WOMEN

Kinza Abdul Star

BS, Department of English, The Cosmic Degree College (For Women) ,University of Okara

ABSTRACT

Emotional intelligence plays an important role in shaping interpersonal relationships, emotional well-being, and relationship satisfaction among young adult women. This study focuses on the relationship between emotional intelligence and relationship satisfaction, with particular attention to emotional awareness, emotional regulation, empathy, communication, conflict management, and emotional support. Young adulthood is a significant developmental period during which individuals establish meaningful romantic relationships, develop interpersonal skills, and learn to manage complex emotional experiences. Women who can recognize and understand their own emotions and those of their partners may be better equipped to communicate their needs, respond constructively to disagreements, and maintain emotional closeness. In contrast, difficulties in emotional regulation and understanding may contribute to misunderstandings, dissatisfaction, and recurring interpersonal conflicts. The proposed study aims to examine how emotional intelligence is associated with relationship satisfaction among young adult women and to identify the emotional skills that may contribute to healthier and more fulfilling relationships. A quantitative research approach using a cross-sectional correlational design is proposed. Data may be collected from young adult women through standardized emotional intelligence and relationship satisfaction questionnaires. Descriptive statistics, correlation analysis, and regression analysis may be used to examine the relationship between the variables. The study is expected to contribute to a better understanding of the psychological factors associated with relationship quality and may provide useful insights for relationship education, counseling, and emotional skills development. The findings may also help identify areas in which emotional awareness, empathy, and effective communication can be encouraged to support healthier interpersonal relationships.

KEYWORDS: *Emotional Intelligence, Relationship Satisfaction, Young Adult Women, Emotional Regulation, Empathy, Interpersonal Relationships, Communication Skills, Emotional Well-Being, Conflict Resolution, Romantic Relationships.*

INTRODUCTION

Emotional intelligence has become an important concept in contemporary psychological research because of its potential influence on emotional well-being, interpersonal communication, and relationship functioning. It generally refers to the ability to recognize, understand, use, and regulate emotions in oneself and to recognize emotions in others. These abilities can influence how individuals interpret social situations, respond to emotional challenges, and establish meaningful connections with other people. In interpersonal relationships, emotional intelligence may help individuals understand emotional expressions, respond sensitively to their partners, and communicate their feelings in constructive ways. Relationship satisfaction, meanwhile, refers to the degree to which individuals feel content, supported, respected, and emotionally fulfilled within a relationship. Khan, F., Kamal, S., Habib, A., & Mirza, M. (2026).found that Although relationship satisfaction depends on several psychological and social factors, emotional skills may contribute to how individuals experience and maintain close relationships. Research on emotional intelligence and psychological well-being provides a foundation for investigating how emotional competencies may be associated with relationship outcomes (Mayer, Salovey, & Caruso, 2004).Young adulthood represents an important stage of personal and interpersonal development. During this period, individuals often develop a clearer understanding of their

identities, emotional needs, personal boundaries, and expectations regarding intimate relationships. Young adult women may experience different social and emotional demands as they balance education, employment, family expectations, friendships, and romantic commitments. These experiences can influence how they express emotions, manage disagreements, and seek support from their partners. The ability to understand emotional experiences may be especially relevant when Berenguer-Soler, M., García del Castillo-López, Á., & Pineda, D. (2023). Explained relationships involve uncertainty, differences in expectations, or competing responsibilities. Women who can identify their emotional reactions and communicate them effectively may find it easier to discuss relationship concerns without allowing temporary disagreements to become persistent conflicts.

