

INFLUENCE OF EMOTIONAL INTELLIGENCE ON DOMESTIC VIOLENCE OF MARRIED ADULTS IN TERTIARY INSTITUTIONS ACROSS DELTA STATE, NIGERIA

Ejiroghene C. EBOH PhD

Tel.: 08038846828 [E-mail: ejiroee37@delsu.edu.ng](mailto:ejiroee37@delsu.edu.ng)
Department of Guidance and Counselling, Faculty of Education,
Delta State, University Abraka, Nigeria.

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Akpojotor J. ODEROHWO PhD

Tel.: 08060717695 Email: Akpojotor@delsu.edu.ng
Department of Guidance and Counselling, Faculty of Education
Delta State University, Abraka-Nigeria.

Abstract

*The study explored the influence of emotional intelligence on domestic violence among married adults in Tertiary Institutions Across Delta State, Nigeria. Specifically, it examined how key dimensions of emotional intelligence, self-awareness, self-regulation, self-motivation, empathy, and social skills contributes to the occurrence or reduction of domestic violence among married persons across the state. A correlational survey design was adopted for the research. The target population comprised all married staff members in three tertiary institutions: the Federal University of Petroleum Resources, Effurun; Southern Delta University, Ozoro; and Admiralty University, Ibusa. Altogether, the population consisted of 3,186 married persons (1,973 males and 1,213 females). From this population, a sample of 540 participants was selected through a multi-stage random sampling technique. Data were gathered using a researcher-designed instrument titled *Emotional Intelligence and Domestic Violence Scale (EDVS)*. The instrument's validity was confirmed through expert review in Measurement and Evaluation, followed by factor analysis for item extraction. Reliability: Cronbach's Alpha produced coefficients of $\alpha = 0.79$ for the Emotional Intelligence subscale and $\alpha = 0.80$ for the Domestic Violence, indicating satisfactory internal consistency. Descriptive statistics and coefficients of determination addressed the research question, while multiple regression analysis tested the null hypothesis at the 0.05 significance level. Results indicated a significant association between the variables. Conversely, self-awareness and self-regulation showed no significant predictive relationship with domestic violence among married persons. From these findings, the study recommends that interventions aimed at curbing domestic violence should prioritize the enhancement of self-motivation, empathy, and social interaction skills among the married.*

Introduction

Marriage has long been a central focus of human existence, recognized as one of the oldest institutions established by humanity. It is regarded as the foundation of every family, implying that any union outside the marital relationship cannot be considered marriage. The stability of society is often believed to rest on the stability of marriages; when marital relationships are troubled, they can give rise to dysfunctional families, which in turn may contribute to a destabilized society.

Unfortunately, reports from researchers and the media have consistently highlighted the prevalence of domestic violence within marriages. Entering into marriage is not synonymous with anticipating divorce, as no couple begins their union with such an expectation (John-Ekaba, 2021). Regardless of socio-economic background, individuals generally seek not just marriage, but a lasting union with someone they love, trust, and hope to share their lives with indefinitely. Yet, the persistence of domestic violence reveals the difficulty many couples face in sustaining the initial bond and optimism that once defined their relationship.

Literature Review

Marriage has been “defined in various ways by different scholars, depending on their perspectives and cultural backgrounds” John-Ekaba (2021) describes marriage as the union of two mature adults—physically, emotionally, and psychologically—typically a man and a woman from diverse backgrounds (such as family, educational, socio-economic, cultural, and religious), who agree to live together in a legally recognized relationship. This union is established within cultural and religious frameworks, with the purpose of forming a family in accordance with both divine and state expectations.

Similarly, Dabone et al. (2018) define marriage as a union between a biologically unrelated man and woman who consent to live together and derive mutual benefits from the relationship. Such benefits may include sexual fulfillment, love, companionship, and the opportunity to procreate legitimately. Haviland (2021) further emphasizes that marriage is both a social institution and a legal contract that creates rights and responsibilities not only between the spouses themselves but also between the spouses and their children, as well as their extended families.

As an institution, marriage transcends cultural, racial, ethnic, and religious boundaries specifically focuses on heterosexual marriages (unions between men and women), and therefore excludes same-sex and non-human marital relationships.

Operational Definition of Terms

- i. **Emotional Intelligence:** Emotional intelligence can be described as the capacity to accurately recognize, interpret, and apply emotions in ways that support effective thinking and decision-making. It also involves the intentional regulation of emotional responses to

promote both personal development and healthy social interactions.

