CHAPTER-1

INTRODUCTION

1.1 Introduction

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 (Moira and Olivier, 2008). Emotions play a crucial role in everyone’s life. Anger, disgust, fear, anxiety, gladness… are just a part of feelings and emotions which humans may experience in certain situations. Sometimes emotions may not occur clearly. Emotional experiences provide information for people about themselves and their environment, so that they interact with the environment, and adapt themselves to it. All kinds of emotional experiences ranging from pure and essential affections to emotions based on complex feeling are resulted from mental implications (Kennedy, et al., 1999). Emotions make people ready for generating fast motor responses and help them to show a useful adjustment through an appropriate cognitive approach, and flexibly show complex social behaviors. However emotions may be involved in adaptive behavior, but an optimum emotional responsiveness is reached when people know how to arrange experience and demonstrate emotions and also learn to how and when act for shaping the required emotion (Salovey, 2002). Emotion and attention are closely related, emotional sensations effect in awareness concept and performance of duties which require stimulus selection or deep concentration (Yavari, et al., 2010). At the end of 20th century a
relatively new approach on intelligence was presented in the field of psychology. The approach proposes that human intelligence is not composed of a limited series of cognitive capabilities but an emotional aspect may be involved in it (Salovey, 2002).

Mayer and Salovey (1997) pointed out that emotional intelligence includes a capability for proper recognition of emotions and affections of other people, and an appropriate response to them and also exciting (activating) awareness and regulating and control over one's own emotional response.

So, emotional intelligence as a psychological factor seems to be related to physical and mental health, since there are skills involved in emotional intelligence which facilitate emotional information processing and will make a coherent thought. Therefore people who attend to their feelings, and recognize and understand them and restructure their temperamental state, mentally and physically are healthier (Bar-on, et al., 2000). Today, mental health of people is undoubtedly one of the important and effective features in psychology and human relations. Generally, health factors are considered in two aspects: physical and psychological (Sarafino, 2003). With this background, it sounds that it would be possible to improve physical and mental health by educating the skills of emotional intelligence.

According to the findings of Palmer, Donaldson and Stough (2002), life satisfaction is also one of the precious achievements of emotional intelligence. Emotional intelligence will increase life satisfaction and decrease inter-personal problems. In this study the other factor which its relation with physical and mental health is considered, is the life satisfaction.
Life satisfaction is also one of the important parameters of measuring mental health. It needs to mention that the life satisfaction is different from well-being, life quality and gladness. Lyubomirsky (2001) in his definition of life satisfaction stated it in terms of mental assessment of an individual’s life quality, which has cognitive component and is counted as powerful anticipant of mental health. Life satisfaction is in fact satisfaction of all spheres of life (Sousa and Lyubomirsky, 2001). Life dissatisfaction disregarding its causes has many negative consequences. Life dissatisfaction is related to poor health status, depression symptoms, personality problems, poor health behaviors and poor social conditions (Bahreinian and Yavari Kermani, 2009).

With a quick look at statistics of mental and physical diseases in human communities and above all with a look into health parameters such as death rate, and also due to importance and special role of personality types in various spheres of life and health level of people, in this research the other factor which it's relation to physical health has taken into consideration, is personality types. Personality type is found to be an important factor in determining behavior and the mental and physical health status. Generally personality type is a used label for classifying the attributes of individuals in terms of behavior (Kortokuf, et al., 2004).

Ancient Greeks believed that physical health of human is affected by mental health, and the cause of disease should be sought in the lifestyle of people. There are a number of irritant and stressor factors in daily life, that in some people cause stress and emotional and affective discomforts, some people can stand against these irritating and stressor factors but some others can’t, however several factors such as personality (personality type), motive, capability and on the contrary, incapability to stand against
special problems which appear in particular occasions, can cause differences in individuals. Due to individual differences, some emotions resulted from changes become physical, and stresses affect in immunity system of body and occur as psychometric illnesses (Eysenck, 1990). Studies which have been conducted by researchers observed that the permanent components of personality (personality type) are effective in incidence, causing and intensifying various types of diseases. Personality types which researchers are studying on include: A, B, C. In classification by Friedman and Rosenman (1974), people are divided into A and B personality types, and later, personality type C was defined by Eysenck, in 1990. Recognizing the personality type of people in many occasions will lead to clarifying the causes of mental and physical diseases and their expressions and also how do they spread (Kortkov, et al., 2004).

