

Analysis Congruence of Emotional Intelligence and Marital Relationship

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Abstract: This paper analyzes the emotional intelligence and examined the relationship between emotional intelligence and marital relationships and in the end the conclusion of why emotional intelligence and foster its growth is important which we have discussed. Analysis purposes topics emotional intelligence and emotional intelligence are examined. Since emotional intelligence in creating a happy life and joyful spirit of cooperation and help others create a sense of responsibility and dealing with dangerous situations and to follow the path of growth without risk. Thus, growth and development in children and adults is essential for a healthy life.

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1. Introduction

Emotional or emotional intelligence (EQ) include cognitive and emotional control and emotional. In other words, a high EQ is someone who has successfully combined three elements of excitement to the (cognitive component - component of physiological and behavioral components). Emotional intelligence means having the skills to understand who we are, what thoughts, feelings, emotions and our behavior cohesion. Emotional intelligence means recognizing emotions in themselves and others, so that we can conduct based on moral and social conscience.

Emotional intelligence includes abilities such that one cannot keep motivation and endurance against the problems, in critical condition and their impulse control and maintain his composure, prosperity delay, empathy with others (Daniel Goleman). Emotional intelligence is the ability to set and help in personal life or career rapport with others and establish realistic tolerance (Mauric Elias).

IQ and emotional intelligence capabilities are not contradictory but rather can be said to be distinct. We all enjoy a combination of intelligence and emotions, people with high intelligence and low IQ and low emotional intelligence or emotional intelligence is high, despite some examples, are relatively rare. Indeed, the correlation between IQ and some aspects of emotional intelligence is brief, however, this connection is so clear that the two realms are generally independent. Pure species have a high IQ, that is completely lacking in emotional intelligence, almost exaggerated image of intellectuals who are masters in the realm of the mind, but in a world inefficient.

Statistical profiles of men and women in this respect is somewhat different. Men with high IQ with a wide range the interests and abilities of the mind

becomes clear that of course is not surprising. This man is ambitious and productive, predictable and stubborn and not their individual interests in the ward. He also faultfinding and boastful, fastidious and inhibiting, in experiences discomfort, non-expressive, independent and emotionally cold and lifeless. The men of "emotional intelligence" are high, socially balanced, affable and cheerful and are resistant against disturbing thoughts or frightening.

They are serving the people or solving problems, accept responsibility and have the moral point of view, significant opportunities are, in a sense their relationship with others and pay attention. Their emotional life is rich, but keeping them to himself, others and society in which they live a comfortable virgin. Women with "IQ" Clever Top of self-reliance that are expected of them, easily pose your thoughts, for mental threads value and a wide range of intellectual and aesthetic interests. Unlike women with high IQ and lean women with high emotional intelligence rarely feel anxious or guilty or drown in delusion.

They also introspective, are prone to anxiety, sink into the thoughts and feelings of guilt and express overt anger lingered, although it indirectly align. Women have "emotional intelligence" are brimming with courage and express their feelings directly, and feels positive about themselves and their life is full of meaning. They like men, affable and social and express their feelings appropriately, not as it might have explosions that subsequently expressed regret eat. They also coincide well with stress, their social status allows it to easily be faced with new ones, they are comfortable enough with it to be able humorous, spontaneous and accept the emotional experience.

Emotional intelligence components:

Doctor Daniel Goleman states that emotional intelligence components as follows:

- Self-awareness: knowing the excitement that we feel it and we know why. Self-awareness means being aware of your mental state and also our thinking about the case.

- Autonomy: Autonomy is called emotional balance. Sometimes means self-control feelings, emotions and impulsivity are learned. Self-regulation is a fundamental feature that plays an important role in controlling emotional behavior.

- Motivation: Means productive, effective and creative work in the field. Motivation and energy to others and to guide their behavior despite having poor morale. The motivation of emotion as a means to achieve our goals.

- Empathy: the ability to empathize with others' feelings and views of them. Empathy is the ability to understand and influence the emotional state of others or awareness of the feelings, needs and interests of others. In other words Privacy empathy into the feelings of others.

- Social communication skills: the ability to understand and empathize with others, communicate effectively, listen deeply, asking important questions, collaboration, coaching and negotiation is a component of this skill. In other words, awareness and understanding of emotions and feelings of others, listening to others' feelings when people are experiencing the emotions and the need to listen to their words.

How to increase your emotional intelligence?

ABC Learning basic cognitive, emotional intelligence and their sub-components. Some emotions can be the "main" is to be taken; the excitement that as the primary colors blue, yellow and red, and other combination of them originate. As some original families and some of their members are as follows:

- Anger: assault, defamation, hatred, anger, exasperate, anger, resentment, aggression, hostility, harassment, hostility.