However, these potential benefits may vary according to personality, previous experiences, cultural expectations, and the quality of the relationship itself.Emotional awareness is one of the important dimensions of emotional intelligence because it allows individuals to identify and understand their feelings. A person who recognizes feelings of sadness, jealousy, disappointment, insecurity, or frustration may be better able to explain the underlying reasons for those emotions. Without sufficient emotional awareness, individuals may struggle to communicate their needs or may express their feelings through withdrawal, anger, or criticism. In a romantic relationship, these reactions can make it difficult for partners to understand one another and resolve disagreements. Emotional awareness may therefore contribute to relationship satisfaction by supporting clearer communication and more thoughtful responses to challenging situations. Nevertheless, awareness alone may not guarantee satisfaction because individuals must also possess opportunities and interpersonal environments in which their feelings can be expressed safely and respectfully.Emotional regulation is another significant aspect of emotional intelligence that may influence relationship satisfaction. It involves managing emotional responses in ways that are appropriate to the situation rather than reacting impulsively to every feeling. Romantic relationships can involve emotionally challenging experiences, including disagreements, unmet expectations, jealousy, uncertainty, and differences in communication styles. When individuals have difficulty regulating their emotions, these experiences may lead to repeated arguments, hostile communication, or avoidance of important discussions. Walker, S. A., Pinkus, R. T., Olderbak, S., & MacCann, C. (2024)revealed In contrast, the ability to pause, reflect, and respond calmly may support constructive conflict resolution.

Emotional regulation does not mean suppressing negative emotions or accepting inappropriate behavior. Instead, it involves expressing emotions honestly while attempting to prevent unnecessary harm to oneself or one's partner. These skills may be particularly relevant to young adult women as they develop strategies for establishing balanced and emotionally supportive relationships.Empathy also plays an important role in interpersonal relationships because it involves recognizing and attempting to understand another person's emotional experiences. In a romantic relationship, empathy may help partners appreciate each other's perspectives, respond to emotional needs, and provide appropriate reassurance during stressful situations. When a woman feels understood and respected by her partner, she may experience greater emotional closeness and satisfaction. Similarly, the ability to consider a partner's perspective may reduce misunderstandings and encourage cooperation during disagreements. However, empathy must be accompanied by healthy boundaries and mutual respect. Continuously prioritizing another person's emotions at the expense of one's own

needs can create emotional exhaustion rather than relationship satisfaction. Consequently, the relationship between empathy and satisfaction should be understood in the context of reciprocal emotional support, fairness, and the overall quality of the relationship.Communication is another factor connecting emotional intelligence with relationship satisfaction. Effective relationship communication involves expressing feelings clearly, listening attentively, asking questions when misunderstandings arise, and discussing sensitive matters respectfully.

Emotional intelligence may support these behaviors by helping individuals recognize the emotional meaning behind conversations and select responses that reduce unnecessary tension. Lovis-Schmidt, A., Tavener, D., Oestreich, J., & Rindermann, H. (2024).elaborated For example, instead of immediately blaming a partner during a disagreement, an emotionally aware individual may explain how a particular situation made her feel and identify what she needs. Such communication may encourage openness and cooperation. Poor communication, on the other hand, may cause emotional needs to remain unexpressed and unresolved problems to accumulate. Nevertheless, communication is a shared process, and one partner's emotional skills cannot independently ensure a healthy relationship when the other partner consistently responds with disrespect, manipulation, or hostility.Relationship satisfaction is influenced by a combination of emotional, behavioral, social, and contextual factors. Trust, commitment, compatibility, perceived fairness, attachment patterns, social support, and expectations about relationships can all contribute to how individuals evaluate their romantic experiences. Emotional intelligence may interact with these factors by influencing how individuals respond to relational stress and interpret their partners' behavior. For example, emotional awareness may help an individual recognize insecurity, while constructive communication may allow her to discuss that insecurity with her partner. At the same time, relationship satisfaction can influence emotional experiences: individuals in supportive relationships may feel more secure and find emotional regulation easier. Therefore, the association between emotional intelligence and relationship satisfaction may be reciprocal or influenced by additional variables. Research should avoid assuming that emotionally intelligent individuals always experience satisfying relationships or that dissatisfaction necessarily reflects a lack of emotional competence.

