


The Effectiveness of Emotional Intelligence Training on Marital Burnout and the Quality of Marital Relationships in Couples Aged 20 to 50

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Article Info

Article type:

Original Article

How to cite this article:

Sayadi Kenari, S. S., Gholipor, F., Mazlomi, M., & Katal, H. (2026). The Effectiveness of Emotional Intelligence Training on Marital Burnout and the Quality of Marital Relationships in Couples Aged 20 to 50. *Applied Family Therapy Journal*, 7(3), 1-9.
<http://dx.doi.org/10.61838/kman.aftj.5014>



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ABSTRACT

Objective: This study aimed to examine the effectiveness of emotional intelligence training on reducing marital burnout and improving marital relationship quality among couples aged 20 to 50 who referred to counseling centers.

Methods and Materials: The study employed a quasi-experimental design with a pretest–posttest control group. The statistical population consisted of couples aged 20 to 50 who referred to counseling centers in Babol County in 2024. Using convenience sampling, 32 couples were selected and randomly assigned to an experimental group and a control group, each comprising 16 participants. Data were collected using the Pines Marital Burnout Questionnaire and the Marital Relationship Quality Questionnaire. The experimental group received emotional intelligence training in 12 structured sessions of 90 minutes, conducted twice weekly, while the control group received no intervention. Pretest and posttest assessments were administered to both groups, and data were analyzed using descriptive statistics and univariate analysis of covariance (ANCOVA) in SPSS version 27.

Findings: After controlling for pretest scores, ANCOVA results revealed a statistically significant group effect for marital burnout, indicating that the experimental group reported significantly lower posttest burnout scores compared to the control group. Similarly, a significant group effect was found for marital relationship quality, demonstrating that participants who received emotional intelligence training showed significantly higher posttest marital quality scores than those in the control group. Effect size indices indicated large and meaningful intervention effects for both outcome variables.

Conclusion: The findings indicate that emotional intelligence training is an effective intervention for reducing marital burnout and enhancing marital relationship quality among couples seeking counseling services, highlighting the importance of emotional competence development in marital counseling and preventive family interventions.

Keywords: emotional intelligence training, marital burnout, quality of marital relationships, couples aged 20 to 50.

1. Introduction

Marriage is widely recognized as one of the most influential interpersonal relationships shaping psychological well-being, emotional regulation, and overall life satisfaction across adulthood. The quality of marital relationships has consistently been associated with mental health outcomes, emotional stability, and adaptive functioning, while marital distress has been linked to emotional exhaustion, interpersonal withdrawal, and increased vulnerability to psychological disorders. In contemporary societies, couples face increasing emotional, social, and economic pressures that challenge relational stability and intensify the risk of marital dissatisfaction and burnout. As a result, identifying psychological mechanisms that protect marital relationships and reduce relational distress has become a central concern in family psychology and counseling research (Aidoo et al., 2024; Shareh & Foshtanqi, 2019).

One of the most critical relational threats emerging from prolonged marital stress is marital burnout, a multidimensional construct characterized by emotional exhaustion, physical fatigue, and emotional detachment within the marital relationship. Marital burnout reflects a gradual erosion of emotional resources, often resulting from unresolved conflicts, ineffective communication patterns, unmet emotional needs, and chronic relational dissatisfaction. Research has shown that individuals experiencing marital burnout demonstrate reduced empathy, emotional disengagement, and diminished motivation to invest in the relationship, which can ultimately lead to marital instability or divorce (Ghorbani et al., 2017; Kocyigit, 2025). Given its cumulative and progressive nature, marital burnout requires preventive and therapeutic interventions that address underlying emotional and interpersonal deficits rather than focusing solely on behavioral symptoms.

Parallel to the concept of marital burnout, marital relationship quality has emerged as a comprehensive indicator of relational health, encompassing satisfaction, emotional intimacy, cohesion, mutual understanding, and effective conflict resolution. High-quality marital relationships are associated with psychological resilience, emotional security, and adaptive coping in the face of stress, whereas low marital quality predicts emotional dysregulation, interpersonal dissatisfaction, and increased relational vulnerability (Batool, 2009; Čikeš et al., 2018). Empirical evidence suggests that marital quality is not

merely the absence of conflict but rather the presence of emotional competence, mutual responsiveness, and constructive emotional exchange between partners (O'Connor et al., 2018; Zeidner et al., 2013).