- Grief: grief, sorrow, sadness, sullen, melancholy, had his compassion, loneliness, heartbreak, hopelessness and severe depression pathological level.

- Fear: anxiety, fear, irritability, anxiety, bewilderment, concern, conservative, skeptical, irritability, fear, fright or shock, panic and fear in terms of psychopathology (Phodia) and panic (Panic).

- Happiness: happiness, joy, peace, happiness, prosperity, joy, fun, pride, joy, excitement, pleasure, satisfaction, euphoria, oneself and the pathological mania (mania).

- Love: acceptance, friendship, trust, compassion, even radical, devotion, adoration, infatuation.

- Fascination: where to eat, astonishment, bewilderment, surprise.

- Shame: guilt, confusion, regret, remorse, postal feel, alas, heartbreak, repentance.

It certainly can not list all questions related to the classification of excitement to respond. For example, jealousy, anger mixed with grief and fear that is kind of how it can be classified. However, the first step in this direction is recognizing subtle forms of excitement. The next step is awareness; Consciousness in the broad sense of the word and find the words to express the emotions they find a link between thoughts, feelings and reactions, awareness that prevails in the decision-making thinking or feeling, due to the consequences of different ways of implementing this vision in deciding issues such as smoking.

One of the practical steps up the consciousness for Ghana is that when passions ask ourselves: "Now exactly how I feel? Have I offended? Do I jealous? I just thought occurred to me? ". After a while, we find that the practice is always to react to the emotions, there are a number of ways. Whatever a person to respond to an emotion, more ways to understand life more productive. Another way to develop self-awareness, inner states is writing. After several months writing their different moods Because words are lost in the mind not on paper can look at a historical chart. For example, we know that last year against a question of how angry you were and how we react year.

The formation of the components of emotional intelligence, first performed in the early years of a child's life, although the formation of the capacity during the school year continued stems. Create a message that a little girl when her mother caught puzzle will help, receives, in terms of how to respond differently mother. If you call mother obviously happy to help him, he receives a message and if the mother is succinct answer: "Do not bother me, I have important work to do" is very different impression.

All transactions between parent and child is small, a subset of emotional and repeat this message over the years to the formation of views and basic emotional abilities in children leads. Research has shown that the mere neglect of the child, the more harmful it is apparent misconduct; Children who are neglected act worse than all the other children, the more distressed, listless and apathetic are more aggressive and the corners are on an intermittent basis. Among the children forced to repeat the grade is 65%.

Social adjustment and emotional intelligence

The human brain lives in the 21st century, if his heart is in the Paleolithic era have you ever been faced with people who had enough intelligence but have not

been successful in social life and your career? These questions suggest that we study important aspects of human capabilities have ignored intelligence assessments. New theories about intelligence offerings that are gradually replacing the traditional theory. When psychologists began research on issues of intelligence and thinking, cognitive aspects such as memory and problem solving was the center of attention. But researchers have noted that at the same time non-cognitive aspects must also be considered. Background Emotional Intelligence (EQ) can be Wechsler ideas psychologist, an explanation of non-cognitive aspects of intelligence sought. Wexler intends that non-cognitive aspects of general intelligence and cognitive testing together.

The definition of emotional intelligence in the brain, we know that we have something called (IQ) that for years we thought that the ruler of the body and our behavior that gives him control of the diagnosis, wherever reasonable behavior from someone knocks on the head or vice versa, His high IQ or a low IQ quick to say. Thinkers, inventors and intellectuals in general have different definitions of intelligence and intelligence is defined as philosophers in abstract thinking, the power of adaptation and survival biologists, educators and psychologists ability mainly on the strength of the individual's adaptation to the environment or the ability to understand and reasoning are emphasized.

Psychologists have identified different types of intelligences that more can be Classification into 3 groups:

- Objective intelligence
- Abstract intelligence
- Social Intelligence

Emotional intelligence in the workplace factors for having a good performance than other features such as IQ or technical skills plays, therefore, nurturing and emotional growth and its capabilities, both the organization and employees will benefit from its advantages. EQ can be determined like IQ, and in the education of acquired characteristics, IQ is higher; the possibility of excitement and general awareness, control, direction and management it provides. A large number of people with high IQ but doing stupid things do humans in response to the anger, blood flow to the hands and the heart beat faster.

