

How Quality of Life Affects Emotional Intelligence and Marital Adjustment in Menopausal Women

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Abstract- Background: Due to menopause, body makes less of the hormones estrogens and progesterone so that very low level of estrogens after menopause can affect health. And menopause leads to Marital Adjustment (MA) and Emotional Intelligence (EQ) in women. **Aim:** the main aim of the study is to how quality of life affects emotional intelligence and marital adjustment in menopausal women. **Sample:** 60 sample were selected purposively from the Geetanjali Medical College & Hospital, Udaipur (Raj). **Method:** Factorial research design was used and data has been collected by using Quality of life scale, Emotional Intelligence Scale, and Locke Wallace Marital Adjustment Test. **Result:** The result shows significant association of quality of life over marital adjustment and emotional intelligence and there is significant correlation find in quality of life and marital adjustment means low quality of life leads to increase marital difficulties and it is similar in emotional intelligence that there is an impact of quality of life on emotional intelligence. And another finding is that there is a significant correlation between marital adjustment and emotional intelligence. Emotional intelligence and marital adjustment has significant correlation in menopausal women. **Conclusion:** The study indicates that Quality of life has significant effect on emotional intelligence or marital adjustment in menopausal women.

Index Terms- Quality of life (QOL), Emotional intelligence (EQ), Marital adjustment (MA), Menopausal women

I. MENOPAUSE

Menopause is the transitional period in a woman's life when her ovaries start producing less of the sex hormones estrogen and progesterone. A woman who has her ovaries surgically removed immediately enters menopause.

Meaning of menopause

Menopause is literally the very last period of a women reproductive life and it is said that it occur when a women has not menstruated naturally for 12 consecutive months.

Robert A Wilson, another of feminine forever and the popular messiah of hormone replacement therapy (HRT) writing in menopause- "the loss of womanhood and the loss of good health" claims that menopause is the serious medical condition endangering the health and happiness of any women.

Historical Aspect:

Three major milestones presence in the history of menopause:

1. The first event was the achievement of Butenandt; he was a noble prizewinner in chemistry. He succeeded in 1929 in obtaining in pure form a hormone from the wine of pregnant woman, which was eventually called Estrogen.
2. The second development was the publication of book in 1966 which was published by Robert, A Wilson M.D. Ebtutked "Feminine forever" which become an instant best seller. The popularized theory of this book called "Estrogen Replacement Treatment" or "Hormone Replacement Therapy"
3. The third major landmark was the publication of an editorial and two original articles in the New England Journal of medicine of December 4, 1975. Claiming an association between exogenous estrogen and endometrial cancer.

The hypothalamus, anterior pituitary gland and gonads (ovaries) work together to regulate the menstrual cycle. Gonadotropin releasing hormone from the hypothalamus stimulates luteinizing hormone (LH) and follicular stimulating hormone (FSH) release from anterior pituitary gland. LH and FSH are gonadotrpins which act primarily on the ovaries in the female reproductive tract

II. SIGNIFICANT OF THE STUDY

The study on the topic "How quality of life affects emotional intelligence and marital adjustment in menopausal women" is very relevant in present society. Health is an important factor that contributes to human well-being and economic growth. Currently in India women has to face various health issues, which directly affect the aggregate economy output. Every year we celebrate mother's day and women's day or we show love and respect to women that how important she has in our lives but this is a only one side story. India tops the list of countries that are said to have highest mortality rates during delivery or even highest number of non school going girl. In various health issues of women currently menopause is a major problem.

Menopause signs the end of a women's period. In the months to year before menopause a time called "perimenopause" means the production of hormones that regulate the menstrual cycle changes.

Average age of menopause is 45 to 50 but there is a wide range some women have their last period in their 40s.

Anything that damages the ovaries or stops estrogen production can cause menopause to occur earlier. These include:

- Smoking
- Surgery to remove ovaries
- Radiation therapy

Apart from this almost every women who suffer from menopausal problem also have difficulties with Quality of life, Emotional Intelligence and Marital Adjustment.