1.2 Statement of the Problem

Have you ever dealt with people of high intelligence who encounter many problems in their life, event they can't easily communicate with the others?

Have you thought that many problems of people in their life are due to the incidence of uncontrolled and unbalanced feelings and emotions?

In our modernized life style, enjoying high IQ does not necessarily end to personal and social success. What is the main cause of success, then?

To answer such type of questions, John Mayer and Peter Salovey (1997) introduced the concept of emotional intelligence (EI). Accordingly, Emotional intelligence is an ability to manipulate and perceive one’s feeling and others’ to direct their thought and actions properly ( Parsa, 1997). Other scholars including Goleman (2004) considered that more than 80% of other peoples’ success due to their emotional intelligence. So, the people
who have low emotional intelligence are unable to adjust to unpleasant and causing pressure events and they become disappointed, on the contrary, people of high emotional intelligence show more adaptive reactions to unpleasant and adverse happenings of life; and it's exactly the same feature which is needed for desired mental health. High emotional intelligence gives people the ability to control problem-causing situations and prevent the intervention of undesired internal and external factors like despair, fatigue, negative emotional factors, stress which others cause, and all the other environmental annoying factors. The results are generally aligned with the results of Goleman, in 1995 (Zarean, et al., 2007).

Similarly, other studies show that people with high EI enjoy higher degrees of adaptation with daily new issues. They successfully promote in their job and profession more than others. Also, EI is highly correlated with extroversion, conscientiousness, looking pleasant, flexibility and mental and physical health. Those more aware of their feelings are more skillful in managing their emotional problems. Comparing those with lower EI, people with higher EI enjoy more physical health (Fernandez-Brocal & Extremera, 2005).

Research on the relationship between emotional intelligence and mental and physical health show the relationship between emotional intelligence and mental and physical health. In fact, people with higher IQ enjoy higher mental and physical health (Tsaousis & Nikolaou, 2005). Despite the role of emotional intelligence on success in personal and social life, our educational system profoundly focuses on improving educational knowledge and not emotional intelligence. It leads to the great number of graduate students with no ability to solve the simplest social and interpersonal problems.
Certainly, mental health care is as important as physical health care. Maybe some measures are taken in this regard, but mental health services mainly are dedicated to a small group of people with serious and obvious problems, the services don’t help all of whom suffer from long-term mental health problems or people who often experience depression and anxiety.

Why do some people have better mental health than others? Why do some people are more successful in their life than others? What are the factors bringing these differences?

One of the parameters of mental health is life satisfaction, which despite its importance has been considered less. Well-being sensation or life satisfaction is one of the important mental features which a healthy person should have it. Some studies have shown that life satisfaction is one of the fundamental determiners of mental health. Neglecting life satisfaction and its basic skills will disturb an individual’s adjustment to living conditions. Problems which today some people have in social interactions, environmental adjustment and not observing the rights of others is due to disregarding the mentioned issue (Extermera & Fernandez, 2005).

Increasing tensions and behavioral problems, disappointments, stress, and depression are of the negative results of life dissatisfaction. Their aftermath is the decrease of mental and physical health, team working, faith, cooperation (Paula & Hazel, 2000; Lucia & Borrel, 2004). Mayer and Diner also reported relationship between life satisfaction and mental health. They believed that “The more life satisfaction, the more positive feeling and experience” (Myers & Diner, 1995). Life dissatisfaction comes along with symptoms of depression, personal problems, mental and physical and social problems and misbehavior (Maltaby, et al., 2004). Moreover, spouses aware of their feelings know
the effects of their feelings on their spouses. They are happier in their marital life since they are able to manipulate their feelings and their spouses’ feelings.

It is noteworthy to say that people with the ability to diagnose, manipulate and utilize their feelings are more successful in society and workplace. Also, they enjoy more physical and mental health (Esmaeily, 2005).

Do the personality types are effective in physical and mental health? Physical and mental healths are problems closely related to personality traits of people. The issue suggests that there are factors intensifying or weakening the relation between the diseases.