Among the psychological constructs most strongly associated with marital functioning, emotional intelligence has received increasing scholarly attention. Emotional intelligence refers to the capacity to perceive, understand, regulate, and utilize emotions in oneself and others, enabling adaptive emotional responses and effective interpersonal interactions. In marital contexts, emotional intelligence facilitates emotional awareness, empathy, constructive communication, and conflict management, thereby enhancing relational satisfaction and stability (Farsole & Soni, 2023; Zeidner et al., 2013). Individuals with higher emotional intelligence are better equipped to interpret emotional cues, regulate negative affect, and engage in supportive behaviors that foster relational closeness.

A substantial body of research has demonstrated the predictive role of emotional intelligence in marital satisfaction and relationship quality across diverse cultural contexts. Studies conducted in Pakistan, Croatia, Iran, Africa, and Europe consistently report that higher emotional intelligence is associated with greater marital satisfaction, emotional intimacy, and relational adjustment (Batool & Khalid, 2012; Čikeš et al., 2018; Etele et al., 2023; Shareh & Foshtanqi, 2019). Emotional intelligence has also been shown to buffer the negative effects of interpersonal stressors, such as perceived conflict and attachment insecurity, on marital outcomes (Defanti et al., 2025; O'Connor et al., 2018).

Beyond its direct association with marital satisfaction, emotional intelligence plays a crucial role in reducing relational maladjustment and destructive marital processes. Research indicates that deficits in emotional intelligence contribute to emotional withdrawal, ineffective conflict resolution, and increased marital burnout (Barzegar Kahnemooi et al., 2022; Kocyigit, 2025). Moreover, emotional intelligence has been identified as a mediating variable linking personality traits, attachment styles, family functioning, and marital outcomes, underscoring its central regulatory function within marital dynamics (Navabinejad et al., 2024; Shah Noush Foroushani et al., 2022).

Recent studies have further expanded the conceptual scope of emotional intelligence by examining its interaction with related constructs such as moral intelligence, self-knowledge, spiritual intelligence, and emotion regulation strategies. These integrative approaches suggest that

emotional intelligence operates within a broader emotional–ethical framework that shapes marital behavior and relational commitment (Azkhosh et al., 2024; Sadeghi et al., 2022; Sarhammami et al., 2024). Such findings highlight the multidimensional nature of emotional competence in sustaining healthy marital relationships.

Importantly, emotional intelligence is not a fixed trait but a set of learnable skills that can be enhanced through structured psychological interventions. Emotional intelligence training programs typically focus on developing emotional awareness, emotion regulation, empathy, and interpersonal skills, which are essential for managing marital stress and enhancing relational quality. Empirical evidence supports the effectiveness of emotional intelligence-based interventions in improving marital satisfaction, reducing conflict, and enhancing emotional communication among couples (Shayesteh Fard et al., 2023; Tayebi et al., 2024). These interventions offer a preventive and corrective approach to marital distress by targeting core emotional processes underlying relational dysfunction.

Despite growing evidence supporting the role of emotional intelligence in marital functioning, several gaps remain in the existing literature. First, many studies have relied on correlational designs, limiting causal inference regarding the effectiveness of emotional intelligence enhancement. Second, relatively few experimental studies have examined the impact of emotional intelligence training on both marital burnout and marital relationship quality simultaneously. Third, there is a need for culturally contextualized research that examines these variables among couples seeking counseling services, who represent a population at heightened risk for relational distress (Ashouri et al., 2023; Ogwuche et al., 2024).

Additionally, adulthood between the ages of 20 and 50 represents a critical developmental period marked by significant relational, occupational, and familial transitions. Couples within this age range often experience intensified emotional demands related to parenting, career development, financial pressures, and role negotiation, which can exacerbate marital stress and emotional exhaustion. Understanding how emotional intelligence training can mitigate marital burnout and enhance relationship quality in this population is therefore of substantial theoretical and clinical importance (Aidoo et al., 2024; Sánchez, 2024).

In the Iranian cultural context, marital relationships are deeply embedded within social, familial, and moral frameworks, making emotional regulation and interpersonal

sensitivity particularly salient. Prior research conducted in Iran has highlighted the significant role of emotional intelligence in predicting marital satisfaction, emotional stability, and marital adjustment, as well as its mediating role in marital conflict and infidelity tendencies (Ashouri et al., 2023; Navabinejad et al., 2024). However, controlled intervention-based studies examining emotional intelligence training among counseling-seeking couples remain limited.

