

Research Article

Relationship between emotional intelligence and forgiveness with marital satisfaction in couples in city Marvdasht.

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Summary

This study examined the relationship between emotional intelligence and forgiveness with marital satisfaction in couples in Marvdasht city and the study was descriptive and correlation. The study population consisted of all couples in this city that was the last one to five years of their marriage that with the stratified random sampling quotas, 150 couples (150 women and 150 men) were selected as examples. Bar-on emotional intelligence test for data collection, family forgiveness index and marital satisfaction scale etheridge was used. To analyze the data, Pearson correlation coefficient and stepwise regression was used. The results showed between emotional intelligence components with the exception of realism in women and realism and flexibility in men with marital satisfaction components with the exception of roles egalitarianism in men, there is a positive significant relationship. The forgiveness of all dimension with the exception of egalitarian role in men with marital satisfaction components have a significant relationship. Stepwise regression analysis showed among the components of emotional intelligence respectively, accountability, happiness, self-esteem, interpersonal relationships and independence, also among the dimensions of forgiveness, respectively decision, correct and realistic understanding were able to predict marital satisfaction.

Key words: emotional intelligence – forgiveness – marital satisfaction

INTRODUCTION

Marital satisfaction, a process that engenders the couples life during and reflects the performance strength of the family. Basically for married people, marital satisfaction is one of the most important indicators of life satisfaction (Molavi and Torkan, 1388). Marital relationship in life because of a complex, nuanced and dynamic special feature is like any other relationship has positive and negative aspects. The most important factor in determining the married index is quality and nature of the relationship between husband and wife (Gottman, 2000). necessary to maintain the marriage, is commitment, sensitivity, generosity, consideration, devotion and loyalty,

responsibility, trust and confidence (Beck, translated by Gharachedaghi, 1376). According to spanier (1976) marital satisfaction is the estimate of the amount of happiness and satisfaction in the relationship and the frequency of conflicts experienced in it, as well as the hope for the future of marriage and trying to its success and according to haws (1998) perception husband or wife of the severity and extent of the problems in the relationship, reflects the degree of their marital satisfaction. among the reasons for reasonable detail study on marital satisfaction is understanding its centrality in people's health, family and especially his wife's mental health as

well as physical and emotional health and the health of people in the community .

With regard to the broader topic of positive psychology over the past decade as a change in psychology is considered as well as marital satisfaction, which is a component of psychological well – being, the question arises what factors can effect their satisfaction. Attempts to improve the situation of families and individuals is the most important issue that in this research, marital satisfaction as an important factor and maybe the most important factor to family bonding and maintain a relationship a couple is considered .to resolve any issue first have sufficient knowledge of the different aspects of the problem and the variables that are related to the topic or impact on it. In this regard, among the collection of factors influencing marital satisfaction, this research is to study emotional intelligence and also is one of the most important factors of personality empowerment of forgiveness on marital satisfaction among couples. Pioneers of the theory of emotional intelligence, mayer and salovey (1990) have been defined emotional intelligence: that ability that allows you to understand themselves and others to one's emotions using this feature can guide your thinking and performance (Mayer and Salovey). recognizing the ability in promoting emotional intelligence is one of the important factors of human life and the desirable out comes such as mental health on quality of relationships especially the marital relationship will follow .many efforts have been made in relation to the role of emotional intelligence and marital satisfaction .fans of emotional intelligence believe that to predict individual performance , emotional intelligence than general intelligence has more power (Goleman 1995 , Mayer and Salovey , 1990 , Wong , 2007). High emotional intelligence can improve life General quality and social and personal successes of individual (Golman, 1995). Abundant evidence shows that couples in today's society to establish and maintain intimate relationships and understand the feelings from

their wife , suffer from many overarching problems .it is clear that existed lacks in emotional competence wives , along with other factors , adversely affects their life. Results of the study indicate that “Emotional competence “, increased the ability to with stand stress and solve daily problems and the personal skills can make success an individual in cope with sudden pressure environment (Maktabi and Davoodi, 1385). According to studies on the relationship between spouses, it appears that emotional intelligence can be effective in marital satisfaction.