RESEARCH OBJECTIVE

1. To examine the relationship between emotional intelligence and relationship satisfaction among young adult women.

RESEARCH QUESTION

1. What is the relationship between emotional intelligence and relationship satisfaction among young adult women?

LITERATURE REVIEW

Emotional intelligence has received considerable attention in psychological research because of its potential contribution to interpersonal adjustment and relationship quality. It includes the ability to perceive emotional experiences, understand their causes, and regulate emotional

responses in appropriate ways. Jardine, Vannier, and Voyer (2022) conducted a systematic review and meta-analysis examining emotional intelligence and romantic relationship satisfaction. Their analysis included 90 effect sizes from 78 samples and reported an overall estimated correlation of approximately \(r = .37\), suggesting a moderate positive association between emotional intelligence and relationship satisfaction. Singhal, R., Wiggins, T., Pouwels, S., Rajeev, Y., Madhok, B., Hanif, W., ... & Mahawar, K. (2022)found that Although this study falls outside the requested 2023–2026 reference period, it provides useful background for the present investigation. More recent research continues to examine the mechanisms through which emotional competence may contribute to relationship quality. This evidence suggests that emotional intelligence should be investigated not simply as an individual characteristic but also in relation to communication, conflict management, emotional support, and the quality of close relationships. Conflict resolution is an important component of romantic relationship functioning because differences in expectations, needs, and opinions are common in close relationships. Emotional intelligence may help individuals identify the emotions underlying disagreements and respond without unnecessarily increasing tension. Research published by Frontiers in Psychology in 2023 examined women's perceived emotional intelligence, positive conflict resolution strategies, emotional flooding, and relationship satisfaction. The study used a cross-sectional design involving 692 women and reported that emotional intelligence was relevant to the examined conflict-related processes and satisfaction outcomes.

These findings support further investigation of emotional competencies in women's relationships, although they do not establish that emotional intelligence alone causes greater satisfaction. For young adult women, the ability to manage disagreement constructively may be especially relevant as they develop expectations about intimacy, mutual respect, and emotional support. The present study therefore considers conflict management an important potential link between emotional intelligence and relationship satisfaction. Empathy is an important interpersonal ability because it enables individuals to recognize another person's emotional experiences and consider perspectives that may differ from their own. In romantic relationships, empathy can support understanding, validation, and emotional closeness. Young adult women who communicate their feelings while also listening carefully to their partners may be better positioned to resolve misunderstandings and establish mutually supportive relationships Saher, S., Le, T. C., Greaves, T. L., Pringle, J. M., MacFarlane, D. R., & Matuszek, K. (2025)explained. Empathy can also help individuals distinguish between a partner's temporary emotional reaction and their broader intentions, reducing the likelihood of unnecessary assumptions. Nevertheless, empathy should not be confused with agreeing with every decision or ignoring personal boundaries. A satisfying relationship requires both partners to recognize one another's emotional needs. Research on emotional competence and relationship quality provides a basis for examining whether empathy-related abilities are associated with greater relationship satisfaction. However, further research focused specifically on young adult women is needed to clarify how empathy interacts with trust, communication, and reciprocal support in different relationship contexts. Emotional regulation refers to the processes through which individuals manage the intensity, expression, and duration of their emotional responses. Ozturk, E., Bali, E. A., Kiymaz, Y. C., Tepe, D., Can, I. N., Kaya, A., ... & Ergonul, O. (2026).revealed It is relevant to relationship satisfaction because intimate relationships may involve disappointment, uncertainty, jealousy, anger, and competing expectations.

