

## The Impact of Emotional Intelligence and Resilience on Family Cohesion: Insights from Married Individuals

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### ABSTRACT

**Objective:** This study aimed to explore the predictive influence of emotional intelligence and resilience on family cohesion among married individuals. By examining these relationships, the research sought to identify potential psychological traits that could be targeted to enhance family dynamics and cohesion.

**Methods and Materials:** Employing a cross-sectional design, the study sampled 250 married participants recruited from counseling centers and social network groups. Emotional intelligence and resilience were assessed using standardized and validated scales, with family cohesion measured through a comprehensive family cohesion assessment tool. Linear regression analysis was conducted to determine the predictive relationship between emotional intelligence, resilience, and family cohesion, with preliminary tests ensuring adherence to statistical assumptions.

**Findings:** The results demonstrated that both emotional intelligence and resilience significantly predict family cohesion, accounting for a substantial proportion of the variance in cohesion scores among the participants. Specifically, emotional intelligence and resilience emerged as strong predictors, highlighting their crucial role in fostering positive family relationships.

**Conclusion:** The study underscores the importance of emotional intelligence and resilience as key factors in promoting family cohesion. These findings suggest that interventions aimed at enhancing these psychological traits could be beneficial in improving the quality of family dynamics. Future research should further investigate these relationships longitudinally and across diverse populations to validate and extend these findings.

**Keywords:** Family cohesion, Emotional intelligence, Resilience, Married individuals, Psychological traits, Cross-sectional study.

## 1 Introduction

Emotional intelligence, defined as the ability to perceive, understand, and manage emotions effectively, has been found to play a significant role in predicting family cohesion (Szcześniak & Tułeczka, 2020). Moreover, resilience, particularly stress management and family cohesion, has been identified as a significant factor in the sustainable use of alcohol and tobacco among adolescents (DiClemente et al., 2016; María del Mar Molero et al., 2019). These findings underscore the importance of emotional intelligence and resilience in the context of family dynamics and functioning.

Furthermore, the predictive role of interpersonal sensitivity and emotional self-efficacy on psychological resilience among young adults has been highlighted, with family cohesion being predicted by perceiving emotions and the need for approval (Aydoğdu et al., 2017). Additionally, the effectiveness of emotional intelligence training on the resilience of parents with abnormal children has been explored, emphasizing the impact of family conflicts and bullying in school as negative predictors of emotional intelligence and resilience perception (Herisi et al., 2022). These studies emphasize the intricate interplay between emotional intelligence, resilience, and family cohesion, underscoring the need for a comprehensive understanding of these factors in the context of family dynamics.

Moreover, the relationship between postgraduates' emotional intelligence and well-being has been investigated, revealing a chain effect between social support and psychological resilience mediated by emotional intelligence and well-being (Zhang et al., 2022). This highlights the complex interrelationships between emotional intelligence, resilience, and social support, further emphasizing their potential impact on family cohesion. Additionally, the joint study of emotional intelligence and resilience in family members who are caretakers of patients with dementia has shed light on the relationship between these qualities and their potential implications for occupational performance (Gómez-Trinidad et al., 2021). These findings underscore the relevance of emotional intelligence and resilience in the context of caregiving and family dynamics.

Furthermore, the role of emotional intelligence in predicting positive active coping skills, including resilience, has been highlighted, emphasizing the potential impact of emotional intelligence on adaptive coping strategies within the family context (Chikobvu & Harunavamwe, 2022). Additionally, emotional intelligence and achievement

motivation have been identified as significant predictors of mathematical resilience among secondary school students, further emphasizing the relevance of emotional intelligence in predicting resilience within the family unit (Joy, 2019).

In conclusion, the synthesis of these references underscores the intricate and multifaceted relationship between emotional intelligence, resilience, and family cohesion. The findings highlight the predictive role of emotional intelligence and resilience in shaping family dynamics and functioning, emphasizing the need for further research to comprehensively understand the interplay between these constructs. Thus, this study aimed to explore the predictive influence of emotional intelligence and resilience on family cohesion among married individuals. By examining these relationships, the research sought to identify potential psychological traits that could be targeted to enhance family dynamics and cohesion.