Forgiveness is one of the variables that in the field of conflict of couples attracted the attention of researchers. Worthington (2000), believe that family members hurt each other and this means that in family relationships resentment is inevitable .then comes the issue of forgiveness. The concept of forgiveness as a process of voluntary waiver of the right to anger and resentment of an act committed harmful is defined, that sudden person take a warm and loving behavior with a wrongdoer. Forgiveness is the fruit of sub healing, indicating positive self – esteem. Karmichael (2003) states, forgiveness shows itself as a thrilling experience in intrapersonal situations, interpersonal offender and the victim. For this reason, people who have more ability in interpersonal and intrapersonal, in the face of annoyance factors act of such a useful and effective. Emotional intelligence is the ability to be manifested as an important factor in the process of forgiveness. Forgiveness is one of the strategies that are effective in increasing marital satisfaction. About doctrine of forgiveness therapy several studies conducted outside the country but within the country, research on forgiveness is on a distinguished road (Seif and Bahari,1385 , Afkhami, 1385) . Browse similar studies about forgiveness introduced it as enhancing marital compatibility. Despite little research about the relationship between forgiveness and marital satisfaction, results of current conducted studies support with a high abilities from positive and mutual of these two variables together.

Rubertinrite, is pioneered in the theory of forgiveness in the early 1980. Dibsive and pratos (1993) found that impunity will help to improve the relations, expressing anger and heal emotional wounds. Some know it as opposites in nature that causes the strengthening of delinquent behavior and personal growth (Nateghian et al. 1385). For example, sellz(1998)on his research on forgiveness as a therapeutic intervention , the two groups can be used. The first group of forgiveness used as a tool for solving personal problems and personal growth and the second group of forgiveness as a means to expand their interpersonal relationships among personal. Results show that forgiveness by reducing the desire for revenge in personal growth is more effective than interpersonal relations. So Forgiveness can support the mental health and well – being. Levenson (2006) also during training programs with goal of increasing forgiveness factor level in experimental group show that this factor cause significant increase in decreasing symptoms of anxiety and depression and life satisfaction and empathy and well – being compared to the control group. Fincham and beach (2007) also show in a research, women who had high score of forgiveness, the spouses reported more marital satisfaction.

So in terms of the needs of families as well as society , researchers attempt to survey the relationship between emotional intelligence and generosity with marital satisfaction of young couples in Marvdasht (last one to five yours of their marriage) that faces more difficult issues in the early years of their marriage.

The purpose of this research is to explain the relationship between emotional intelligence and marital satisfaction in men and women.

Research method

The research was descriptive and correlation study .the study population consisted of all couples city was evaluated by one to five years of their marriage last. The sample included 300 couples who married in the registry office of the city consists of three cities including Marvdasht,

Ramjerd and Camphiroz that last one to five years of their marriage. So, 300 questionnaires were analyzed. In this research is used of Bar– on emotional intelligence questionnaire (90 questions), family forgiveness scale (40 questions) and etherige marital satisfaction questionnaire (47 questions).

Bar – on emotional intelligence questionnaire: planned in 1980. It has 90 question and the scale fie – point Likert scale set (totally disagree point 1 to totally agree point 5). Its scale with 117 question on 383 person in five countries which 48 /8 % were male and 51/2 % were female was performed and normalized in north America (Argentina , Germany , India , Nigeria , south Africa) .normalized results show that the test is to good validity and reliability (Bar – on , 1980). The validation of this test was translated by semoiee in 1380 at the university of Isfahan that the reliability test using Cronbach’s alpha 0/74 for males and 0/68 for females students and for a total 0/93 was calculated. The reliability of the Bar – on test using Cronbach’s alpha is 0/85.

Family forgiveness scale: this scale prepared by pollard et al in 1998. This scale consists of 40 matters in two parts. The first 20 matter relate to main family relationships (primary communication) and the other 20 matter related to family current marital relationships. Scale consist measuring 5 scales (Realistic understanding, recognition, compensation, modification and repair). The scale takes place on a four point Likert scale (totally correct, often correct, rarely correct to correct). Pollard et al (1998) in a research on 229 women and 130 men, cronbach’s alpha coefficients for family forgiveness scale and for primary communication forgiveness 0/92 reported that this amount, show scale in the upper limit of internal consistency. Seifand Bahari (1380) in a study on a 766 person sample of married people in Tehran achieve reliability of the test 0/85 in cronbach’s alpha method. The reliability in this study using Cronbach’s alpha is 0/88.

Marital satisfaction questionnaire Utrecht : this questionnaire prepared by olsen et al (1989) and consists of 47 questions with 12 subscales include : (idealistic distortion , Marital satisfaction , personality issues , communication , conflict resolution , financial management , leisure activities , sexual relationships, children parental, family and friends , Equalitarian roles and Religious orientation). Response to the substance of the questionnaire in Likert method and just five options considered (totally agree to totally disagree) to which each option is given from one to five points. Ollsen (1989) reported Utrecht questionnaire on its subscales alpha coefficient of 0/48 to 0/90. AbdollahZade (1383) in his research

on 182 couple in Damghan reported Utrecht questionnaire 0/ 93. He performed this test on 35 couple within 12 days a gain , first performance by re – running the test correlation 0/ 78 for men and 0/83 for women . Rasooli also retest reliability of the questionnaire within one week, 0/92 achieved. The reliability by using Cronbach’s alpha in this study is 0/92.