Some researchers have conducted a number of studies which say that permanent personality components (personality types) are effective in incident and intensification of physical and mental illness (Eysenck, 1990). Personality trait is an important indicator of behavior and mental and physical health status. Consequently, static personal traits can also influence highly the immune system (Roushan Chelsi, 2002). Researches which could clear the relation between the variables of the research with physical and mental health are helpful in determining the types of intervention in this area, so the contribution of each variable in the research, which is anticipant of physical and mental health, should be determined separately, so that the related interventions would be more economic and effective.

1.3 Significance of the Study

Couples in each community raise the next generation. Thus regarding the position of emotional intelligence in life and its lasting effects on physical and mental health and improvement in quality of couples' life in future, and considering the issue that couples of low emotional intelligence more than other couples have adaptive problems in the life and
are aggressive, and specially there have been always various mild mental disorders such as anxiety and depression in this group which have endangered their health, recognizing the factors associated with physical and mental health can help practitioners of psychology in instructional conducting and planning.

On the other hand, there is strong relationship between mental health and personality traits. In fact, personality type plays a key role to define the roots of many mental and physical health diseases, their growth and manifestation in life (Phist and Phist, 2002). Considering the point that one of the effective components in people's reactions to emotions (excitements) like physical and mental pressures is the issue of personality types and social behavioral model, the project in terms of adjusting with excitements is too essential for people. So in this research endeavor the present, researcher is going to examine that relation and its effect in Iranian and Indian couples. Through researches in this area, groups at risk may be easily identified, and thus the necessary measures to prevent health decline among them, are to be applied. It should be noted that in case of revealing the results of research, people could be educated on some acquired components of emotional intelligence so that, they enjoy a better life satisfaction and mental and psychological health, these matters reflect the necessity of this type of study. One of the other requirements of the research which sounds to be crucial is examining the effect of cultural factors in the incidence and intensity of physical and mental illness. Comparative researches between two countries, could make it possible to reach a desired model in the area of preventing and declining the causes of physical and mental diseases, so in line with conducted studies and considering some influential factors in the research, among the different factors related to mental and physical health, researcher has studied on emotional
intelligence effect, life satisfaction, personality types and demographic variables of mental and physical health, so that it could be a step toward improving the mental and physical health of family and may be used in preventing marital disputes. It should be mentioned that researcher has selected the Muslim community of Iran and India for two reasons:

1- Recommendation of some statistics and methodology experts, who believe that the research problem should be limited (Delavar, 2007). The problem also includes the research sample.

2- Because of obvious cultural difference existing between Muslims and other religions in India, researcher has done sampling on the Muslims of India who culturally are very similar to Muslims of Iran.

It is also hoped that the findings of the present study profoundly improved the way of the life, recognized the critical spots in marital life. Therefore, through empowering the emotional and personal factors we can make a better life for all people. Also, parents and teachers can apply the findings to increase the emotional and physical health among students.

1.4 Objectives of the Present Study

1. To investigate the influence of emotional intelligence on mental and physical health among Iranian and Indian couples.

2. To investigate the influence of life satisfaction on mental and physical health among Iranian and Indian couples.

3. To investigate the influence of personality type on mental and physical health among Iranian and Indian couples.
4. To investigate the influence of demographic variable (gender) on mental and physical health among Iranian and Indian couples.

5. To investigate the differences in terms of emotional intelligence, life satisfaction, personality type, mental and physical health between Iranian and Indian couples.

1.5 Hypotheses

In social sciences the research hypothesis is usually considered as a principle instrument, which helps the decision makers to explore new experiment and observation. The research investigators are interested in this area in testing the hypothesis on the basis of available information where direct knowledge of population parameters is somewhat rare so hypothesis testing is used as a strategy for deciding sample and data, which could be the basis of generalization. Thus, hypothesis enables us in making probability statement about the population from which the sample has been drawn. It is obvious that the proposed hypothesis can not be proved absolutely but in practice it is either accepted or rejected. In the light of literature reviewed and realizing the significance of this study certain research hypotheses have been formulated and are verified to draw meaningful conclusions. The hypotheses formulated are as under:

1. Couples who have higher emotional intelligence would be better in maintaining mental and physical health.

2. Couples who have higher life satisfaction would be better in terms of their mental and physical health.

3. Couples who have type-A behavior pattern would be showing more mental and physical health problems.
1.6 Research Questions

1. Is there significant difference between the mean scores of Indian and Iranian men’s mental health?

2. Is there significant difference between the mean scores of Indian and Iranian women’s mental health?

3. Is there significant difference between the mean scores of Indian and Iranian men’s physical health?

4. Is there significant difference between the mean scores of Indian and Iranian women’s physical health?

5. Is there significant difference between the mean scores of emotional intelligence as a whole and its dimensions (self awareness, self regulation, social awareness, motivation and social skills) between Iranian and Indian couples?

6. Is there significant difference between the mean scores of life satisfaction between Iranian and Indian couples?

7. Is there significant difference between the mean scores of personality type (impatience, job involvement and hard driving/competitive) between Iranian and Indian couples?

8. Is there significant difference between the mean scores of mental health between Iranian and Indian couples?

9. Is there significant difference between the mean scores of physical health between Iranian and Indian couples?
1.7 Independent Variables Defined

1.7.1 Emotional Intelligence

Human abilities are often described in terms of different kinds of intelligence, and abilities related to emotions are no exception. Emotional intelligence joins together the concepts of emotions and intelligence by presenting emotions as helpful and efficient resources of information that aid in gaining understanding and facilitating one’s direction through their social surroundings. The concept of emotional intelligence marks a divergence in psychology of previous views of emotions as dysfunctional and the limited view of what defines a person’s intelligence. “These two converging trends set the stage for the introduction of a new kind of intelligence, one that would recognize the functional utility of emotions in everyday life and people’s differing abilities in harnessing them” (Grewal, et al., 2006).

1.7.1.1 Self Awareness

“Self-awareness” refers to the capacity to become the object of one’s own attention. It occurs when an organism focuses not on the external environment, but on the internal milieu; it becomes a reflective observer, processing self-information (Fenigstein, et al., 1975; Morin, 2011). Self-awareness is the ability of an organism to be conscious of it and differentiate itself from other organisms. Some comparative psychologists believe that only understanding of the physical self can be described as self-awareness. Others suggest that social awareness, or the understanding of an organism within its social strata, is the best means for establishing a true definition of self-awareness (Amore, 2008). Self-awareness is one of the most important benefits we get from spending time in mindful state. The longer we are able to stay mindful, the more we learn about ourselves. We come to recognize at
the lower ebb and flow of our thoughts, moods, emotions and impulses. We begin to see relationships between our thoughts and feelings and external events (Morin, 2011).

1.7.1.2 Self Regulation

Self-regulation refers to the capacity of organisms (here, human beings) to override and alter their responses. It is the process by which people attempt to constrain unwanted urges in order to gain control of the incipient response. Self-regulation is the self’s capacity for altering its behaviors. It greatly increases the flexibility and adaptability of human behavior, enabling people to adjust their actions to a remarkably broad range of social and situational demands. It is an important basis for the popular conception of free will and for socially desirable behavior. It provides benefits to the individual and to society, and indeed good self-control seems to contribute to a great many desirable outcomes, including task performance, school and work success, popularity, mental health and adjustment, and good interpersonal relationships (Tangney, et al., 2004; Duckworth & Seligman, 2005).

1.7.1.3 Social Awareness

Social awareness is essential for effective learning. Social awareness can be defined as the ability of an organism to understand the social network of which it is a part and its ability to act in congruence with the protocol that governs that network. Therefore, social awareness can be viewed as the precursor to self-awareness in socially complex organisms such as nonhuman primates (Amore, 2008). Social awareness has its roots in the second wave of the feminist movement (Bickford & Reynolds, 2002). It is viewed as one of the key components of consciousness-raising, the other being social action. For many researchers, awareness about issues affecting the community or raising social
consciousness has always been a precursor to social movement. The internal and external survival of organizations, particularly higher education institutions, requires that they engage their members and encourage them to develop a social awareness that will enable them to reach out to the broader community on these issues (Swift, 1990).