- ii. **Self-Awareness:** Self-awareness refers to an individual's ability to consciously recognize their own emotional states and to understand how these emotions influence patterns of thought and behaviour. It provides the foundation for emotional growth and effective interpersonal engagement.
- iii. **Self-Regulation:** Self-regulation is the skill of managing and modulating emotional impulses, ensuring that potentially harmful or disruptive feelings are transformed into constructive responses. It emphasizes emotional balance and the ability to express oneself appropriately in varying contexts.
- iv. **Self-Motivation:** Self-motivation involves harnessing emotions to sustain determination and goal-directed behaviour. It requires resilience in the face of setbacks and the capacity to overcome tendencies such as procrastination, doubt, or distraction in pursuit of long-term objectives.
- v. **Empathy:** Empathy is the ability to perceive and interpret the emotions of others, drawing on both verbal expressions and non-verbal signals. It entails a genuine effort to understand another person's perspective and respond with sensitivity and compassion.
- vi. **Social Skills:** Social skills represent the competence to engage constructively with others through effective communication, cooperation, and conflict resolution. They facilitate meaningful relationships built on respect, trust, and mutual understanding.
- vii. **Domestic Violence:** Domestic violence refers to a sustained pattern of abusive behaviours in intimate relationships, where one partner exerts power and control over the other. It often encompasses emotional, psychological, physical, or economic tactics designed to dominate and oppress the victim.

Domestic Violence in Marital Context

Ideally, marriage is regarded as a lifelong partnership where a man and a woman come together to share companionship, intimacy, affection, and the socially recognized privilege of procreation. It is meant to foster mutual growth, security, and emotional fulfillment. Unfortunately, this vision is increasingly threatened by the growing prevalence of domestic violence in marital relationships. Domestic violence has been conceptualized in diverse ways, with terms such as spousal abuse, marital assault, wife battering, intimate partner violence, verbal abuse, emotional blackmail and family violence commonly used to describe it. It may manifest in physical attacks, psychological manipulation, sexual coercion, stalking, or controlling behaviours. More comprehensively, it refers to any conduct within an intimate relationship that causes physical, psychological, or sexual harm to a partner (Oloniniyi et al., 2022). Such behaviour often seeks to dominate or control through intimidation, humiliation, coercion, isolation, or injury (Nwoke et al. 2020). Importantly, domestic violence can occur in multiple forms—emotional, physical, sexual, financial, psychological, and even digital.

Globally, domestic violence transcends social class, culture, religion, and economic background, making it a universal challenge with devastating public health implications. It affects reproductive health, mental wellness, and physical safety, with women disproportionately affected. Beyond its impact on victims, it destabilizes marriages by eroding trust, intimacy, and family cohesion, thereby threatening the very foundation of the household unit except intelligently handled.

Emotional Intelligence and Domestic Violence

Researchers have identified several triggers of domestic violence, ranging from cultural traditions and socioeconomic stressors to personality traits and environmental pressures (Nwoke et al. 2020; Sunitha, 2016). In recent years, emotional intelligence has gained increasing recognition as a vital factor influencing marital stability, conflict resolution, and overall relationship health. Emotional intelligence (EI) refers to the ability to recognize, understand, regulate, and express emotions constructively. According to Mohzan et al. (2018), it involves perceiving emotions accurately, using them to guide thought, and regulating them in ways that promote personal development and healthy social interaction. This highlights the mutual influence between cognition and emotion—reasoning can regulate emotional impulses, while emotions can enhance decision-making.

Because marriage is sustained largely through emotional connection, deficiencies in emotional intelligence often leave couples ill-equipped to manage conflict or communicate effectively. Individuals who lack emotional awareness or regulation are more likely to respond to stress with aggression, withdrawal, or other destructive behaviours. Conversely, emotionally intelligent partners demonstrate self-control, empathy, and problem-solving skills that reduce the likelihood of violence. Thus, exploring the link between emotional intelligence and domestic violence offers insight into how marital conflicts can be prevented or mitigated. Mishra et al. (2017) identify three broad dimensions of emotional intelligence: Emotional competence, emotional maturity, and emotional sensitivity. Emotional competence reflects the ability to respond constructively to emotional stimuli and is often marked by optimism and resilience (Onyekuru, et al. 2017). Emotional maturity entails striking a balance between rational thought and emotional expression, promoting stability in both self-management and interpersonal relationships. Emotional sensitivity, on the other hand, involves perceiving and interpreting emotional signals accurately and adapting appropriately to social contexts. These dimensions emphasize the role of emotional balance and adaptability in sustaining healthy marital interactions.