Research founding

In this research to analyze dada used of descriptive statistic (frequency, frequency percentage, mean and standard deviation and for research hypothesis used of tests (Pearson correlation coefficient and stepwise regression analysis).

Table1: the mean and standard deviation of variant emotional intelligence and its components.

man		woman		variants
Standard deviation	Average	Standard deviation	average	
4/39	20/41	5/66	19/47	Solving problems
5/89	20/15	6/5	18/53	happy
4/67	19/11	4/84	18/14	dependence
4/85	18/71	4/81	17/62	tolerance
5/52	16/52	6/72	17/94	Self-actualization
6/59	21/09	6/52	19/49	Self-awareness
3/06	16/96	3/18	17/09	realism
6/65	22/87	7/09	20/34	Interpersonal relationships
6/69	21/88	7	19/97	optimism
7/48	21/73	7/87	19/79	Self-esteem
4/77	18/09	5/1	16/63	Impulse control
6/14	21/11	6/85	20/03	flexibility
6/85	23/27	7/21	22/35	accountability
7/17	22/13	7/79	20/59	sympathy
4/88	19/14	5/29	17/78	Self-presentation
59/82	304/55	66/65	288/75	Emotional intelligence

Table2: the mean and standard deviation of variant forgiveness and its components.

man		woman		variants
Standard deviation	average	Standard deviation	average	
2/85	21/25	3/49	21/05	Realistic understanding
4/34	21/50	5/12	20/85	recognition
2/73	20/77	3/03	20/09	compensation
3/45	21/85	4/05	20/77	correction
6/22	23/40	7/08	22/40	decision
15/41	109/61	19/5	105/83	forgiveness

Table3: the mean and standard deviation of variant marital satisfaction and its components.

man		woman		Variants
Standard deviation	average	Standard deviation	average	
3/89	11/59	4/23	10/89	Ideal definition
6/15	20/60	6/19	20/79	satisfaction
3/28	9/95	3/38	9/15	Personality issue
4/32	12/89	4/35	12/05	relationship
3/72	16/33	4/2	15/25	Solving conflict
3/53	10/45	3/36	10/49	Financial management
4/41	13/10	4/64	12/64	Free time
2/92	14/23	3/74	12/87	Sexual relationship
2/81	12/71	3/46	12/05	children
3/34	12/76	3/25	12/6	Family and friends
2/16	7/06	2/18	7/31	Gender equality
4/44	13/75	4/93	13/03	Religious orientation
33/31	153/67	37/31	148/31	Marital satisfaction

Between dimensions of emotional intelligence and marital satisfaction in men and women there is a significant relationship.

Between dimensions of forgiveness and marital satisfaction in men and women there is a significant relationship.

Which of the emotional intelligence dimensions is a significant predictor for marital satisfaction?

In order to review first question used of stepwise multiple regression.

Table4: stepwise regression to specify the amount of emotional intelligence impact on marital satisfaction.

P<	df	F	R ²	P<	t	β	Predictor variables	step
0/001	296.1	140/20	0/31	0/001	19/50	0/75	accountability	first
0/001	295.2	119/54	0/37	0/001	8/09	0/43	accountability	second
				0/001	7/83	0/42	happiness	
0/001	294.3	93/10	0/41	0/001	4/41	0/26	accountability	third
				0/001	6/04	0/32	happiness	
				0/001	5/77	0/32	Self-esteem	
0/001	293.4	30/80	0/44	0/001	3/85	0/23	accountability	forth
				0/001	5/46	0/29	happiness	
				0/001	5/47	0/30	Self-esteem	
				0/001	3/42	0/14	Interpersonal relationship	
0/001	292.5	12/37	0/45	0/001	3/35	0/20	accountability	fifth
				0/001	4/35	0/24	happiness	
				0/001	4/96	0/27	Self-esteem	
				0/001	3/21	0/13	Interpersonal relationship	
				0/01	2/55	0/13	dependency	

Regression conduct in stepwise method and seen that in the first level after accountability inter to equation that regard to $F - 140 / 20$ is significant in 0/001 surface and can conclude that exist linear relationship among variations , this relationship suggests that 31 % of the variance in marital satisfaction can be explained by accountability . in the next level Happiness entered the equation that regard to $F - 119 / 54$ is significant in 0/001 surface , in fact this feature added 6 % to prediction power and also in the third level self – esteem entered the equation that regard to $F - 93 / 10$ is significant in 0/001 surface , this feature added 4 % on prediction power .In the forth level .inter personal relationships entered the equation that regard to $F - 30 / 80$ is significant in 0 /001 surface , this feature only 3 % is added to prediction power. In the fifth level independence entered the equation that regard to $F - 12 / 37$ is significant in 0/001 surface, this feature only 1 % is added to prediction power. In this regression observed that marital satisfaction variant predicted positively by 5 dimensions of accountability, happiness, self – esteem, interpersonal relationships and independence and o the emotional intelligence dimensions have not significant effect on this variant.