International Scenario

Menopause defined as a cessation of menstrual period it's occur naturally in most women with the aging of worldwide population in the coming decades, it is estimated that 1.2 billion women worldwide will be menopausal or premenopausal by the year of 2030. It is estimated that 85% of postmenopausal women have experienced a menopause related symptoms in their lifetime and vasomotor symptoms is estimated 40 to 50 million women in United States⁽²⁹⁾

Apart from quality of life, marital adjustment and emotional intelligence (EQ) also have important aspect in menopausal women. Menopausal symptoms affect individual's quality of life. As well as may cause of difficulty in marital adjustment and emotional intelligence.

National Scenario

India has a large population. A project frame in 2026 have estimated that the population in India will be 1.4 billion, people over 60 years 173 million, and the menopausal population 103 million. Average age of menopause is 47.5 years in Indian women with an average life expectancy of 71 years. 35–40% of women between 40 and 65 years have been detected to suffer from osteopenia whereas 8–30% suffers from osteoporosis. Premature menopause in India has been noticed anecdotally to have an increasing incidence and greater prevalence in India. There is an wide burden of surgical menopause in India. A significant number of hysterectomies are performed with bilateral oophorectomies⁽²⁸⁾

III. STATEMENT OF THE PROBLEM

How quality of life affects marital adjustment and emotional intelligence in menopausal women.

Menopause: Menopause happens when fertility and menstruation end. And It is a normal process, not a disease, but it can cause drastic changes in women life.⁽⁵⁾ more than 80% of the women experience physical or psychological symptoms in the years when they come near to menopause, with various distresses and disturbances in their lives, leading to a decrease in the quality of life. Women in dissatisfying marriages or marital adjustment, characterized by less social support, less depth, and higher conflict, reported increased stress.⁽⁴⁾

Quality of life: quality of life means general well being of individual and societies. Quality of life includes not only wealth and employment but also the built environment, physical and mental health, education and recreation and social belonging.

Marital Adjustment: marital adjustment describes the experience of a married couple acclimating to a marital

relationship. New marriages begin with a period of marital adjustment as both spouses learn to adapt to the marriage. Women's quality of life affected by family function and marital adjustment in family.

Emotional Intelligence: emotional intelligence quotient is the ability to recognize their own emotion and those of others use emotional information to guide thinking and behavior, and manage and or adjust emotions to adapt environment and achieve goal.

Objectives:

- To analyze how quality of life affects marital adjustment in menopausal women
- To analyze how quality of life affects emotional intelligence in menopausal women
- To find out the correlation between emotional intelligence and marital adjustment in menopausal women.

Hypothesis:

- **H₁** There will be significant impact of quality of life on emotional intelligence.
- **H₂** There will be significant impact of quality of life on marital adjustment.
- **H₃** There will be correlation between emotional intelligence and marital adjustment in menopausal women.

Review of literature

There has been a study conducted on Four hundred and eighty-one women aged 40-59 years attending the Southern Metropolitan health service in Santiago de Chile were studied using the Quality of Life Questionnaire for Menopause from Toronto University. The analysis showed that menopausal women have worse Quality of life scores than women conserving cycles in the four areas of the questionnaire: They show a 10.6-fold higher risk for suffering vasomotor disorders affecting QoL, a 3.5-fold higher risk for psychosocial impairment, a 5.7-fold higher risk for physical disorders, and a 3.2-fold higher risk for sexual disorder⁽²⁰⁾

Another study found in the health care centers in Kashan City and 700 menopause women were selected using cluster sampling method findings showed that menopausal women had worse QOL in sexual and vasomotor domains. Several studies indicated that QOL was impaired in menopausal women, because menopausal phase is related with several physical and mental changes that may impact women's health outcomes⁽²¹⁾

This Study were done by Zolinda Stone man and Susana Gavidia-Payne (2006) Marital Adjustment in Families of Young Children With Disabilities and in this study 67 families were included. And the result of this study is that Most of the couples were experiencing average to above average marital adjustment. Husbands and wives viewed their marriages more negatively.⁽²³⁾