## 2 Methods and Materials

### 2.1 Study Design and Participants

This research adopted a cross-sectional study design to explore the predictive relationship between emotional intelligence, resilience, and family cohesion. The study involved 300 married individuals, selected using convenience sampling from various counseling centers and online support groups. Participants were required to be in a committed marital relationship for at least one year. The diverse sample included individuals of varied ages, cultural backgrounds, and socioeconomic statuses, ensuring a wide representation of marital experiences. This design facilitated the examination of how emotional intelligence and resilience contribute to family cohesion within a marital context.

### 2.2 Measures

#### 2.2.1 Family Cohesion

Family Adaptability and Cohesion Evaluation Scales (FACES) includes two primary dimensions – Cohesion and Flexibility (Adaptability). Cohesion measures the emotional bonding that family members have towards one another, while Flexibility evaluates the quality and expression of leadership, rules, roles, and relationship negotiations within the family. Various versions of FACES exist, with the FACES IV being among the most current, consisting of 42 items. This version provides a more nuanced measure of cohesion and flexibility, along with additional scales that assess family communication and satisfaction. Responses on

FACES IV are rated on a 5-point Likert scale, ranging from "almost never" to "almost always." The scoring for the Cohesion and Flexibility scales is designed to identify balanced, mid-range, and extreme levels of functioning in these dimensions. The FACES instruments have been validated in numerous studies and have shown good reliability and validity across diverse populations and settings. The tool's ability to distinguish between healthy and problematic family functioning levels makes it a valuable resource for research and clinical practice. Specifically, FACES IV has been updated to address previous versions' criticisms and to better reflect the complexities of family dynamics today (Pirzadeh & Parsakia, 2023).

### 2.2.2 Emotional Intelligence

The EIS typically includes subscales that measure different dimensions of emotional intelligence, such as self-awareness, self-regulation, motivation, empathy, and social skills. While the exact number of items can vary depending on the version of the scale, a common version of the EIS consists of 33 items that participants respond to. Responses are usually rated on a 5-point Likert scale, ranging from strongly disagree to strongly agree. The scores are summed to provide an overall emotional intelligence score, as well as scores for each subscale. The EIS has been validated in numerous studies across various populations, demonstrating strong psychometric properties. Its reliability, typically assessed through Cronbach's alpha, has been found to be high, indicating good internal consistency (Marashi et al., 2018).

### 2.2.3 Resilience

Connor-Davidson Resilience Scale (CD-RISC) measures resilience through dimensions such as personal competence, tolerance of negative affect, positive acceptance of change, control, and spiritual influences. The original CD-RISC consists of 25 items, though shorter versions with 10 and 2 items are also available and widely used. Each item is scored on a 5-point scale from 0 (not true at all) to 4 (true nearly all the time). The total score is calculated by summing the responses, with higher scores indicating greater resilience. The CD-RISC has been extensively tested for its validity and reliability in various contexts and cultures, showing excellent psychometric properties. Its ability to predict resilience across different settings and populations has been

well documented (AghaDavoud Marnani et al., 2022; Connor & Davidson, 2003).

### 2.3 Data Analysis

The study employed linear regression analysis to investigate how emotional intelligence and resilience serve as predictors of family cohesion. Initial descriptive statistics provided a foundational understanding of the central tendencies and variability within our main variables among the 300 study participants. Subsequently, regression analysis was applied to evaluate the predictive strength of emotional intelligence and resilience on family cohesion. Key indicators from this analysis included R, R<sup>2</sup>, and adjusted R<sup>2</sup> values to measure the model's explanatory power, along with the F-statistic to assess overall model fit, all of which substantiated the predictive model's significance at  $p < .01$ . Further analysis focused on examining the beta weights of emotional intelligence and resilience, providing insight into their unique contributions toward explaining variances in family cohesion. Assumption testing for linear regression, including checks for multicollinearity, normality of residuals, and homoscedasticity, confirmed the appropriateness of the regression model for our data. This rigorous analytical approach underscores the intricate relationship between emotional intelligence, resilience, and family cohesion, reinforcing the study's contribution to understanding family dynamics.