Second question

Which one of forgiveness dimensions is the predictor of marital satisfaction?

In order to review the second question used of stepwise multiple regression statistic method.

Table5: stepwise regression for specify the amount of forgiveness dimensions impact on marital satisfaction.

P<	df	F	R ²	P<	t	β	Predictor variables
0/001	298 .1	254/84	0/60	0/001	21/33	0/78	intention
0/001	297. 2	84/80	0/66	0/001	10/1	0/52	intention
				0/001	6/78	0/35	confirmation
				0/001	8/61	0/45	intention
0/001	296 .3	34/13	0/67	0/001	6/11	0/31	conformation
				0/001	3/78	0/16	retaliate
				0/001	8	0/20	intention
0/001	295 .4	16/20	0/68	0/001	5/26	0/24	confirmation
				0/001	3/68	0/27	retaliate
				0/02	2/39	0/13	understanding

Regression conducted in stepwise method and seen that in the first level intention and decision entered the equation that regard to $F - 254 / 86$ is significant in 0 /001 surface and can conclude that there is a linear relationships among variants. This relationship suggests that 60 % of the variance in marital satisfaction can be specified by the intention and decision. In the second level confirmation entered the equation that regard to $F - 84 / 8$. Is significant in 0 /001 surface , in fact this dimension added 6 % to prediction power and also in the third level retaliate entered the equation

that regard to $F - 34 / 13$ is significant in 0 /001 surface , this feature is only added 1 % to prediction power . in the forth level understanding dimension entered the equation that regard to $F - 16 / 20$ is significant in 0 /001 surface this feature is only added 1 % to prediction power , in this regression observed that four dimension of intention, retaliate, confirmation and understanding positively predicted and compensation dimension have not significant impact on marital satisfaction .

Total resulting

The aim of this study is specify relationship among emotional intelligence and forgiveness with marital satisfaction in men and women. The results of the study findings showed that there is significant relationship among emotional intelligence dimensions and marital satisfaction in men and women. The results of this hypothesis have conformity .with smith and siarooji (2008), jafarYazdi and Golzari (1384). According Mayer and Salovi (1990) emotional intelligence during emotional perception features, facilitating emotional, emotional recognition and Managing emotions and with the forecast mechanisms, increasing control ability and strengthening effective coping strategies help to people to improve relationships quality , it is clear that this positive impact also affected by the marital relationships. It seems that the ability to get an accurate diagnosis of their emotions and the ability to reason about them and the ability to regulate emotions effectively forms a background emotional perfect for having a happy life. According smith and Siarooji, emotional intelligence and communication patterns is effective in improving consensual relations. (Smith and Siarooji, 2008). A large number of findings have shown that training the components of emotional intelligence, effective in increasing mental health and reduce disease symptoms (Zareieean et al, 1386). This could be the result of this theory explained that the components of emotional intelligence with enhancing mental health are effective in increasing marital satisfaction. The question of which of the dimensions of emotional intelligence is a significant predictor of marital satisfaction? Following the results of this test can predict marital satisfaction based on emotional quotient are consistent with Vadnais(2005), FathiAshtianiand Hosseini (1388) findings. Accountability dimension suggest decisive role in marital satisfaction. The result, especially with the emphasis that has been on Islamic religious culture on it, it is to be expected in the sample

population. having feeling and fewer negative emotions and more positive emotions and emotions more frequently seen in the Happy couples, help to better relationships and cooperation and consequently to adapt order. Ciarrochi et al (2001) found that reform and regulation of emotions in marital relations for some couples are easier that others. The reason is that the first group normally has positive mood and are happier and it making more intimacy, so maybe have more attraction for their wife (Akbarzade, 1383). Gottman et al (1998) found that although happy couples do not prevent from expressing negative emotions such as anger and sadness in interact with each other but constantly express reactions such as love and respect to each other and in interact with each other. Pranks and jokes are used appropriately. These features cause strengthening in relationships and satisfying of these relations among couples.