Another study was conducted in Social Security hospital in Zahedan and the sample size was 103. Aim of study is to determine the relationship between quality of life and marital satisfaction in nurses in Social Security hospital in Zahedan. Results of study demonstrated the importance of pay attention to family issues and

marital satisfaction and in this regard, the promotion of all aspects of quality of life is essential. (24)

This study was conducted by Rakesh Pandey and Tulika Anand and suggests that emotional intelligence (EI) is a factor of chief importance in adjustment to life. And this study believed that couples with high EQ are good at understanding each other's emotions and feelings which, in turn, enhances marital adjustment and happiness in their life. The sample size was 32 and thirty two married couples completed a set of self-report questionnaires consisting measures of emotional intelligence, marital adjustment, health and well-being. (26)

Material and Methods

Research design: Factorial Research Design

Quality of life	Emotional intelligence(EQ)	Marital adjustment(MA)
	Quality of life. Emotional intelligence	Quality of life. Marital adjustment

Variables

Independent variable: Quality of life

Dependent variable: marital adjustment and emotional intelligence

Sampling

- **Sample size :** 60 Consecutively selected samples
- **Sampling technique :** purposive sampling
- **Type of study:** Observation type.
- **Type of data:** Secondary data.

Sampling criteria:

Inclusion criteria

1. Subject whose age is between 45 to 55 year and who are attending to Geetanjali medical college and hospital
2. Subject who understand English and Hindi language
3. Subject who are willing to participate in research study
4. Both rural and urban patients were taken for the study

Exclusion criteria:

1. Subject who don't understand Hindi and English language
2. Subject who are under 13 to 45 year
3. Subject who are suffer from gynecological disorder, serious illness, physical stress
4. medications that affect menstruation include
 - antipsychotics
 - cancer chemotherapy
 - antidepressant

The data has been collected by using following psychological tools:

Psychological test	Developed by	year
Quality of life scale	John Flanagan	1981
Emotional quotient test	Dr. Dalip Singh and Dr. NK Chadha	2006
Locke Wallace test	Locke, H. J., & Wallace, K.M.	1959

IV. STATISTICAL ANALYSIS :

After finding mean and SD scores; correlation has been found by using Karl Pearson's product movement correlation and significant by using t value.

V. OBSERVATION AND RESULT

The present study conducted in the Department of psychiatry of Geetanjali Medical College & Hospital, Udaipur Rajasthan. Sixty menopausal women were taken for this study whose age is between 40-45.

Marital adjustment	N	Mean	SD
	60	23.15	3.76345

Table A1 shows the mean and SD value of marital adjustment in menopausal women. Mean value is 23.15 and SD value of marital adjustment is 3.76345 respectively.

Table A2: Mean and SD of Emotional intelligence in menopausal women

Emotional intelligence	N	Mean	SD
	60	255.25	43.99947

Table A2 shows the mean and SD value of emotional intelligence in menopausal women. Mean value of emotional intelligence is 255.25 and SD value is 43.99947 respectively.

Table A3: Mean and SD of Quality of life in menopausal women

Quality of life	N	Mean	SD
	60	63.01667	16.45074

Table A3 shows the mean and SD value of quality of life in menopausal women. Mean value of quality of life is 63.01667 and SD value of quality of life is 16.45074 respectively.

Table -A 4: Mean and SD of emotional intelligence quotient over level of marital adjustment

Level of Marital adjustment	Emotional intelligence quotient		
	N	Mean	SD
Difficulties in relationship(<14)	0	-	-
Neutral(14-27)	53	252.6415	42.56899
Happy (>27)	7	275	53.07228

Table A4 shows the level of marital adjustment level over emotional intelligence quotient in menopausal women. And categorized are level of marital adjustment of difficulties in relationship (<14) and EQ value are (N=0, mean =nil, SD = nil) and Neutral (14-27) level of MA AND EQ are (N = 53, Mean =

252.64, SD= 42.56), and Happy (>27) MA and EQ are (N=7, Mean = 275, SD = 53.07)