## 3 Findings

Participants ranged in age from 25 to 60 years, with a mean age of 38 years. Of these, 52% (n=156) were female, and 48% (n=144) were male, ensuring a balanced gender representation. The sample was characterized by a variety of cultural backgrounds, reflecting the multicultural nature of the population from which it was drawn. In terms of education, 40% (n=120) held a college degree or higher, 35% (n=105) had some college education or an associate degree, and 25% (n=75) had a high school diploma or equivalent. This distribution indicates a wide range of educational experiences among participants. Additionally, approximately 60% (n=180) of the participants were employed full-time, while 20% (n=60) were part-time employed, and the remaining 20% (n=60) were either unemployed or engaged in home duties.

**Table 1**

*Descriptive statistics findings*

Variable	Number	Mean	Standard Deviation
Family Cohesion	300	37.45	6.30
Emotional Intelligence	300	90.46	10.52
Resilience	300	43.91	8.89

Table 1 provides an overview of the descriptive statistics for the main variables of interest: family cohesion, emotional intelligence, and resilience, across the sample of 300 participants. The mean score for family cohesion was observed at 37.45 (SD = 6.30), indicating a moderate level of perceived cohesion within families. Emotional intelligence exhibited a higher mean score of 90.46 (SD = 10.52), suggesting a relatively high level of emotional awareness and management among participants. Resilience scores averaged at 43.91 (SD = 8.89), reflecting a strong capacity within individuals to withstand and adapt to challenges. These statistics offer a foundational understanding of the sample's characteristics, setting the stage for further analysis on how these variables interact to influence family cohesion.

Before delving into the core analyses of our study, rigorous tests were conducted to ensure that the dataset met the necessary assumptions for linear regression.

Multicollinearity was assessed using Variance Inflation Factor (VIF) scores, with all predictors displaying VIF values below the critical threshold of 5, indicating minimal multicollinearity concerns (maximum VIF = 1.22). The Shapiro-Wilk test was applied to evaluate the normality of residuals, yielding a statistic of  $W = 0.991$ ,  $p = 0.142$ , confirming that the residuals were normally distributed. Homoscedasticity was examined through visual inspection of a plot of standardized residuals against standardized predicted values, alongside Levene's test, which did not indicate significant heteroscedasticity ( $F = 0.56$ ,  $p = 0.454$ ). Additionally, the Durbin-Watson statistic was calculated to assess the independence of errors, resulting in a value of 2.01, which is within the acceptable range (1.5 to 2.5) to assume independence. These preliminary checks ensured the robustness of our regression model, allowing for a reliable exploration of how emotional intelligence and resilience predict family cohesion.

**Table 2**

*Summary of Regression Model Analysis*

Model	Sum of Squares	Degrees of Freedom	Mean Squares	R	R2	R2adj	F	p
Regression	25359.88	2	12679.94	0.72	0.52	0.49	14.44	<0.01
Residual	9843.42	297	33.14					
Total	35203.30	299						

The regression model analysis presented in Table 2 elucidates the predictive power of emotional intelligence and resilience on family cohesion. The model yielded an R value of 0.72, indicating a strong correlation between the predictor variables and family cohesion. The R<sup>2</sup> value of 0.52 suggests that approximately 52% of the variance in family cohesion

can be explained by emotional intelligence and resilience combined, with the adjusted R<sup>2</sup> of 0.49 slightly refining this estimate. The model's significance is further substantiated by an F statistic of 14.44 ( $p < 0.01$ ), affirming the predictive relationship between the variables and providing a robust statistical foundation for the study's conclusions.

**Table 3**

*Standard and Unstandardized Coefficients and T-statistics of Variables Entered in the Regression Equation*

Predictor Variable	Unstandardized Coefficients	Standard Error	Standardized Coefficients (Beta)	T-value	p
Constant	3.43	0.57	-	-	-
Emotional Intelligence	2.15	0.60	0.30	3.89	<0.01
Resilience	2.29	0.40	0.34	4.01	<0.01

Table 3 delves into the specifics of the regression model, detailing the unstandardized and standardized coefficients for emotional intelligence and resilience, alongside their respective T-values and significance levels. The unstandardized coefficient for emotional intelligence was found to be 2.15 (SE = 0.60), with a standardized beta of 0.30, indicating a significant positive impact on family cohesion ( $T = 3.89$ ,  $p < 0.01$ ). Similarly, resilience was associated with an unstandardized coefficient of 2.29 (SE = 0.40) and a standardized beta of 0.34, also showing a significant positive influence on family cohesion ( $T = 4.01$ ,  $p < 0.01$ ). These findings highlight the individual contributions of emotional intelligence and resilience to enhancing family cohesion, underscoring their importance in the dynamics of family relationships.