1.7.1.4 Motivation

Motivation refers to “the reasons underlying behavior” (Guay et al., 2010). Motivation is the internal mental state of a person which relates to the initiation, direction, persistence, intensity, and termination of behavior. It is underappreciated in psychology generally, no doubt partly because the cognitive revolution of recent decades has induced the majority of researchers to think in cognitive rather than motivational terms. Motivation’s role in self-regulation has been similarly underestimated. The term motivation can be used in different ways, but in essence it refers to any sort of general drive or inclination to do something. Cognition, which has dominated psychological theory in recent decades, is ultimately just a tool in service of motivation. That is, the reason evolution selected in favor of increased powers of thought is that those increased powers enable people to get what they want and need. If people did not have wants and needs, there would be little or no reason to think. Human agency or the self’s executive function, which includes active initiative, choice, and self regulation, is thus probably an adaptation to facilitate motivated behavior (Baumeister & Vohs, 2007).

1.7.1.5 Social Skills

There are different definitions of social skills available in the literature. Social skills have been defined as the "ability to express feelings or to communicate interests and
desires to others” (Liberman, et al., 1975). Some authors define it as “the ability to express both positive and negative feelings in the interpersonal context without suffering consequent loss of social reinforcement” (Hersen & Bellack, 1977). It has also been defined as “the ability of an interactant to choose optimal communicative behaviors for successful accomplishing his own interpersonal goal during the interaction while maintaining the face and line of his fellow interactants” (Wiemann, 1977) and “the process of generating skilled behavior directed to a goal” (Trower, 1982).

1.7.2 Life Satisfaction

There is almost no disagreement surrounding the conceptualization of life satisfaction in social sciences such as sociology, psychology, and economics. Life satisfaction generally refers to the summation of evaluations regarding a person’s life as a whole. For the most part there is consensus throughout the literature that measures of life satisfaction are cognitive (Pilcher, 1998). Life satisfaction is an overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive. It is one of the three major indicators of well-being: life satisfaction, positive affect, and negative affect (Diener, 1984).

“Satisfaction in the human context is not merely a concept of need fulfillment, it is more complex, evolving a number of explicit and implicit parameters physical, social and psychological-while the important of drive reduction and need fulfillment can hardly be over emphasized in satisfaction, which are ultimately connected with survival itself”. Satisfaction, among human being, is a multiplicative function of numerous factors, the upper most being the felt psychological experience, which is unique with each human
being, this idiosyncratic experience of inner well being and tranquility, aspirations, hopes, fears and apprehension (Milevsky, 2007).

1.7.3 Personality Type

Personality is the most important and most noticeable part of and individual’s psychological life. Almost each one of use in day-to-day life fined ourselves describing and assessing the personality of those around us. Everybody tries to understand that how and why people behave, as they want to do. It means personality concerns the characteristics inside people that explain why they do and what they do. The personality of a person can be better understood from the following explanation that despite similarities in mankind, obviously, everyone of use differ variously from one another because of the factors that contribute to differ may be attributed to genetic endowment and the environment in which human beings are brought up. So far personality of an individual is concerned no one is born with innate qualities rather it develops as a result of multiplicity of factors during the course of one’s overall development-physical, mental, social and emotional (McCrae & Costa, 1997). Personality type refers to the characteristic way in which an individual approaches life’s experiences (Jung, 1976). Some categorizations sort individuals into discrete categories or types (Eysenck, 1991; Matthews, 1984). This state is assumed to be realized in the form of personality type scores on the modified of behavior activity profile was developed by Matteson and Ivanevich (1982c).

1.7.4 Physical Health

Physical health is the overall condition of a living organism at a given time, the soundness of the body, freedom from disease or abnormality, and the condition of optimal
well-being. People want to function as designed, but environmental forces can attack the body or the person may have genetic malfunctions. The main concern in health is preventing injury and healing damage caused by injuries and biological attacks (Bookwala, 2005).

1.7.5 Mental Health

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is the expression our emotions and adapt to a range of demands (Kaplan & Sadock, 1993). The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (Boldero & Fallon, 1995). It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how mental health" is defined (Meadows, 2007).

1.8 Variables

1.8.1 Predictor Variables

1. Emotional Intelligence

2. Life Satisfaction

3. Personality Type
1.8.2 Criterion Variables

1. Physical Health
2. Mental Health

1.8.3 Demographic Variable

1. Gender