Similarly, Goleman's (1995) widely recognized framework outlines five interrelated domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. These components collectively provide a foundation for understanding how emotional intelligence shapes marital relationships, influencing whether conflicts are resolved peacefully or escalate into abuse.

Dimensions of Emotional Intelligence

Self-Awareness: Recognizing one's emotions, understanding their triggers, and identifying how they influence thoughts and behaviours.

Self-Regulation: Managing emotional impulses and transforming negative reactions into constructive responses that are appropriate to the situation.

Self-Motivation: Directing emotions toward purposeful action, maintaining persistence despite obstacles, and avoiding destructive impulses such as aggression or withdrawal.

Empathy: Perceiving and understanding the feelings of others through both verbal and non-verbal cues, thereby fostering compassion and support.

Social Skills (Relationship Management): Navigating interpersonal relationships effectively through communication, negotiation, conflict resolution, and cooperation. Collectively, these components can be grouped into two overarching categories: intrapersonal competencies (self-awareness, self-regulation, and self-motivation) and interpersonal competencies (empathy and social skills). Together, they determine the quality of communication, intimacy, trust, and adjustment in marriage. These factors serve as critical markers of marital satisfaction and stability, reducing the risk of destructive patterns such as domestic violence.

Global Prevalence of Domestic Violence

Domestic violence remains one of the most widespread social and public health challenges across the globe. Empirical evidence underscores its alarming prevalence. Smith et al. (2017) observed that approximately 37.3% of women worldwide have experienced some form of physical assault, sexual coercion, or stalking, while nearly half (47.1%) reported being subjected to psychological aggression at some point in their lives. In a similar vein, estimates by UNFPA (2013) and Abayomi (2014) suggest that between 10% and 69% of women globally suffer abuse from intimate partners, with intimate partner violence contributing to an estimated 1,000–1,600 female deaths annually. International statistics further demonstrate the multidimensional nature of domestic abuse. It is estimated that one in every three women has endured physical assault, while between 15% and 59% have been victims of combined physical and sexual violence. Psychological or emotional abuse affects between 7% and 68% of women globally, whereas around 7% experience economic violence in their relationships. The World Health Organization (2014) also reported that about 35% of women worldwide have faced either intimate partner violence or non-partner-related sexual violence, highlighting the extensive reach of the problem.

Although global discourse tends to emphasize violence against women, evidence indicates that men can also be victims. A report in the Vanguard Newspaper (August 25, 2016) documented cases in Nigeria where men suffered verbal, physical, or sexual abuse from their wives, including acid attacks. Such incidents, however, are often underreported due to stigma and cultural expectations of male endurance. Nationwide surveys show that 78% of Nigerians perceive domestic violence as increasing, a view consistent across gender, age, and region.

In Nigeria, domestic violence has continued to rise steadily over the past decades, posing a serious challenge to family stability and public health. Fasasi (2020) noted that the prevalence of intimate partner violence among women aged 15–49 years increased from 25% in 2008 to 31% in 2013, and further to 36% in 2018. Disturbingly, despite the growing awareness of gender rights, more than one in four women still perceive wife beating as justifiable under certain conditions, reflecting deeply entrenched cultural norms that perpetuate violence.

Regional investigations reveal significant disparities in prevalence across the country. For instance, Tanimu et al. (2018) reported rates as high as 42% in the North, compared to 29% in the South-West (Okenwa et al., 2009), 78.8% in the South-East (Okemgbo et al., 2018), and 41% in the South-South (Dienye et al., 2014). Udoyen et al. (2017) further highlighted variations ranging from as low as 3% in the North-West and South-West to 12–13% in the South-East and South-South. Earlier studies indicated particularly alarming figures in the Niger Delta, with state-level prevalence ranging from 56.1% in Bayelsa to 79% in Edo and Imo (Antai&Antai, cited in Udoyen et al., 2017). Collectively, these findings underscore that domestic violence is disproportionately high in the Niger Delta region, where economic, cultural, and social stressors may exacerbate the problem.