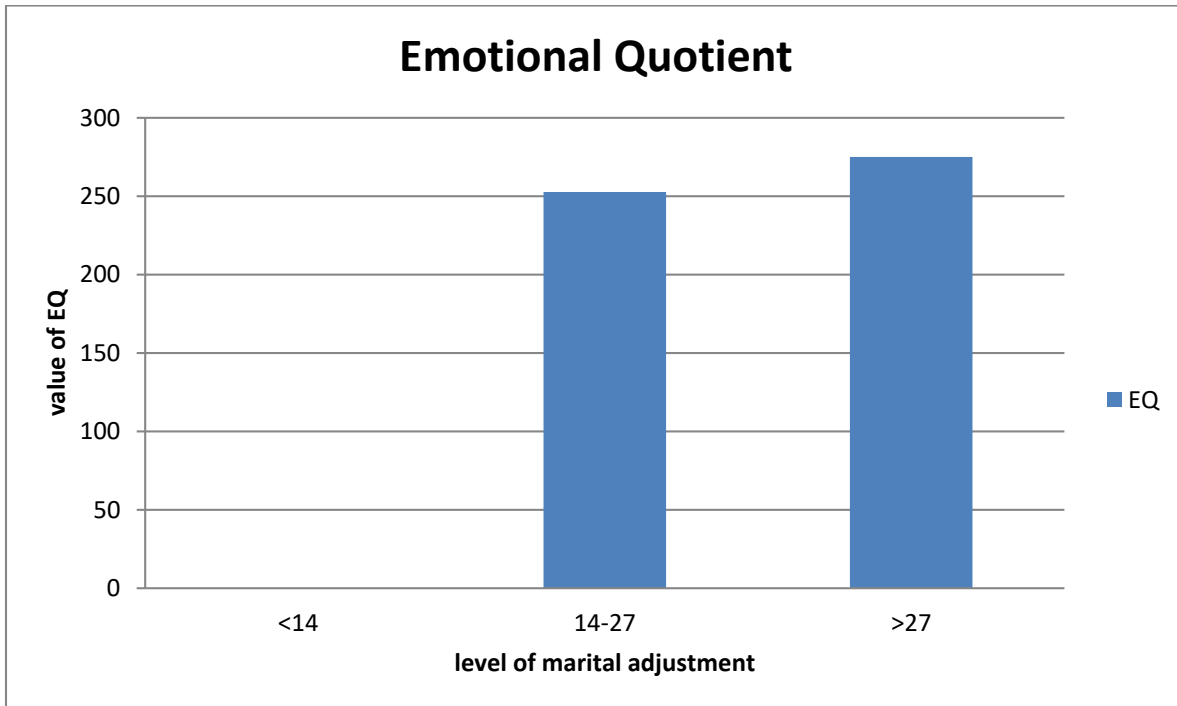


Figure 4 Average emotional intelligence quotient and marital adjustment among menopausal women

Table - A 5: Mean and SD of quality of life over marital adjustment

Level of Marital adjustment	Quality of life		
	N	Mean	SD
Difficulties in relationship(<14)	0	-	-
Neutral (14-27)	53	60.69811	17.40202
Happy (>27)	7	75.71429	10.68822

Table A5 shows the means and SD of quality of life over marital adjustment (MA). Level of marital adjustment <14 and mean and SD value of quality of life is (N=0, Mean = nil, SD = nil) and level of MA from 14-27 and mean and SD of QOI is (N= 53, Mean=60.69, SD= 17.40) and Level of MA >27 and in quality of life (N =7, Mean = 75.71, and SD = 10.68).