Given the theoretical relevance of emotional intelligence to marital functioning, the documented prevalence of marital burnout, and the growing demand for evidence-based couple interventions, systematic evaluation of emotional intelligence training is warranted. Examining its effectiveness in reducing marital burnout and improving marital relationship quality can contribute to both theoretical models of marital adjustment and practical counseling interventions.

Therefore, the present study aimed to determine the effectiveness of emotional intelligence training on marital burnout and marital relationship quality among couples aged 20 to 50 who referred to counseling centers.

2. Methods and Materials

2.1. Study Design and Participants

The research method was quasi-experimental, employing a pretest–posttest design with a control group. The statistical population of this study consisted of couples aged 20 to 50 who referred to counseling centers in Babol County in 2024. Using convenience sampling, 32 couples were selected and then randomly assigned to two groups: an experimental group (16 participants) and a control group (16 participants). To collect data, the Marital Burnout Questionnaire and the Marital Relationship Quality Questionnaire were used. Subsequently, the emotional intelligence training program was implemented for the experimental group in 12 sessions of 90 minutes each, held twice a week. After the intervention, a posttest was administered to both groups.

2.2. Measures

Pines Marital Burnout Questionnaire (CBM): This is a self-report instrument designed to measure the degree of marital burnout among couples. The CBM was adapted from another self-report instrument used to assess burnout (BM). The CBM was developed by Pines (1996) (Pines & Nunes, 2003; Lez & Lez, 2001). Evaluation of the reliability coefficient of the CBM indicated acceptable internal

consistency among variables, ranging from 0.84 to 0.90. The validity of the CBM has been confirmed through its negative correlations with positive relational characteristics, such as positive perceptions of the relationship, quality of communication, sense of security, self-actualization, sense of purpose, emotional attraction to the spouse, and quality of sexual relations (Pines & Nunes, 2003; Lez & Lez, 2001). Navidi (2005) administered this questionnaire to a sample of 240 participants to estimate reliability and reported a Cronbach's alpha coefficient of 0.86. In a study conducted to assess the validity of the CBM, the questionnaire was correlated with the ENRICH Marital Satisfaction Questionnaire, yielding a correlation coefficient of -0.40 , which was statistically significant at $p < .001$ (Naderi, Eftekhari, & Amal-Zadeh, 2009, as cited in Dehghan, 2011). In the present study, the reliability of the Marital Burnout Questionnaire was assessed using Cronbach's alpha, which was 0.96 for the total scale.

Marital Relationship Quality Questionnaire: The Marital Relationship Quality Questionnaire developed by Busby et al. (1995) (revised form) was used in this study. This questionnaire was developed by Busby, Crane, Larson, and Christensen (1995) and consists of 14 items. The original version of this scale included 32 items and was developed by Spanier based on the theory of marital quality proposed by Lewis and Spanier (as cited in Holist, Cody, & Miller, 2005). The 14-item version is scored on a six-point Likert scale ranging from 0 to 5, where "strongly agree" is scored as 5 and "strongly disagree" as 0. This instrument comprises three subscales—consensus, satisfaction, and cohesion—which together indicate overall marital quality, with higher scores reflecting higher marital quality. The consensus subscale includes items 1 to 6 and is scored on a scale ranging from 5 (we always agree) to 0 (we always disagree). The reliability of the questionnaire assessed using Cronbach's alpha in the study by Holist, Cody, and Miller (2005) was reported as 0.79 for consensus, 0.80 for satisfaction, and 0.90 for cohesion. In the study by Sedaghat et al. (2014), the reliability of the total questionnaire using Cronbach's alpha was reported as 0.72.

2.3. Intervention

The emotional intelligence training intervention was implemented in a structured group format across 12 sessions, each lasting 90 minutes and conducted twice weekly for the experimental group. The protocol was designed based on core emotional intelligence competencies, including

emotional awareness, emotional regulation, empathy, motivation, and interpersonal skills. Initial sessions focused on introducing the concept of emotional intelligence, enhancing self-awareness, and identifying personal and relational emotional patterns. Subsequent sessions emphasized emotion regulation strategies, stress management, and adaptive coping skills within marital interactions. Middle sessions addressed empathy development, perspective-taking, effective listening, and constructive emotional expression to improve communication and mutual understanding between spouses. Later sessions concentrated on problem-solving, conflict management, emotional validation, and strengthening intimacy through positive emotional exchanges. The final sessions involved integration and consolidation of learned skills, application of emotional intelligence techniques to real-life marital situations, and relapse prevention strategies to maintain relational improvements. The intervention employed experiential exercises, group discussions, role-playing, homework assignments, and reflective practices to facilitate skill acquisition and transfer to daily marital functioning.