Emotional Intelligence and Spousal Violence

Recent scholarship has increasingly turned attention to the role of emotional intelligence (EI) in shaping marital interactions and preventing spousal violence. Akpan et al. (2021), in a study involving 409 married female teachers in Akwa Ibom State, employed a correlational survey design with Pearson Product Moment Correlation at a 0.05 level of significance. Their results showed strong associations between EI components and spousal violence: empathy ($r = 0.56$), self-regulation ($r = 0.64$), and self-identity ($r = 0.71$). These outcomes suggest that deficits in emotional intelligence significantly increase the likelihood of marital violence, highlighting the importance of emotional regulation and interpersonal competence in fostering stable relationships.

Complementary evidence comes from Masoudzadeh et al. (2022), who studied 123 men and women referred to a forensic medicine center in Iran. Using correlation and regression analyses, they found that emotional schemas in relationships explained 41% of the variance in domestic violence ($F = 44.41$, $r = 0.652$, $p < 0.001$). This finding demonstrates that maladaptive emotional patterns and deficiencies in emotional processing play a crucial role in predicting abusive behaviour.

The persistence of spousal violence in marital unions has consequences that extend far beyond the couple. It disrupts the psychological and emotional development of children, weakens family cohesion, and creates ripple effects that undermine community stability and societal well-being. As such, addressing the roots of domestic violence requires not only legal and social interventions but also a deeper exploration of the psychological and emotional factors that predispose individuals to abusive behaviour.

Statement of the Problem

“Domestic violence is a global phenomenon that transcends national boundaries, socio-economic classes, cultural backgrounds, races, and religious affiliations”. It can occur irrespective of age, gender, sexual orientation, or marital status and is not confined to any specific social or educational group. It affects individuals in marriages, cohabiting unions, dating relationships, and even those who share children outside of marriage. The impact of domestic violence extends beyond the immediate victims, often influencing family members, friends, colleagues, witnesses, and the wider community. Children exposed to domestic violence are particularly vulnerable, as they frequently experience long-term emotional, psychological, and social consequences. Violence within the family has immeasurable costs for both present and future generations, undermining human development and restricting victims’ personal growth, productivity, and socio-economic contributions. Victims often endure physical and psychological harm such as stress, fear, depression, anxiety, phobias, and post-traumatic stress disorder. Pregnant victims face heightened risks, like miscarriages, or some permanent injuries and even including loss of life.

The consequences of domestic violence also extend to economic deprivation and social exclusion. Many victims are left vulnerable to unemployment, poverty, homelessness, and isolation. Children raised in violent households are at increased risk of developing conduct disorders, low self-esteem, substance dependence, poor academic performance, and risky sexual behaviours, the list being endless. Factors that may predispose them to become either future perpetrators or victims of abuse, the normalization of violence within the home, therefore, perpetuates an intergenerational cycle that poses significant dangers to society.

Domestic violence has reached epidemic proportions, with devastating effects that include severe injuries, long-term health complications, and even fatalities. Media reports frequently highlight cases of homicide involving not only victims but also children, relatives, bystanders, and, in some cases, perpetrators themselves. Addressing this crisis requires identifying and examining variables that may either exacerbate or mitigate its prevalence.

Purpose of the Study

The overall aim of this study is to investigate the influence of emotional intelligence on domestic violence among married persons in Delta State.

Specific Objectives

The study specifically seeks to:

1. “Assess the extent of the relationship between emotional intelligence and domestic violence among married adults in Delta State”.
2. “Determine whether the individual components of emotional intelligence significantly correlate with domestic violence among married adults in Delta State”.

Research Question

“What is the extent of relationship between emotional intelligence and domestic violence among married adults in Delta State”?

Hypothesis

“There is no significant relationship between emotional intelligence and domestic violence among married adults in Delta State”.

Methodology

Research Design

The study adopted a correlational survey research design to investigate the relationship between emotional intelligence and domestic violence among married adults in tertiary institutions across Delta State, Nigeria individuals in Delta State. This design was considered appropriate because it enabled the examination of associations between variables without manipulation.

Population of the Study

The study population comprised all married staff members across three tertiary institutions in Delta State, Nigeria: the Federal University of Petroleum Resources, Effurun; Southern Delta University, Ozoro; and Admiralty University, Ibusa. The accessible population was estimated at 3,186 married persons, consisting of 1,973 males and 1,213 females.

Sample and Sampling Procedure

From the population, a sample of 540 married persons was drawn using a multi-stage random sampling technique. This approach ensured proportionate representation from each institution and reduced the likelihood of sampling bias.

