

Interrelationship Features Between Emotional Intelligence And Satisfaction With Family Life

Oymatova Dilorom Ruzimurotovna

Senior teacher of Shakhrisabz State Pedagogical Institute

Abstract. This article analyzes the relationship between emotional intelligence (EI) and the level of satisfaction with family life from a socio-psychological perspective. The study highlights the importance of empathy in family life quality, emotional regulation, communication culture, and interpersonal relationships. The results show that a high level of emotional intelligence is an important factor in increasing stability, positive climate, and satisfaction in family relationships.

Keywords. Emotional intelligence, family satisfaction, socio-psychological characteristics, empathy, communication, family stability.

Introduction. Family life satisfaction (FLS) is a key indicator of a person's quality of life, mental health, and social integration. Along with economic resources, socio-psychological factors such as emotional regulation, communication skills, empathy, and a sense of justice have a decisive impact on FLS. EI — a set of abilities to perceive, understand, manage, and appropriately use one's own and others' emotions — is seen as an internal resource that strengthens trust, intimacy, and stability in couple relationships.

Literature review. The following factors influencing marital satisfaction have also been separately studied in scientific sources: satisfaction of personal needs (V.A. Sisenko)[13], motives for marriage (A.G. Kharchev)[12], socio-psychological characteristics of family relationships (A.P. Novgorodova)[18], job satisfaction (N.G. Yurkevich, G. Navaytis)[14], personality traits and value orientations (T.V. Andreeva, Yu.A. Shmotchenko)[11], distribution of household chores (N.G. Yurkevich)[15], degree of complementarity in marriage (E.V. Grozdova, A.G. Liders)[16], harmony between spouses' orientations to family values (A.R. Tivodar)[17], etc.

The capability model interprets EI as four skills (perception—use—understanding—management), and the competency model interprets EI as a set of personal and social competencies.

The family is a system of interconnected subsystems (spouses, parents—children, extended kinship). Changes in the level of EI buffer the emotional climate of the system[2, p.14].

Secure attachment may be positively related to EI and satisfaction, while anxious/withdrawal styles may be negatively related. Sense of fairness in household chores and caregiving is a strong predictor of OCD; EI facilitates the coordination of fairness through negotiation. EI mitigates negative affect through cognitive reinterpretation, shifting the conflict from “escalation” to “resolution.”

The goal is to identify the mediation (communication/cognitive and behavioral channels) and moderation (personal and contextual conditions) pathways of the relationship between EI and OHC, and to propose a methodologically sound research protocol in the cultural context of Uzbekistan [7, p.86].

Procedure and ethics. Online/hand-held survey; each participant individually, anonymous ID. Consent, data protection, resource list (psychological support). Safety protocol for violence signals.

Analysis strategy: Measurement model: confirmatory factor analysis (CFA), ω reliability, invariance.

• APIM-SEM: actor and partner paths (EI → OHQ), parallel mediation with mediators; 5000 bootstrapped confidence intervals.

• Moderation: multi-group SEM (attachment styles, high/low stress), plus interaction (EI × Stress).

• Multi-source variance: Harman one-factor test, CMB control; social acceptability and Big Five as covariates.

• EMA (voluntary mini-study): 14-day daily report (affect, communication events, micro-satisfaction) — multi-level models[4, p.108].

Research Methodology. Note: The results presented below are general trends reported in the existing literature and hypothesized directions based on the proposed model; this article describes the data collection but does not provide new empirical data.

EI-OHQ Relationship. Many studies have reported small to moderate positive associations between EI and marital satisfaction (typically in the range of $r \sim .20\text{--}.35$). Both ability EI (MSCEIT) and trait EI (TEIQue) are positively related to satisfaction, but trait EI often shows stronger convergent relationships with self-report scales of communication [6, p.31].

Dyadic effects:

According to APIM, the actor-effect of EI (self-satisfaction) is stable, the partner-effect (partner satisfaction) is moderate: that is, an increase in EI on one side can also increase the satisfaction of the other side.

Analysis and results. The findings show EI as an “emotional buffer” and “communication catalyst” in the family system: it regulates affect, enhances empathy,文明izes the negotiation of justice, and as a result increases OQH. Integration with attachment and stress theories explains why EI is most beneficial precisely in difficult contexts[7, p.274].

Uzbekistan context. Respectful boundary negotiation (role/decision matrix) in multigenerational households and kinship settings aligns with EI practices. Neighborhood and religious rituals are sources of positive micro-moments; can be incorporated into EI processes inclusively. Job migration/rotation: Pre-defined communication protocols (2 video calls per week, shared budget attachment) work well with EI skills.

Limitations. Self-report bias; ability to integrate multiple sources of data with EI (MSCEIT). Causality is difficult to establish in cross-sectional designs; longitudinal and RCT designs are needed. Cultural invariance: Testing for invariance in Uzbek language versions of measures is mandatory.

Conclusion/Recommendations. Emotional intelligence is a central resource that activates the socio-psychological mechanisms of family satisfaction (empathy, communication, justice, conflict resolution). In the Uzbek context, dyadic longitudinal designs and targeted EI interventions are expected to serve to increase family stability, support child well-being, and strengthen social capital at the mahalla level.

Foydalilanilgan adabiyotlar ro‘yxati

1. Bar-On, R. (2006). The Bar-On model of emotional-social intelligence (ESI). *Psicothema*, 18(Suppl), 13–25.
2. Bradbury, T., & Greaves, J. (2009). *Emotional Intelligence 2.0*. San Diego: TalentSmart.
3. Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual Review of Psychology*, 54(1), 403–425.
4. Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. New York: Bantam Books.
5. Gottman, J., & Silver, N. (1999). *The Seven Principles for Making Marriage Work*. New York: Crown.
6. Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, 118(1), 3–34.
7. Mayer, J. D., Caruso, D. R., & Salovey, P. (2016). The ability model of emotional intelligence: Principles and updates. *Emotion Review*, 8(4), 290–300. <https://doi.org/10.1177/1754073916639667>
8. Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition and Personality*, 9(3), 185–211. <https://doi.org/10.2190/DUGG-P24E-52WK-6CDG>
9. Schutte, N. S., Malouff, J. M., & Bhullar, N. (2009). The assessing emotions scale. In C. Stough, D. H. Saklofske, & J. D. Parker (Eds.), *Assessing emotional intelligence* (pp. 119–134). New York: Springer.
10. Snyder, C. R., & Lopez, S. J. (Eds.). (2002). *Handbook of positive psychology*. Oxford: Oxford University Press.
11. Andreeva G.M. Sotsialnaya psikhologiya. – Moscow: Aspekt Press, 2005. – 364 p.
12. Kharchev A.G. Sotsiologiy of the family. – Moscow: Nauka, 1979. – 272 p.
13. Sisenko V.A. Personality needs and problems of their satisfaction in the family. // Voprosy psikhologii. – 1982. – №1. – P. 45–52.
14. Novgorodova A.P. Socio-psychological factors of marital satisfaction. – Minsk: BGU, 1987. – 198 p.
15. Yurkevich N.G. Marital Satisfaction and Distribution of Roles in the Family. // Questions of Psychology. – 1985. – №3. – P. 103–112.

- 16. Grozdova E.V., Liders A.G. Complementarity in Marital Relations. // Psychological Journal. – 1990. – №5. – P. 67–75.
- 17. Tivodar A.R. Value Orientations and Their Influence on Family Satisfaction. – Tashkent: Fan, 1992. – 156 p.
- 18. Navaytis G. Family Psychology. – Vilnius: Mintis, 1987. – 244 s.