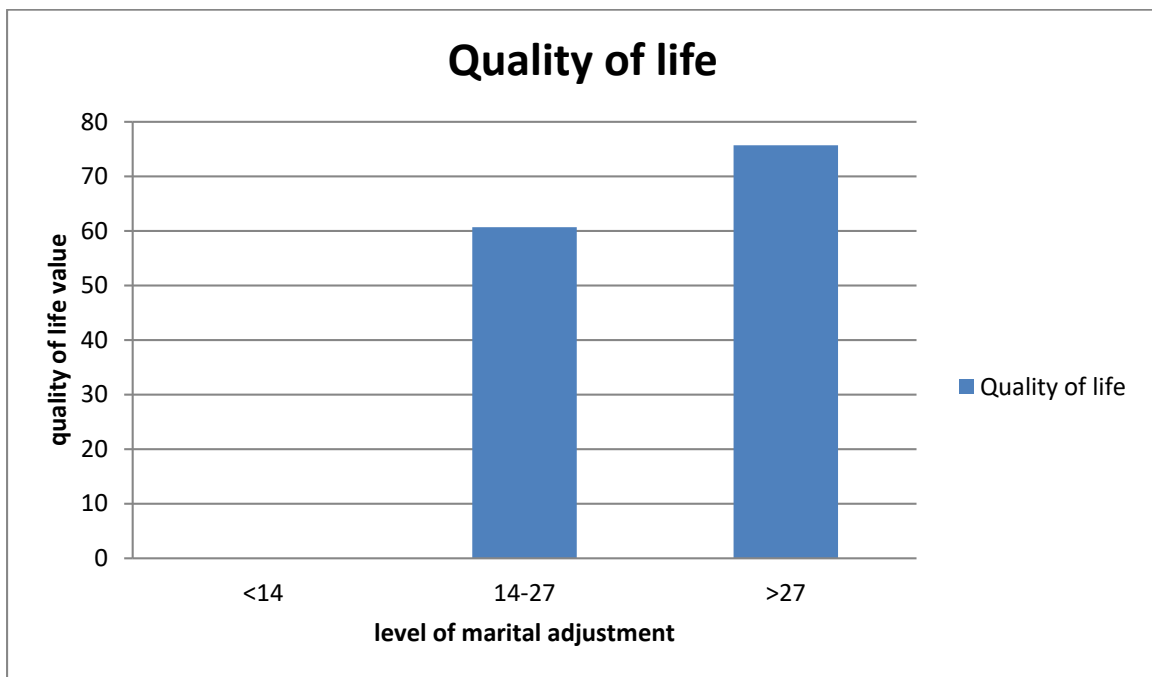


Figure – 5: Average quality of life and marital adjustment among menopausal women

Table -B1: Correlation, t – score, and p value of emotional intelligence quotient with quality of life.

	N	Mean	SD	r	t score	p value
Emotional intelligence	60	255.25	43.99947	0.114382	31.7	<0.0001
Quality of life	60	63.01667	16.45074			

Table B1 shows the correlation, t score and p value of emotional intelligence quotient with quality of life

- The correlation of emotional intelligence quotient with quality of life was found 0.114382; t score was found 31.7 which is significant at <0.0001 level of significance.

Table – B2: Correlation, t- score, and p value of marital adjustment with quality of life

	N	Mean	SD	r	t score	p value
Marital adjustment	60	23.15	3.76345	0.196248	18.3001	<0.0001
Quality of life	60	63.01667	16.45074			

Table B2 shows the correlation, t –score and p value of marital adjustment with quality of life

The correlation of marital adjustment with quality of life was found 0.196248 ; t score was 18.3001 which is significant at <0.0001 level of significance

Table – B3: Correlation, t -score and p value of emotional intelligence and marital adjustment.

	N	Mean	SD	r	t score	p value
Emotional intelligence	60	255.25	43.99947	0.181964	40.72	<0.0001
Marital adjustment	60	23.15	3.76345			

Table B3 shows the correlation, t score and p value of emotional intelligence and marital adjustment

- The correlation of emotional intelligence quotient and marital adjustment was found 0.181964; t score was

found 40.72 which is significant at <0.0001 level of significance.

VI. DISCUSSION

Emotional Intelligence:

H1: There will be significant impact of quality of life on emotional intelligence

The emotional intelligence quotient has significant impact on quality of life. Table B1 shows the correlation and significance of quality of life on emotional intelligence quotient. The positive correlation has been found between emotional intelligence and quality of life. That means emotional intelligence directly affects the quality of life they both are positively correlated. As the level of emotional intelligence decreases which means that level of quality of life also decrease. The level of quality of life is directly proportional to the level of emotional intelligence. In present study EQ test measures the three most important dimensions and these dimensions are directly affect the quality of life. These dimensions are sensitivity, maturity and competency. If this dimension will impaired than it will affect persons own emotion and emotional quotient (emotional intelligence).