Instrumentation

Data were collected using a structured questionnaire titled “Emotional Intelligence and Domestic Violence Scale (EDVS).” The EDVS was adapted from two established instruments: Goleman’s Emotional Intelligence Questionnaire (1995), revised by Farmer et al. (2013), and the Domestic Violence Questionnaire developed by Abolmaali et al. (2014). The questionnaire was divided into two sections: Section A, Respondents’ demographic information.

Section B contains Research variables, which included Emotional Intelligence (10 items) and Domestic Violence (15 items). Items were rated on a four-point Likert rating scale ranging from Strongly Agree (4) to Strongly Disagree (1).

Validity and Reliability

Content validity of the instrument was confirmed by specialists in Measurement and Evaluation. Further construct validity was established through factor analysis, with extracted

Eigen values ranging between 0.67 and 0.94, confirming the adequacy of the scale. Reliability was tested using Cronbach's alpha, yielding coefficients of $\alpha = 0.79$ for the Emotional Intelligence Subscale (EIS) and $\alpha = 0.80$ for the Domestic Violence Subscale (DVS). The values demonstrate acceptable internal consistency and reliability of the instrument.

Method of Data Analysis

The data were analyzed using both descriptive and inferential statistics. Descriptive statistics (mean, standard deviation, and percentages) and the coefficient of determination were used to answer the research questions. To test the hypotheses, multiple regression analysis was employed at the 0.05 level of statistical significance.

Presentation of results

Research Question: "What is the extent of relationship between emotional intelligence and domestic violence among married adults in tertiary institutions across Delta State?"

Table 1: *Correlation Matrix and Descriptive Statistics of the Relationship Between Emotional Intelligence and Domestic Violence of Married Adults*

VARIABLES	Mean	SD	SA	SR	SM	EM	SS	DV
Self-Awareness (SA)	26.07	3.21	1.00					
Self-Regulation (SR)	31.41	4.64	.017	1.00				
Self-Motivation (SM)	32.42	4.11	.030	.025	1.00			
Empathy (EM)	33.95	3.69	.104	.039	.292	1.00		
Social Skill (SS)	32.90	3.94	-.069	-.010	-.072	.042	1.00	
Domestic Violence (DV)	33.37	4.35	.038	.021	.411	.224	-.083	1.00

$R = .430$, $R^2 = .185$, $N = 540$

Table 1 presents the correlation matrix illustrating the relationships between the components of emotional intelligence and domestic violence. The correlation coefficients were reported as follows: Self-Awareness (SA = .038), Self-Regulation (SR = .021), Self-Motivation (SM = .441), Empathy (EM = .224), and Social Skill (SS = -.038). The results show that self-awareness, self-regulation, self-motivation, and empathy were positively associated with domestic violence, whereas social skill demonstrated a negative relationship. Notably, the correlations of self-awareness and self-regulation with domestic violence were negligible.

The overall correlation between emotional intelligence and domestic violence was $r = .430$, yielding a coefficient of determination of $R^2 = .185$. This indicates a moderately strong positive relationship, with emotional intelligence explaining approximately 18.5% of the variance in domestic violence among married individuals.

The findings further highlight emotional intelligence as an important predictor of domestic violence, with self-motivation and empathy exerting stronger predictive influence compared to other components.

Hypothesis: “There is no significant relationship between emotional intelligence and domestic violence among married adults in tertiary institutions across Delta State”.

Table 2: *Multiple Regression of Relationship Between Emotional Intelligence and Domestic Violence Among Married Adults*

ANOVA ^a						
Model		Sum of Squares	df	Mean Squares	F	Sig.
1	Regression	1883.516	5	376.706	24.13	.000 ^b
	Residual	8306.667	534	15.585		
	Total	10190.183	539			

Table 2 presents the regression statistics examining the relationship between emotional intelligence components (self-awareness, self-regulation, self-motivation, empathy, and social skills) and domestic violence among married persons. The regression ANOVA results yielded df = 6, 533; F = 24.13; p = 0.000.

At the 0.05 level of significance, the obtained p-value (0.000) was lower than the alpha threshold (0.05), indicating a statistically significant relationship. Accordingly, the null hypothesis, which posited that there is no significant relationship between emotional intelligence and domestic violence among married persons was rejected.

These findings confirm that the components of emotional intelligence, when considered collectively, have a significant relationship with domestic violence among married adults.