Individuals who regulate their emotions constructively may be more likely to discuss difficult issues calmly, recognize their own contribution to disagreements, and avoid impulsive responses. A 2023 study of women's emotional intelligence and couple conflict highlighted the relevance of positive conflict resolution strategies to emotional flooding and relationship satisfaction. Emotional flooding describes a state of intense emotional arousal that may make productive communication difficult. This research provides a useful foundation for examining how emotional awareness and regulation relate to women's experiences of relationship quality. However, emotional regulation does not mean concealing legitimate concerns or tolerating mistreatment. It involves responding thoughtfully while maintaining personal dignity and communicating important needs. The proposed research will examine emotional intelligence as a broader construct associated with these potential relationship processes. Communication is a central element of relationship satisfaction because it allows partners to express their feelings, discuss expectations, and negotiate solutions to everyday problems. Emotional intelligence may support communication by helping individuals understand their reactions and respond sensitively to the emotions expressed by others. Research published in Current Psychology in 2023 examined emotional regulation strategies used by individuals to influence their romantic partners' emotional experiences. The study involved 277 participants, 55% of whom were women, and found positive associations between relationship satisfaction and several strategies, including valuing a partner, using humor, and receptive listening. These results suggest that how partners respond to each other's emotional experiences may be relevant to relationship quality. For young adult women, feeling listened to and emotionally supported may contribute to a sense of closeness and security. However, supportive communication is a mutual responsibility, and one individual's emotional competence cannot compensate fully for persistent disrespect or unresponsive behavior from a partner. Relationship satisfaction develops within particular social and cultural environments.

METHODOLOGY

The proposed study will investigate the relationship between emotional intelligence and relationship satisfaction among young adult women through a systematic and structured research procedure. The methodology will define the target population, sampling strategy, data collection instruments, ethical safeguards, and statistical techniques required to answer the research question. A quantitative methodology is appropriate because the study aims to measure two psychological constructs and examine the statistical association between them. Emotional intelligence will be treated as the primary predictor variable, while relationship satisfaction will be treated as the outcome variable. The research will collect information about participants' emotional experiences and evaluations of their relationships using standardized self-report questionnaires. The methodology will also consider relevant background characteristics, such as age and relationship duration, where appropriate. These characteristics may help describe the sample and provide context for interpreting the results. The study will be designed to protect participants' privacy and ensure that participation remains voluntary.The target population will consist of young adult women aged approximately 18–30 years who are currently involved in a romantic relationship. A proposed sample of 150–250 participants may be recruited from universities, colleges, community groups, or online research invitations, depending on access and available resources. A non-

probability convenience sampling technique may be used if participants are recruited from accessible educational institutions or community networks.

RESEARCH DESIGN

The proposed study will use a cross-sectional correlational research design. A cross-sectional design involves collecting information from participants during a defined period, while a correlational design examines the association between two or more variables without experimentally manipulating them. This design is appropriate because the primary purpose is to determine whether emotional intelligence is related to relationship satisfaction among young adult women. Participants will complete the relevant questionnaires once, and their scores will be analyzed together. The researcher will not assign participants to experimental groups or attempt to manipulate their emotions or relationships. Instead, the study will observe naturally occurring differences in emotional intelligence and satisfaction. This design is relatively practical in terms of time and resources and can provide an initial understanding of the relationship between the variables. Nevertheless, it cannot independently establish causal relationships.The study population will consist of women aged 18–30 years who are currently involved in a romantic relationship. The age range will be specified in the research protocol before recruitment begins and will be applied consistently to all participants. Women who fall outside the age range or who are not currently in a relationship will not be included in the main analysis if current relationship satisfaction is a required outcome. The study may include participants from different educational backgrounds, employment situations, and relationship durations to obtain a broader description of experiences within the accessible population. Demographic information will be limited to characteristics relevant to the research question. The researcher will ensure that eligibility requirements are communicated clearly and that potential participants understand the nature of the questions before consenting. These procedures will help create a defined population for analysis and make the scope of the conclusions more transparent.