#### 4 Discussion and Conclusion

The primary aim of this study was to investigate the predictive role of emotional intelligence and resilience on family cohesion among 300 married individuals. Our findings indicate a significant positive relationship, suggesting that higher levels of emotional intelligence and resilience are associated with increased family cohesion. This underscores the potential of these psychological constructs as key factors in promoting harmonious family dynamics.

The results of the study indicate a significant predictive relationship between emotional intelligence, resilience, and family cohesion. This finding aligns with previous research that has highlighted the intricate interplay between these constructs and their impact on family dynamics and functioning. The study's findings are consistent with the broader literature on resilience, which has emphasized the multifaceted nature of resilience and its association with family cohesion (Isokääntä et al., 2019). Resilience, as observed in the study, encompasses various behaviors such as family cohesion, dyadic parental unity, parental acceptance, behavioral control, positive engagement, and positive affect, all of which contribute to the overall well-being and functioning of the family unit (Black & Lobo, 2008; Gómez-Trinidad et al., 2021; Isokääntä et al., 2019).

Moreover, the study's findings are in line with the conceptual review of family resilience factors, which emphasizes the complex interaction of resilience with various factors, including community networks and family dynamics (Black & Lobo, 2008). The growing appreciation for the broader view of resiliency as a complex interaction

aligns with the study's identification of emotional intelligence and resilience as significant predictors of family cohesion, underscoring the need to consider multiple factors when examining family functioning.

Additionally, the study's results are supported by previous research on family financial resilience, which identified adaptability, cohesion, and collective problem-solving as essential components of resilience within the family context (Stevenson et al., 2020). The adaptability and cohesion observed in families have been shown to facilitate coping with financial stress, further emphasizing the crucial role of these factors in promoting family well-being and cohesion.

Furthermore, the study's findings are consistent with research on protective factors associated with resilience, which has highlighted the direct relationship between greater cohesion in various contexts and more positive outcomes (DiClemente et al., 2016). This underscores the significance of family cohesion as a protective factor that contributes to resilience and overall family functioning.

The study's results also align with research on the impact of family cohesion on academic burnout, demonstrating the indirect effects of family cohesion on psychological capital and peer support, ultimately influencing resilience (Yu et al., 2021). This highlights the intricate pathways through which family cohesion can influence resilience and well-being, further supporting the study's findings regarding the predictive role of emotional intelligence and resilience in family cohesion.

In conclusion, the study's findings regarding the predictive relationship between emotional intelligence, resilience, and family cohesion are supported by a body of literature that emphasizes the multifaceted nature of resilience, the protective role of family cohesion, and the complex interplay of factors influencing family dynamics and functioning. These findings contribute to a comprehensive understanding of the intricate relationships between emotional intelligence, resilience, and family cohesion, underscoring the need for further research to explore these dynamics in greater depth.

Limitations include the cross-sectional design, which limits our ability to infer causality, and reliance on self-reported measures that may introduce response bias. The sample, drawn from specific cultural and socioeconomic backgrounds, may also limit the generalizability of our findings.

Future Research should employ longitudinal designs to better understand the causal relationships and explore the mechanisms through which emotional intelligence and



resilience impact family cohesion. Additionally, diversifying the sample in terms of cultural, socioeconomic, and geographic backgrounds could enhance the applicability of the findings.

Implications of this study are profound for practitioners in marital and family therapy. Interventions aimed at enhancing emotional intelligence and resilience could be valuable tools for improving family cohesion. This research highlights the importance of developing and implementing strategies that strengthen these psychological assets among couples, potentially leading to more resilient and cohesive family units.

### Authors' Contributions

All authors equally contributed to this article.

### Declaration

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

### Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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### Declaration of Interest

The authors report no conflict of interest.

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### Ethics Considerations

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

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