2.4. Data Analysis

Data analysis was conducted using SPSS version 27. Descriptive statistics, including means and standard deviations, were calculated to summarize the characteristics of the study variables at the pretest and posttest stages. To examine the effectiveness of the intervention while controlling for baseline differences, univariate analysis of covariance (ANCOVA) was employed, with pretest scores entered as covariates. Prior to conducting ANCOVA, statistical assumptions were assessed, and effect sizes were reported using eta squared to determine the magnitude of the intervention effects.

3. Findings and Results

Table 1 presents the descriptive statistics for marital burnout and marital relationship quality in the experimental and control groups at the pretest and posttest stages. In the experimental group, the mean score of marital burnout decreased markedly from the pretest to the posttest, indicating a substantial reduction in burnout following emotional intelligence training. In contrast, the control group showed only a minimal change in marital burnout across time. Regarding marital relationship quality, the experimental group demonstrated a pronounced increase in

posttest mean scores compared to the pretest, reflecting improved relational quality after the intervention. Conversely, the control group exhibited a decline in marital relationship quality from pretest to posttest. These

descriptive results suggest that emotional intelligence training may be associated with reduced marital burnout and enhanced marital relationship quality.

Table 1

Means and Standard Deviations of Pretest and Posttest Scores for Marital Burnout and Marital Relationship Quality

| Variable | Group | Pretest Mean | Pretest SD | Posttest Mean | Posttest SD |
|------------------------------|--------------|--------------|------------|---------------|-------------|
| Marital Burnout | Control | 51.47 | 6.35 | 50.78 | 6.87 |
| | Experimental | 49.25 | 6.66 | 41.53 | 5.35 |
| Marital Relationship Quality | Control | 68.29 | 4.68 | 51.30 | 4.45 |
| | Experimental | 45.28 | 4.14 | 69.39 | 6.45 |

Before conducting the analysis of covariance (ANCOVA), the underlying statistical assumptions were carefully examined. The assumption of normality of the dependent variables was assessed using skewness and kurtosis indices as well as visual inspection of distribution plots, which indicated that the score distributions for marital burnout and marital relationship quality were approximately normal. The homogeneity of variances assumption was evaluated using Levene's test and was found to be satisfied, indicating equal error variances across groups. The

assumption of linearity between the covariates (pretest scores) and the dependent variables was confirmed through scatterplot inspection. In addition, the homogeneity of regression slopes was examined by testing the interaction between group and pretest scores, and the results showed no statistically significant interaction, supporting the use of ANCOVA. Finally, the independence of observations was ensured through the study design, as participants were randomly assigned to either the experimental or control group.

Table 2

Results of Univariate Analysis of Covariance (ANCOVA) for Comparing Posttest Scores Between Groups

| Variable | Source | Sum of Squares | df | Mean Square | F | p-value | Eta Squared |
|------------------------------|---------|----------------|----|-------------|-------|---------|-------------|
| Marital Burnout | Pretest | 2278.38 | 1 | 2278.38 | 26.35 | < .001 | 0.53 |
| | Group | 2687.47 | 1 | 2687.47 | 29.67 | < .001 | 0.56 |
| | Error | 1512.56 | 27 | 56.02 | | | |
| | Total | 5124.86 | 29 | | | | |
| Marital Relationship Quality | Pretest | 1865.37 | 1 | 1865.37 | 24.38 | < .001 | 0.56 |
| | Group | 2210.86 | 1 | 2210.86 | 32.57 | < .001 | 0.52 |
| | Error | 1012.41 | 27 | 37.49 | | | |
| | Total | 4527.23 | 29 | | | | |

Table 2 presents the results of the univariate ANCOVA conducted to examine posttest differences between the experimental and control groups while controlling for pretest scores. For marital burnout, the effect of group membership was statistically significant, indicating that after adjusting for pretest differences, the experimental group showed significantly lower marital burnout than the control group. The large eta squared value reflects a strong effect size. Similarly, for marital relationship quality, the group effect was statistically significant after controlling for pretest scores, demonstrating that participants who received emotional intelligence training reported significantly higher marital relationship quality at posttest compared to the

control group. The effect size indices further indicate that the intervention accounted for a substantial proportion of variance in both outcome variables.