DATA ANALYSIS

The data analysis process will begin with the preparation, screening, and coding of the collected questionnaire responses. Each eligible participant will be assigned a non-identifying study code to facilitate data management while protecting confidentiality. Responses will be entered into statistical software such as SPSS, R, or an equivalent program. The researcher will check the dataset for duplicate entries, impossible values, inconsistent coding, and missing responses. Items will be scored according to the published instructions for the selected instruments, including reverse scoring where required. Missing data will be assessed to determine their extent and possible patterns, and an appropriate handling strategy will be selected before inferential analysis. Participants who do not meet the eligibility criteria will be excluded according to the predetermined protocol. A clear data-cleaning procedure will reduce coding errors and improve the reliability of the subsequent analyses.Descriptive statistics will be used to summarize participants' characteristics and the distributions of emotional intelligence and relationship satisfaction scores. Frequencies and percentages will describe categorical variables such as educational level or relationship category, where collected. Means and standard deviations may be reported for continuous variables when the distributions and measurement properties support these summaries. Medians and interquartile

ranges may be used when the data are substantially skewed or when those statistics provide a more appropriate description. The researcher will also examine the minimum and maximum observed scores and compare them with the permitted ranges of the instruments. These analyses will provide an overview of the sample and help identify unusual patterns before testing the main research question. Descriptive results will be reported using the actual collected data rather than assumed values or estimates invented for the article.Reliability analysis will be conducted to assess the internal consistency of the emotional intelligence and relationship satisfaction measures within the study sample.

FINDINGS

The following section presents anticipated findings for the proposed study. These are expectations based on the literature, not actual research results. They should be revised after analyzing the collected data.The study is expected to provide insight into whether emotional intelligence is associated with relationship satisfaction among young adult women. Based on existing literature, a positive association is a reasonable hypothesis: women reporting stronger emotional competencies may also report greater satisfaction with their romantic relationships. Emotional intelligence may help individuals understand their feelings, interpret their partners' emotional expressions, and communicate their needs more constructively. These abilities may support emotional closeness and reduce avoidable misunderstandings. Nevertheless, the strength and statistical significance of the association will depend on the data collected from the selected population. It is also possible that the association will be weaker than expected or that the results will differ across participants. The study will therefore report the observed relationship objectively rather than assuming that the proposed hypothesis must be supported.The research may identify emotional regulation as an important aspect of relationship functioning. Women who can manage frustration, disappointment, and anxiety constructively may be better able to participate in difficult conversations without escalating disagreements. Such abilities may encourage reflection, patience, and problem-solving during interpersonal challenges. Conversely, difficulties in emotional regulation may be associated with impulsive communication, withdrawal, or recurring misunderstandings. These possibilities are consistent with research examining women's emotional intelligence and conflict resolution in romantic relationships. However, the present study will only be able to identify associations supported by its measurements.

CONCLUSION

The proposed study, Emotional Intelligence and Relationship Satisfaction Among Young Adult Women, aims to examine the association between emotional intelligence and satisfaction in romantic relationships. It focuses on the importance of emotional awareness, emotional regulation, empathy, and interpersonal understanding in managing relationship experiences. Previous research provides a theoretical basis for expecting emotional intelligence to be associated with relationship quality, particularly through constructive communication and conflict resolution. A quantitative, cross-sectional correlational design will enable the researcher to measure these constructs and examine their statistical relationship among young adult women. The study may contribute to psychological research by providing a focused understanding of emotional intelligence within this population. Nevertheless, the final conclusions must be based on actual results, and any association

identified should be interpreted in light of other influences on relationship satisfaction, including trust, compatibility, mutual respect, social support, and partner behavior.In conclusion, emotional intelligence represents a potentially important psychological resource for understanding interpersonal relationships and emotional well-being among young adult women. Developing the ability to recognize emotions, communicate concerns, respond empathetically, and manage disagreements may support healthier relationship practices. At the same time, relationship satisfaction cannot be attributed to one individual's emotional abilities alone because successful relationships depend on mutual effort, emotional safety, respect, and compatible expectations. The proposed research will provide an opportunity to examine these issues systematically and may inform future studies, counseling programs, and educational initiatives.

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