



## **EMOTIONAL INTELLECTUALITY AND SOCIAL- PSYCHOLOGICAL FEATURES IN THE PROCESS OF SATISFACTION WITH FAMILY LIFE**

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**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 and interpersonal relationships. The results show that high levels of emotional intelligence are an important factor in increasing stability, positive climate, and satisfaction in family relationships.

**Keywords:** Emotional intelligence, family satisfaction, socio-psychological characteristics.

**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.

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

The family is a system of interconnected subsystems (spouses, parents–children, extended kinship). Changes at the EI level buffer the emotional climate of the system.

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



The aim is to identify the mediation (communication/cognitive and behavioral channels) and moderation (personal and contextual conditions) pathways of the relationship between EI and OHQ, and to propose a methodologically sound research protocol in the cultural context of Uzbekistan.

**Hypotheses (conceptual):**

H1:  $EI \uparrow \rightarrow OHQ \uparrow$  (direct).

H2:  $EI \rightarrow$  (communication quality, empathy, conflict management, sense of justice)  $\rightarrow OHQ$  (mediation).

H3: Attachment style, stress (financial, migration), personality traits (neuroticism) moderate the  $EI \rightarrow OHQ$  path.

H4: There are dyadic effects: an individual's EI affects both self-satisfaction (actor) and partner satisfaction (partner).

A two-stage design is recommended:

Study 1 (cross-sectional, dyadic): 250–320 married couples ( $N \approx 500$ –640 individuals) in Uzbekistan — urban/rural, varying duration of marriage. Sample size:  $\approx 220$  couples are required to achieve power of 0.80 for the actor–partner interdependence model (APIM) to detect a mean effect ( $\beta \approx 0.20$ ); +20–30% for attrition.

Study 2 (longitudinal, 3 measurements, 6 months): At least 60–70% of Study 1 participants will be remeasured (incentives to manage attrition).

Inclusion criteria: 18+, at least 6 months in marriage/partnership; groups balanced for children/no children. Exclusions: severe psychiatric conditions, active domestic violence.

**Measures (validated short forms recommended)**

- EI:
- MSCEIT (ability approach) or TEIQue-SF (trait approach; 30–60 items).
- OHQ (couple satisfaction):
- Couples Satisfaction Index (CSI-16/32) or Dyadic Adjustment Scale (DAS-32).

**Mediators:**

- Communication Patterns Questionnaire (CPQ) — constructive vs. negative cycles;
- Conflict Tactics Scale (CTS2) — nonaggressive problem-solving subscales;
- Perceived Responsiveness Scale (partner responsiveness);
- Perceived Fairness in Household Labor (housework fairness);





- Coparenting Alliance Measure (for parents with children).

**Moderators and covariates:**

- ✓ ECR-R (adult attachment), Financial Strain Scale (financial strain), Big Five – BFI-2-S, Marlowe-Crowne-10 (social acceptability), demographics.
- ✓ Language and cultural adaptation: translation–retranslation, measurement invariance (configural/metric/scalar) checks.

**Procedures and ethics.** Online/hand-held survey; each participant has a separate, confidential ID. Consent, data protection, resource list (psychological support). Safety protocol for reporting violence.

**Analysis strategy:**

- Measurement model: confirmatory factor analysis (CFA),  $\omega$  reliability, invariance.
- APIM-SEM: actor and partner paths ( $EI \rightarrow OHQ$ ), parallel mediation with mediators; 5000 bootstrapped confidence intervals.
- Moderation: multi-group SEM (attachment styles, high/low stress), plus interaction ( $EI \times Stress$ ).
- Multi-source variance: Harman one-factor test, CMB control; social acceptability and Big Five as covariates.
- EMA (optional mini-study): 14-day daily report (affect, communication events, micro-satisfaction) — multi-level models.

**Results (Literature Synthesis and Expectations)**

Note: The results presented below are general trends reported in the existing scientific literature and hypothesized directions according to 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  $r \sim .20-.35$ ). Both ability EI (MSCEIT) and trait EI (TEIQue) are positively related to satisfaction, but trait EI often shows a stronger convergent relationship with self-report scales of communication.

**Mediation pathways:**

- Communication quality (active listening, validation, “soft start”) significantly mediates the  $EI \rightarrow OHQ$  relationship.
- Negative affect and escalation are reduced through conflict management (reappraisal, break, avoidance of aggression).



- Fairness and responsibility (housework, caregiving equality, partner responsiveness) are strong channels of couple satisfaction.
- Coparenting alliance is a significant mediator in the subsample of children.

**Moderation:**

- Stress (financial/migration): The protective effect of EI is enhanced when stress is high.
- Attachment style: EI training provides greater gains in satisfaction in anxious/withdrawn groups.
- Life cycles: The effect of EI is expected to be more pronounced during the infant/school/adolescent stages.

**Discussion.** The findings suggest that EI serves as an “emotional buffer” and “communication catalyst” in the family system: it regulates affect, enhances empathy, and civilizes the negotiation of justice, resulting in increased OHC. Integration with attachment and stress theories explains why EI is most beneficial in difficult contexts.

**Amaliy implikatsiyalar (intervensiya dizayni)**

- 6–8 week couple-focused EI program (90–120 minutes per week):
  1. Vocabulary and 4-4-6 breaths;
  2. “Soft start” and active listening 1–2–1;
  3. Reappraisal and 20 min break;
  4. Housework “justice map”;
  5. Perceived responsiveness and gratitude protocol (5:1 positive ratio);
  6. Financial transparency (3 categories: need–plan–enjoy);
  7. Pictures (phone-free breakfast/dinner);
  8. 360° feedback and goals for the next 3 months.

KPIs: CSI/DAS scores ↑, negative escalation scores ↓, fairness score ↑, number of dyadic positive relationships ↑.

**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:** 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 increase family stability, support child well-being, and strengthen social capital at the mahalla level.

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