In the face of fear, blood flow to the leg muscles and makes it easy escape and thus loses its color and the parasympathetic arousal is a response of love and wisdom brings overall relaxation and raise eyebrows in surprise throws up a wider field of view. In fact, despite high growth in human wisdom has been that long distance running, heart and human emotions have not changed much, and people in the field had grown. Although emotional intelligence components of

emotional intelligence associated with IQ, but in terms of theoretical and practical concept, it's totally different, emotional intelligence components are as follows:

- Interpersonal including self-actualization, independence and emotional self-awareness.
- Interpersonal including problem solving and knowledge to reality.
- Consistency: involves impulse control and emotional intelligence as a phenomenon considered withstand the pressure for results, not only with theoretical aspects psychological, but on the ground for most of the problem lies with its promotion can be found living appropriate responses. In contrast, IQ, emotional intelligence can change, modify and upgrade, so understanding emotional intelligence will have a practical use.

Dimensions of emotional intelligence in leadership

1. Self-awareness: conscious or recognize emotions that are happening at the same time, the key emotional intelligence form. The ability to manage real-time indication of the sense of self and feelings of psychological insight. Managers and leaders who have a high degree of self-awareness, are honest with themselves and others and know how they feel them, other people and affects their job performance.

2. Self-regulation: control and manage emotions is a skill that is formed on the basis of self-awareness. Managers and leaders can create an environment of trust and fairness. Self-regulation is important for competitive reasons, because in an environment where IT organizations are amortized deformation decreases with dizzying speed.

3. Motivation: Steer sense of purpose in order to focus the attention and motivate yourself is very important. Control emotions underlie any kind of skill and success and those who are able to motivate their feelings in a timely manner, in everything that is given to them, try to be productive and effective. Leaders are motivated to achieve beyond their expectations and everyone else moving. Keywords of the leaders, progress. Leaders who have leadership potential, willingness to progress and to achieve progress on inner they are excited.

4. Empathy: the ability of others are formed based on emotional self-awareness, empathy with others who are kind people skills. Empathy leaders try to make everyone happy. They are considerate and think, feel and staff, along with other factors considered in making decisions. Empathy is particularly important today as part of the leadership, leaders most sympathetic to show sympathy with the people around them.

5. Social skills or set up relationships with others: the art of connecting with people too much, skills to manage feelings of others. This skill is an

ability that popularity, power, leadership and personal influence to strengthen. Leaders have high levels of emotional abilities. Most are in the spirit. Socially skilled people to meet, as well as a wide range of skills tend to build relationships.

Emotional intelligence and leadership

The ability of emotion or excitement generated to facilitate problem-solving plays an important role in the performance of the Group. In fact Barsad (2000) from Yale's School of Management conducted a study about the emotion he found that the spread of positive emotions within the group, group members facilitate collaboration, reduce conflict and improve the performance of the Group.

Rice (1999), an American expert in the field of human resources, the test is performed and to assess their emotional intelligence payment. The correlation between emotional intelligence test scores to group leaders in their efficiency scores was graded by the director ($r=0.51$) was calculated. The correlation between emotional intelligence test and scored an average group of managers their performance in providing services to clients ($r=0.46$), respectively.

According to the results of this study and other studies seems to be that emotional intelligence as an agent or broker and organizer can improve the performance of the group. Because it makes it possible for widely and be effective in a coordinated manner.

Correct method of emotional intelligence training program

Emotional intelligence in organizations in implementing programs should be considered a matter of principle. These principles include: (Karso and Wolfe, 2001):

- Clearly define the goals of the organization;
- Create links between education and the goals of the organization;
- Detailed assessment to determine the ability of staff training program based on their individual needs;
- Compliance with the strengths and weaknesses of the staff training program design;
- Preparation of the meeting;
- Using practical exercises, case studies and role playing;
- Communication and links between learning and real-world experiences of staff;
- Provide opportunities for training exercises;
- Forecast multiple opportunities to give feedback;
- Use the opportunity for groups to play and the most important social behaviors and training;
- The specific needs of each individual's private and confidential;

- Providing support and strengthen resources for staff in the follow-up phase.

Emotional intelligence and marital relationships

According to family counselors, to achieve a successful marriage and a happy family life, very simple and straightforward: "You have to know when to apologize and when your wife is your favorite work did not bring on his face." Like many other Mot concise words, the seeming simplicity of this Directive, is deceptive. In fact, knowing when, why and how of your spouse's apology and abilities such as tolerance, patience and tolerance when angry, emotional require advanced skills and a high level of empathy, self-control and understanding of the needs and feelings of others. The interesting thing about this is knowing these skills are very similar to the components or dimensions of emotional intelligence construct.

Emotional intelligence (EI) is defined by Meyer and Salvy: "The ability to understand the thoughts and emotions in order to assess the mood and setting it in a way that will empower be emotional and intellectual development." In fact, this apparent incongruity between the types of consonants and emotional intelligence abilities that makes and abilities necessary for successful dialogue and interaction are married, which brings us to the subject of emotional intelligence in the field of marriage and family life, an important role is undeniable. The question now is that emotional intelligence to how it can affect your married life off? And couples what kind of emotional skills they need to help them overcome their problems and vicissitudes of married life ever overcome it?