4. Discussion

The present study examined the effectiveness of emotional intelligence training on marital burnout and marital relationship quality among couples aged 20 to 50 who referred to counseling centers. The findings demonstrated that couples who participated in the emotional intelligence intervention experienced a significant reduction in marital burnout and a significant improvement in marital

relationship quality compared to the control group. After controlling for pretest scores through analysis of covariance, the observed group differences remained statistically significant, indicating that the intervention exerted a meaningful and robust effect on both outcome variables. The magnitude of the effect sizes further suggests that emotional intelligence training accounted for a substantial proportion of variance in posttest marital burnout and marital relationship quality, underscoring its clinical relevance.

The reduction in marital burnout observed in the experimental group can be interpreted within the framework of emotional regulation and emotional resource conservation. Marital burnout is fundamentally associated with chronic emotional exhaustion, affective disengagement, and diminished emotional responsiveness within intimate relationships. Emotional intelligence training directly targets these mechanisms by enhancing emotional awareness, facilitating adaptive emotion regulation, and promoting constructive emotional expression. By learning to identify, process, and regulate emotional experiences more effectively, participants were better equipped to manage relational stressors and prevent the accumulation of emotional fatigue that characterizes marital burnout. This interpretation is consistent with prior findings indicating that emotional intelligence plays a mediating role in the relationship between marital stressors and burnout symptoms (Barzegar Kahnemooi et al., 2022; Kocyigit, 2025).

The present results align closely with comparative and correlational studies demonstrating lower levels of marital burnout among individuals with higher emotional intelligence. For example, previous research comparing emotionally distressed and non-distressed marital groups has shown that deficits in emotional intelligence are associated with heightened emotional exhaustion and marital disengagement (Ghorbani et al., 2017). Similarly, emotion regulation capacities, which are core components of emotional intelligence, have been identified as protective factors against couple burnout by sustaining emotional balance and relational satisfaction under stress (Kocyigit, 2025). The current findings extend this body of evidence by demonstrating that emotional intelligence is not only associated with marital burnout but can also be actively enhanced through structured training to produce measurable reductions in burnout symptoms.

In addition to reducing marital burnout, emotional intelligence training significantly improved marital relationship quality among participants in the experimental

group. This improvement reflects gains across relational domains such as satisfaction, cohesion, and mutual understanding, which are central indicators of marital quality. Emotional intelligence facilitates empathy, emotional attunement, and effective communication, all of which contribute to positive emotional exchanges and relational closeness. Enhanced emotional awareness allows spouses to recognize both their own emotional needs and those of their partners, while improved emotion regulation supports constructive responses during interpersonal disagreements. These processes collectively strengthen relational bonds and promote higher-quality marital interactions (Čikeš et al., 2018; Zeidner et al., 2013).

The observed improvement in marital relationship quality is consistent with extensive empirical literature documenting the positive association between emotional intelligence and marital satisfaction across diverse cultural contexts. Studies conducted among married adults, educators, and counseling populations consistently indicate that individuals with higher emotional intelligence report greater marital satisfaction and relational stability (Aidoo et al., 2024; Batool, 2009; Batool & Khalid, 2012). Dyadic research further suggests that emotional intelligence operates not only at the individual level but also within the emotional dynamics of the couple, influencing mutual coping strategies and shared emotional regulation (Čikeš et al., 2018; Zeidner et al., 2013). The current findings provide experimental support for these associations by demonstrating causal effects of emotional intelligence enhancement on marital quality outcomes.

The effectiveness of emotional intelligence training observed in this study may also be explained through its impact on maladaptive relational patterns that undermine marital quality. Emotional intelligence deficits have been linked to poor communication, emotional withdrawal, and ineffective conflict resolution, all of which contribute to relational dissatisfaction (O'Connor et al., 2018; Shareh & Foshtanqi, 2019). By fostering emotional literacy and interpersonal competence, the intervention likely disrupted these maladaptive patterns and replaced them with more adaptive emotional responses. This interpretation is supported by studies showing that emotional intelligence mediates the relationship between personality traits, attachment styles, and marital stability (Navabinejad et al., 2024; Shah Noush Foroushani et al., 2022).

