ABSTRACT

Mental health is one of the most important issues in today's world. Many evidences prove that people of emotional skill, who knows well their feelings and conduct them, and understand the others' feelings and effectively face them, are successful and efficient in various scientific areas of life. But people, who are not competent of emotionally control over their life, are involved in internal conflicts.

The purpose of the present study was to investigate the influence of emotional intelligence, life satisfaction, personality type and certain demographic variables on physical and mental health of Indian and Iranian couples. Another aspect of the study was to investigate the differences in terms of emotional intelligence, life satisfaction, personality type, physical and mental health of Indian and Iranian couples.

First and second Chapters of the thesis study represent the concepts and review of literature related to the variables considered in this study, respectively. The research investigator of this study has made an attempt to put in the best of her efforts to present a varied and explicit explanation of the concepts and theoretical background of each variable and has also attempted to incorporate studies
supporting the same by scanning the available research literature bearing direct or indirect relation with the topic. Keeping in mind the objective of present research three research hypotheses and nine research questions were formulated.

Third chapter of the thesis deals with the Methodology of the present study. The sample of this study is comprised of 400 couples, 200 couples from Iran (Tehran), and 200 couples from India (Aligarh). The tools used in this study were Emotional Intelligence Scale (EIS) by Singh (2004), Satisfaction with Life Scale (SWLS) by Diener, Emmons, Larsen, and Griffen (1985), Behavior Activity Profile – Personality Type –A Measure by Matteson and Ivancevich (1982), Mental Health Inventory (MHI) by Jagdish and Srivastava (1995), and Physical Health Scale (PHS) by Mohammadyfar et al., (2009) that were administered on the subject. Data obtained from the respondents has been analyzed by means of SPSS package. The analysis was carried out in two phases. In the first phase of the data analysis, the descriptive statistics, correlation, step-wise multiple regression and enter multiple regression were used to test the research hypotheses. In the second phase, independent sample t-test was used to evaluate the research questions. In the fourth Chapter, results have been presented systematically in various tables.
The fifth Chapter incorporates Discussion of the results, Conclusion and Suggestions. The bindings of this study are as enumerated below.

- Significantly negative correlation was found between emotional intelligence, self awareness and mental health (MHI-total) with 95% confidence but negative correlation was significantly found between self regulation, social awareness, motivation, social skills and mental health with 99% confidence.

- Furthermore, significantly negative correlation was obtained between emotional intelligence and its subscales (self awareness, self regulation, social awareness, motivation, and social skills) and physical health with 99% confidence among couples.

- Step-wise multiple regression analysis revealed that motivation was found to be the important predictor of mental health, but other subscales (self awareness, self regulation, social awareness, and social skills) were not a predictor of mental health.

- In addition, step-wise multiple regression analysis resulted that self regulation was first, and self awareness was second important predictor of physical health, but other variables (social awareness, motivation and social skills) were not predictor of physical health.
skills) were not a predictor of physical health among the Indian and Iranian couples.

- Significantly negative correlation was found between life satisfaction and mental health with 99% confidence.

- It was also found the negative correlation between life satisfaction and physical health significantly with 99% confidence among the couples.

- Step-wise enter regression analysis revealed that life satisfaction emerged as an important predictor of mental health and subsequently, this result was also proved for life satisfaction and physical health from step-wise enter analysis.

- Pearson correlation results revealed that overall Type-A behaviour pattern and job involvement were positively correlated to mental health (MHI-total) with 95% confidence, while this correlation was positively found between impatience, hard driving/competitive and mental health with 99% confidence.

- Furthermore, negative correlation was significantly obtained between overall Type-A behaviour pattern, job involvement and physical health (MHI-total) with 95% confidence, while this correlation was negatively found between
impatience, hard driving/competitive and physical health with 99% confidence among the Indian and Iranian couples.

- Step-wise multiple regression analysis revealed that hard driving/competitive and impatience were found the stronger predictors of mental health for total sample. However job involvement was not found a significant predictor of mental health in the Indian and Iranian couples.

- Similarly, it was also found that hard driving/competitive and impatience were the stronger predictors of physical health for total sample, but job involvement was not found a significant predictor of physical health in the couples.

- Test of independence results revealed that, there is a significant difference between Indian and Iranian couples.

- Iranian men have higher mean scores on mental health in comparison to their Indian counterparts. In other words, Iranian men showed poor mental health in comparison to their Indian counterparts.
- Iranian women have higher mean scores on mental health in comparison to their Indian counterparts. In other words, Iranian women showed poor mental health in comparison to their Indian counterparts.

- Indian men have higher mean scores on physical health in comparison to their Iranian counterparts and it is resulted that Indian men have shown higher physical health problems in comparison to their Iranian counterparts.

- Indian women have higher mean scores on physical health in comparison to their Iranian counterparts and it is resulted that Indian women showed poor physical health in comparison to their Iranian counterparts.

- Indian couples have higher mean scores on emotional intelligence (self awareness, self regulation, social awareness, motivation, social skills) in comparison to their Iranian counterparts. It can be said that Indian couples use all five kinds of useful emotional intelligence more often than the Iranian couples.

- The results also revealed that, there is significance difference between two groups as Indian couples have higher mean scores on life satisfaction than Iranian couples.
Test of independence results revealed that, there is significant difference between two groups i.e. Indian couples have higher mean scores on personality type than Iranian couples and on the basis of obtained result, it can be concluded that Indian couples use three kinds of harmful personality type more than Iranian couples.

The test of independence results also revealed that there was significant difference between two groups, i.e. Iranian couples have higher mean scores on mental health than Indian couples, while Indian couples have higher mean scores on physical health than Iranian couples. Therefore, it may be resulted that Iranian couples have poor mental health than Indian couples, while Indian couples showed poor physical health than Iranian couples.

Certain suggestions have been given regarding the limitations of the present study, new avenues for future research.

Generally, emotional intelligence has an important role in developing positive self-concept and improving mental health of couples, and training the components of emotional intelligence leads to the better health of couples and cause that they achieve more success in life and job opportunities. So it
is necessary that training workshops be held for getting familiar with the importance of these variables and teaching them to the couples through a proper strategies and models. Meanwhile it is necessary that this research be conducted comparatively, in the other countries with various features in different groups, so that its results can be compared, and differences and similarities are recognized and also the research findings are used confidently.

- It is also hoped that the findings of the present study profoundly improved the way of the life of couples representing two countries which has been recognized as the critical spots in marital life. Therefore, through empowering the emotional and personal factors we can make a better life to an extent for all people. Also, parents and teachers can apply the findings to increase the emotional and physical health care among couples.