The results of the study findings showed that there is a significant relationship among forgiveness dimensions and marital satisfaction dimensions in men and women. These findings are consistent with findings of Allmand et al (2007), Zandi poor and Yadegari (1386). Forgiveness is a voluntary waiver process of the right to anger and disgust of a committed harmful act that sad person adopt in worm and loving behavior with a wrongdoer. So those who gain higher score in forgiveness variable, also pass more errors of his wife and if you have a norm wife having a chance of successful relationship is increased , as a result, the marital satisfaction between them increase significantly , people can also be more forgiving control their anger and express positive emotions than his wife and experience a high degree of satisfaction , also by forgiving his wife believe more in the sanctity of marriage and this ability and mode of thinking brings more strength in marital relationship and satisfaction. The other questionnaire, which of the forgiveness dimensions can be a significant predictor for marital satisfaction? it can be said : the results of testing this hypothesis , coordinated and aligned

with Hill (2001), Fincham and Bitch (2007) and Salahian et al (1389) findings about the effect of the subsequent willingness to forgive men and women in marital conflict resolution an enhance marital satisfaction . couples forgiveness as a component of personality capabilities as well as on of the indicators of mental health can be remarkably strong predict marital satisfaction that in turn is the indicators of well – being and mental health. The ability to predict a lot of variance in marital satisfaction by forgiving variable stating that if couples in their behavior have the ability to ignore each other sin , ignoring their anger have a natural right , experience more satisfaction in life. Stepwise regression method showed that decision scale alone in the first step, foretells the satisfaction variance 0/60 since of the ability of this component in anticipation can be sought in forgiveness definition itself. Forgiveness in any culture or on behalf of any authority that is defined means the renunciation of sin. The decision scale also defined, ignore your past damage by the victim and the offender. researchers believe the main function of forgiveness, leaping from others mistakes that is allowing negative emotions like anger and hatred towards a particular person replace with positive emotions like empathy, love and intimacy (Skoobi andSkoobi, 1998) and strengthening these features also cause increase the satisfaction in relationships couples, on the other hand achieved result in this hypothesis is consistent with research context appropriately. current research findings approve that decision component is the final of forgiveness , and as a empowerment component of personality as well as a branch of mental health can be remarkably strong predict marital satisfaction , which in turn is a branch of the well – being and mental health. While without identification and assessment of painful incident by the offender and damaged decided to ignore the painful incident underestimated. Basically identification in all cases is necessary and it is more about forgiveness. This is why the identification scale has been detected in the second step of the

transaction. Although considered by many experts to reform a wrongdoer if it was possible completely, forgive not too hard, but it achieved in relations between spouses, reforming the injurious as much as possible is essential. Because the couples are not going to have a short – term relationship in the long – term relationships including marital relationships, if errors repeated, other part can not to forgive again and if the gift is made is harder than before. That is form the factor for the existence of hatred and compromising public health of the injured person and consequently marital conflict. Also realistic understanding that is the personal consciousness within both the victim and the wrongdoer also able to predict marital satisfaction through high levels of more forgiveness. In our culture the Iranians and the importance of Islam to the strength of the foundation of the family, forgiveness seems necessary. Each of the family members , specially spouses do wrong and are incapable of realizing their errors , the individual puts forward feet with two reasons for forgiveness. The first is to prevent the endangerment of mental health, researches show who that use less from forgiveness, have been demonstrated more pathological symptoms such as anxiety, depression, physical symptoms and impaired physical performance. Forgiveness through dealing with negative emotions may help to better compliance and thus wellbeing. When the negative emotions such as anger and hatred too high, Forgiveness to be dropped. Imams and religious scholars have also pointed to hatred in the hearts of people. So this founding is probably related to the value of belief amount in Islamic concepts in our society and the importance of the family , as well as greater use of these strategies , even when a person is experiencing intense their psychological integrity. The second danger since they do not fall in danger warm family relationships that both Islam and the person itself focus their full attention to this issue. According to what was said is essential that without

forgiveness wrongdoer, his guilt was decided to forgive and overlook.

The limitations of this study pointed out, is that just took on a particular society (young couples in city Marvdasht). The findings of this study can be not generalized to other communities. Due to the high volume of samples, only the method of questionnaire was used to collect data. Lack of suitable methods such as observation and reviews, limits the generalization of the results. Bar – on Emotional intelligence questionnaire and marital satisfaction questionnaire Utrecht, despite having a lot of questions and lengthy and time – consuming in terms of time in co – respondents was limits. It is suggested that used other questionnaire with less questions that plethora of questions not lead to a lack of cooperation in individuals. Using interviews and observation during the study with the aim of increasing the potential generalization of the findings is the other offers.

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