Furthermore, emotional intelligence training may have indirectly influenced marital quality by reducing relational risk factors such as conflict escalation, emotional

misinterpretation, and maladaptive coping strategies. Prior research has demonstrated that emotional intelligence moderates the impact of interpersonal conflict and perceived stress on marital satisfaction (Defanti et al., 2025). Similarly, higher emotional intelligence has been associated with lower tendencies toward infidelity-related cognitions and relational disengagement, suggesting its role in preserving marital commitment (Navabinejad et al., 2024; Ogwuche et al., 2024). The current findings align with these results by indicating that emotional intelligence enhancement contributes to healthier emotional and relational functioning.

The results of this study are also consistent with integrative models that conceptualize marital functioning as a product of emotional, moral, and interpersonal competencies. Research has shown that emotional intelligence interacts with moral intelligence, self-knowledge, and spiritual intelligence to predict marital satisfaction and relational stability (Azkhosh et al., 2024; Sadeghi et al., 2022; Sarhammami et al., 2024). Emotional intelligence training may therefore exert its effects not only through emotional processes but also by strengthening broader psychological capacities related to empathy, responsibility, and relational commitment. This multidimensional influence underscores the value of emotional intelligence interventions within comprehensive marital counseling frameworks.

The present findings are particularly relevant for couples seeking counseling services, as this population often experiences elevated levels of emotional distress, relational dissatisfaction, and burnout. Previous studies conducted among counseling and clinical samples have emphasized the central role of emotional intelligence in predicting marital stability and psychological well-being (Ashouri et al., 2023; Shareh & Foshtanqi, 2019). The effectiveness of emotional intelligence training in the current study suggests that such interventions may be especially beneficial for counseling-seeking couples by addressing emotional vulnerabilities that contribute to relational distress.

From a developmental perspective, the age range of 20 to 50 years represents a period characterized by cumulative relational demands, including career pressures, parenting responsibilities, and role transitions. These demands can intensify emotional strain and increase the risk of marital burnout if emotional competencies are insufficient. Prior research highlights the importance of emotional intelligence in maintaining marital satisfaction across different life stages and relational contexts (Aidoo et al., 2024; Sánchez, 2024). The current findings reinforce the relevance of emotional

intelligence training as a preventive and corrective intervention during this critical life period.

5. Conclusion

Overall, the results of this study provide strong empirical support for the effectiveness of emotional intelligence training in reducing marital burnout and enhancing marital relationship quality. By targeting core emotional processes underlying relational functioning, emotional intelligence interventions offer a theoretically grounded and practically applicable approach to improving marital outcomes. These findings contribute to the growing body of evidence supporting emotional intelligence as a central mechanism in marital adjustment and underscore its value in couple counseling and preventive mental health programs.

6. Limitations & Suggestions

Despite its contributions, the present study has several limitations. The use of convenience sampling limits the generalizability of the findings to broader populations. The relatively small sample size may also restrict statistical power and the ability to detect more nuanced effects. In addition, reliance on self-report measures may have introduced response biases related to social desirability or self-perception. The absence of follow-up assessments further limits conclusions regarding the long-term sustainability of the intervention effects.

Future studies should employ larger and more diverse samples to enhance generalizability and explore potential moderating variables such as gender, duration of marriage, and socioeconomic status. Longitudinal designs with follow-up assessments are recommended to examine the durability of emotional intelligence training effects over time. Additionally, future research could compare emotional intelligence training with other couple-based interventions to determine relative efficacy and identify optimal intervention components.

From a practical perspective, emotional intelligence training can be incorporated into routine couple counseling and marital enrichment programs. Counselors and therapists may use structured emotional intelligence interventions to address emotional dysregulation, communication difficulties, and relational burnout. Integrating emotional intelligence training into preventive educational programs for couples may also help strengthen marital resilience and reduce the likelihood of future relational distress.

Acknowledgments

We would like to express our appreciation and gratitude to all those who cooperated in carrying out this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

Funding

This research was carried out independently with personal funding and without the financial support of any governmental or private institution or organization.

Authors' Contributions

S.S.S.K. conceptualized the study, developed the research design, and supervised the emotional intelligence training program. F.G. coordinated participant recruitment, managed communication with counseling centers, and assisted in implementing the intervention sessions. M.M. was responsible for data collection, administration of questionnaires, and ensuring data accuracy. H.K. conducted the statistical analyses, interpreted the results, and contributed to drafting and revising the manuscript. All authors reviewed and approved the final version of the manuscript and agreed to be accountable for all aspects of the work.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

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