Emotional perception and relations between spouses

Since 1995, research conducted perception of emotional and marital relations, the results of which are as follows:

- Marriage and married life is a tissue rich in emotion.
- Couples in marriages that conflict with each other, the more emotional arousal can be seen. In other words, the more conflicts and disagreements between couples due to emotional arousal occurs.
- The ability to receive and accurate diagnosis of emotions in yourself and others differ.
- For example, some couples are apparently oblivious to the emotional symptoms wife and they ignore or are ready to misinterpretation and lack of correct diagnosis of these emotions. For example, a sad mood or sadness as anger and rage interpret.
- Humans have significant differences in their ability to express their emotions. For example, some couples are accustomed emotional messages to your opponent be vague and confusing (at the same time, they both laugh and frown). The researchers found

that the relationship between stable and accurate individual differences in the ability to express emotions and recognize them with the joy of life and marital relations is desirable.

- Happy couples compared with couples who have no relationship and emotional well together, also show more empathy and more sensitive to each other's feelings to spend the day.

- Unhappy couples from marriage in response to inappropriate behavior towards their partners will retaliate.

- Women better than men in expressing emotions and recognize them act smarter. For example, when a woman gives her husband a message of positive emotions, nonverbal signals may be physical (such as smiling) and uses a tone when speaking sincerely. On the other hand, men tend to use ambiguous messages and mixed (hybrid). For example, when a man wants his wife to give positive emotional message, the message is accompanied with laughter and with potentially life-threatening symptoms such as eyebrows or eye movements.

- Happy than couples discordant couples, both to manifest and express emotions and the understanding, diagnosis and receive affection, show that better performance.

- In the context of marriage, the above situation means that probably a husband to his wife's demand for greater autonomy, the angry reactions to this type of rude answer to the anxious reaction, and causes such a reaction is probably afraid of losing his wife. This anger may lead to destructive behaviors that war and violent physical fights and beat along.

- Interaction full of tension and conflict in marriage, even husbands who are very tolerant and patient, feeling their breakdown, and the severe negative psychological and physical symptoms (such as stomach cramps and pain, increased heart rate, defined palms, headaches, etc.) that threatens them, A feeling of helplessness, anxiety and panic are. In such circumstances, men may be automatically and involuntarily experiencing anger. Overall, based on the findings of studies on the interaction of marriage, it is assumed that if spouses are aware of the emotions of their partners and to inform their emotions clearly and openly to each other and express themselves, will have a better life. To do this it is necessary to compare the causes, aspects and consequences are aware of their emotions on their married life.

Conclusion:

Psychologists believe we can increase emotional intelligence in children and even adults since the creation of.

1. life happy and joyful.
2. Create a spirit of cooperation and help others.

3. Create a sense of responsibility and deal with dangerous situations and to follow the path of growth without risk. Thus, growth and development in children and adults, according to comments made by information is given in each category is essential for a healthy life.

1. Create a happy and vibrant life: Research has shown that the more happy people are more health and more and have more emotional intelligence, people are more social responsibility and high emotional intelligence that helps them be happier and away from their grief.

2. Create a spirit of cooperation and help others: Children who have higher emotional intelligence are aware of the feelings of others and group members try to be constructive and to understand others' needs and helping them with empathy least. Children with Emotional Intelligence Education to feel better about life when they realize that work together and help each other. Research has shown that children who are at a higher level of emotional intelligence have the following features: Learners are better, have fewer behavioral problems, as well as express their excitement, they listen to the words of others, learners are better, have fewer behavioral problems, as well as express their excitement, they listen to the words of others, of less violence show that, a lot of friends, they are happy and joyful, If complications occur in their lives, are good at problem solving and coping with problems in these children more, More than others their emotions and impulses control, about the people around you feel good.

3. Create a sense of responsibility: Emotional intelligence helps us keep the person responsible in the community, to reach this stage, children should give the necessary training, first, educate children, to teach them-their feelings instead of their hands, accept responsibility for your feelings and emotions, for example: Instead of saying "you make me happy severe", including "I feel happy". Also to teach them the right to choose their own feelings, forums such as the use of verbal and nonverbal skills, change, act, and so all of us can have control over your emotions and take control of it and it would be possible to strengthen the emotional intelligence when we control the emotions and feelings.

4. Deal with dangerous situations: Research shows that children who have more emotional intelligence, earlier detection of dangerous situations and react the day and in the critical period of adolescence are less likely to develop a moral deviation and are less attracted to bad friends.

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