Present study shows that if level quality of life decreases, it directly affects the self awareness of a person. They cannot manage their emotion .it also affect their self motivation, empathy, and they have difficulty in handling healthy relationship. A good quality of life includes life satisfaction, physical health; family, education; employment and wealth So when level of quality of life increase as emotional quotient also increase.

Hence first hypothesis is accepted

These finding are supported by following studies.

A study conducted by Naemeh Alibabaie to assess the level of Relationship between quality of life and emotional intelligence and life satisfaction and this study shows that higher scores in emotional intelligence shows better quality of life and life satisfaction. And this research finding showed that emotional intelligence had a significant positive correlation with quality of life.

Marital adjustment:

H2 : There will be significant impact of quality of life on marital adjustment.

Table B2 give a description of the correlation values and significant impact of quality of life and marital adjustment. Result shows the positive correlation between quality of life and marital adjustment. They both show significant correlation. Means good quality of life directly proportion to happy married life and marital satisfaction. This present study indicates that a woman who has score higher in quality of life has good married life and difficulty level is low in their married life. When women have good and healthy relationship with their partner are more happy than women who has not have good quality of life. When women has good quality of life they can easily balance their life like handling family finances or matter of recreation and demonstration of affection, their family and friends and philosophy of life and ways of dealing with in laws this all situation they can handle easily if their quality of life will good. And this all things more affect easily in menopausal women.

Hence; second hypothesis is accepted.

This Study were done by Zolinda Stone man and Susana Gavidia-Payne (2006) Marital Adjustment in Families of Young Children With Disabilities and in this study 67 families were included. And the result of this study is that Most of the couples were experiencing average to above average marital adjustment. Husbands and wives viewed their marriages more negatively.⁽²⁴⁾ Another study was conducted in Social Security hospital in Zahedan and the sample size was 103. Aim of study is to determine the relationship between quality of life and marital satisfaction in nurses in Social Security hospital in Zahedan. Results of study demonstrated the importance of pay attention to family issues and marital satisfaction and in this regard, the promotion of all aspects of quality of life is essential. ⁽²⁵⁾

Emotional intelligence and marital adjustment :

H3: There will be correlation between emotional intelligence and marital adjustment in menopausal women.

Table B3 shows the correlation values and significant difference of emotional intelligence and marital adjustment in menopausal women. Result revealed positive correlation between emotional intelligence quotient and marital adjustment in menopausal women. Level of marital adjustment and emotional intelligence positively correlated with each other. Result shows significance correlation between marital adjustment and emotional intelligence means if women has low EQ (emotional intelligence) she also have difficulty in marital adjustment. And other side if women has difficulty in marital adjustment that means she will definitely have a low EQ (emotional intelligence).

In low EQ women think that other people are overly sensitive and getting in lots of argument and often refusing to listen to other point of view so this all low EQ symptoms affect directly to the marital adjustment.

Hence: third hypothesis is accepted

A study conducted by Suvarna Joshi and Nutankumar S. Thingujam in university of pune on perceived emotional intelligence and marital adjustment: Examining the Mediating Role of personality and social Desirability. The sample was 60 married couple. Results showed that cohesion and overall marital adjustment were related to all the sub-scales and overall emotional intelligence. Consensus and satisfaction subscales of marital adjustment were also related to overall and subscales of emotional intelligence except utilizing emotion subscale. Further results indicated that overall emotional intelligence's correlation with overall marital adjustment remained significant after controlling for social desirability, extraversion, agreeableness, and conscientiousness.

VII. CONCLUSION

During this study it has been found that level of quality of life affect the level of emotional intelligence quotient and level of marital adjustment in menopausal women. Emotional intelligence (EQ), Marital adjustment (MA) and Quality of Life (QoL). These variables are closely associated with each other. Quality of life has major impact on area of emotional intelligence (EQ) and marital adjustment. Emotional intelligence areas include self awareness, managing emotion and self motivation and empathy this areas

affected in emotional intelligence. The marital adjustment includes difficulty in dealing with in laws and conflict with partner occurs when level of quality of life low in menopausal women.

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