Table 3: *Coefficient Relationship Between Emotional Intelligence and Demotic Violence Among Marital Adults*

Model		Unstandardized Coefficients		Standardized Coefficients		Sig.
		B	Std. Error	Beta	T	
1	(Constant)	15.085	3.109		4.852	.000
	Self-Awareness	-.016	.053	.038	-.309	.757
	Self-Regulation	-.036	.052	.021	-.689	.491
	Self-Motivation	.077	.057	.073	1.342	.001
	Empathy	.415	.060	.352	6.958	.000
	Social Skills	-.092	.058	-.083	-1.578	.005

Predictors: (Constant), Self-Awareness, Self-Regulation, Self-Motivation, Empathy, Social Skills

Influence of Emotional Intelligence on Domestic Violence of Married Adults in Tertiary...

Dependent Variable(s): Domestic Violence

In addition, the coefficient table outlines the specific contributions of each emotional intelligence dimension to domestic violence among married individuals. The regression results revealed the following values: self-awareness ($\beta = .024$, $t = -0.309$, $p = .757$), self-regulation ($\beta = .021$, $t = -0.689$, $p = .491$), self-motivation ($\beta = .073$, $t = 1.342$, $p = .001$), empathy ($\beta = .352$, $t = 6.958$, $p = .000$), and social skills ($\beta = -0.083$, $t = -1.578$, $p = .005$).

From these outcomes, it is evident that self-motivation, empathy, and social skills made statistically significant contributions to the prediction of domestic violence, whereas self-awareness and self-regulation did not demonstrate significant effects

Discussion

The analysis of the research questions and hypotheses revealed a notable association between emotional intelligence and domestic violence among married individuals in Delta State. In particular, the components of self-motivation, empathy, and social skills showed significant relationships with domestic violence, whereas self-awareness and self-regulation were not statistically significant. This suggests that self-motivation, empathy, and social skills serve as more reliable predictors of domestic violence among married persons in tertiary institutions within Delta State, while self-awareness and self-regulation exert minimal influence.

A plausible explanation for these findings is that individuals may sometimes channel self-motivation into harmful actions, including violent behaviour, particularly when provoked by perceived threats or frustrations. Likewise, reduced empathy can intensify emotional reactivity, thereby increasing the likelihood of violent responses. In addition, poor social skills may limit one's ability to effectively manage interpersonal conflicts, leading to escalations that manifest in violence.

The findings of this study align with earlier research. For example, Akpan et al. (2021) found a significant link between emotional intelligence particularly empathy, self-regulation, self-identity and spousal violence among married female teachers in secondary schools in Akwa Ibom State. Likewise, Masoudzadeh et al. (2022) reported that emotional intelligence patterns were strongly associated with domestic violence among individuals examined at a forensic medicine center in Iran. Collectively, these studies reinforce the idea that weaknesses in self-motivation, empathy, and social skills heighten the risk of violent behaviours, including domestic abuse, among married individuals.

Given the rising incidence and devastating consequences of domestic and intimate partner violence, identifying psychological and emotional factors that influence such behavior remains essential. The present study contributes to this understanding by establishing that emotional intelligence is significantly related to domestic violence. Notably, self-motivation, empathy, and social skills emerged as strong predictors of violent behaviour, while self-awareness and self-regulation were not significantly linked to domestic violence among married persons in Delta State.

Recommendations

- * Enhancement of Emotional Intelligence: Married persons, particularly teachers, should be encouraged to strengthen their emotional intelligence, as it plays a crucial role in reducing the occurrence of domestic violence.
- * Focus on Key Components: Efforts should be directed towards developing self-motivation, empathy, and social management skills, since these components significantly contribute to healthier marital relationships and serve as protective factors against violence.
- * Role of Counselling Psychologists: Counselling psychologists should intensify awareness campaigns on the adverse effects of poor emotional intelligence in marital relationships. They should also design and implement evidence-based intervention programs and training workshops that equip married persons with emotional skills for constructive conflict management, thereby reducing the incidence of domestic violence.

Implications for Counselling

The results of this study emphasize the urgent need for a societal reorientation on the importance of counselling in enhancing personal, marital, and family well-being. In particular, it highlights the value of premarital counselling as a proactive measure to prepare intending couples for marital life. Additionally, young couples should be provided with ongoing counselling support to strengthen their emotional skills, manage conflicts effectively, and nurture stable family relationships.

By prioritizing counselling interventions, society can foster healthier marriages, reduce the prevalence of “domestic violence, and promote peace”, harmony, and orderliness within the broader community.

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