

Emotional Intelligence In The Extended And Nuclear Family

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Abstract – This research was conducted to examine the relationship between the emotional intelligence of individuals living in an extended or nuclear family. The research is a descriptive study that investigates the current situation. The research was conducted with 395 literate volunteer participants living in Turkey. A demographic information form, a personal information form and a measurement tool, including the "Emotional Intelligence Scale", were used in the research. The research findings are expressed as n(%), mean and standard deviation, and the findings were considered significant at the $P < .05$ significance level. All Statistical calculations were made in the SPSS 22.0V statistical package program. According to the results of the research, there was no significant difference in the emotional regulation of the family type of the participants and emotional recognition/ understanding sub- dimension. However, according to the emotional intelligence scale, a significant difference was observed in the sub- dimensions of emotional facilitating and emotional regulation.

Key Words – Family, Extended Family, Nuclear Family, Emotional Intelligence.

I. INTRODUCTION

Family is one of the building blocks of society. It can be defined differently in most cultures. A family is a community united by legal means, such as blood ties or marriage. There is an emotional bond between family members. It can be bonds such as love, protection, support, and fulfilling needs. Family in general; Although it consists of mother, father and child, it can also include different structures such as adoption, stepfamilies, and relatives to form the family structure today [1]. Family types are classified into two categories. These are the extended family and the nuclear family. The nuclear family consists of mother, father and child. The extended family, on the other hand, exists with the addition of family elders or people such as uncles, aunts and aunts in addition to the nuclear family.

The family provides identity acquisition, values, social and emotional support to individuals. Each family process works differently. In most families, they differ in terms of love, respect, understanding and communication.

The behavior of the parents in the family affects not only the behavior of the child at that time, but also his future attitudes, behaviors and emotional states. For this reason, parent-child relationships are seen as the most important factor among the factors that make up personality and emotional intelligence [2].

Emotional intelligence is defined as the ability of individuals to understand, manage, express emotions, and understand the emotions of others. The concept of emotional intelligence contains some features. These traits are recognizing and awareness of emotions, managing emotions, empathy, relationship management. Recognizing emotions is associated with recognizing, understanding and recognizing one's own emotions. Managing emotions is associated with a person's ability to cope with a stressful situation, positive thinking, and control their emotions. Empathy is the ability to understand other people's emotions, understand their

point of view, empathize and support them emotionally. Relationship management includes soft skills such as building healthy relationships, effective communication, conflict resolution, collaboration, and leadership skills.

The Problem of the Research

In the study, the relationship between emotional intelligence in the extended and nuclear family was examined. For this purpose; The question given as “What is the relationship between emotional intelligence levels and family structures (extended vs. nuclear)?” has been tried to be answered.

Sub-problems

1. Is the emotional intelligence of individuals significantly related to their family structure (extended family-nuclear family)?
2. Does the emotional intelligence of individuals differ according to the gender variable?
3. Does the emotional intelligence of individuals differ according to the age variable?
4. Do individuals' emotional intelligence differ according to the marital status variable?

Importance of Research

The family is the first group of people that an individual comes into contact with from the moment he/she is born. From birth to adulthood, he/she spends most of his daily life with his/her family. This has a great impact on the emotional development and personality development of the individual.

The extended and nuclear family structure has a significant impact on the emotional development of individuals. Emotional intelligence includes the ability to recognize, understand, express, and manage emotions. In this context, relationships in the extended and nuclear family can influence and improve the emotional intelligence levels of individuals.

For these reasons, it is important to investigate the relationship between emotional intelligence in the extended and nuclear family. This research will help us understand how family structures affect the emotional development of individuals and how family environments that support emotional intelligence skills can be created. This information can help families develop more informed and effective strategies to support their child's emotional development. When the relevant literature was reviewed, it was found important and useful to investigate this issue because there was no research examining the relationship between emotional intelligence in the extended and nuclear family.

Purpose of the Research

The main purpose of this study is to examine the relationship between emotional intelligence in the extended and nuclear family and to determine the differences between the emotional intelligence scores of individuals with different family structures. The relationship between various variables (gender, age, marital status, family structure) and emotional intelligence was discussed within the scope of the problem.

II. METHOD

In this section, the model of the research, the study group, data collection tools, data collection technique and analysis of the data are explained.

Model of the Research

This study is a descriptive research in the survey model in which emotional intelligence is examined according to some socio-demographic characteristics of the participants. The survey model provides a foundation for the basis of a research project and provides researchers with the opportunity to understand and critique previous studies and to situate their own research in this context. It is the examination to get an overview of a particular topic, situation, or event. This type of research usually deals with the issue from a broad perspective and generalizes to explain the general characteristics and prevalence rather than conducting a more detailed analysis [3].

Group of the Research

The research consists of individuals living in Turkey. There are some rules in the literature for the size of samples. One of them is the suggestion that "the sample size should be at least 5 times the size of each scale item in scale studies" [4]. Therefore, in order to create the sample of the research, at least 100 participants are needed, as it constitutes a minimum of five times as many participants as the number of scales from the items in the scales ("Emotional Intelligence Scale -20 items"). In order to prevent some possible problems that may be encountered in the study (not fully answering the scale items or not giving the correct answer, people not wanting to participate in the study, etc.), much more participation was achieved. The distribution of the individuals to be included in the sample is a total of 396 individuals, 213 women and 183 men, living in Turkey.

Data Collection Tools

In this research, as data collection tools; Personal Information Form and Emotional Intelligence Scale were used.

Personal Information Form

Personal Information Form; It consists of 6 questions including profession, gender, income level, education status, place of residence, lifestyle and marital status.

Emotional Intelligence Scale

This scale was developed in South Korea by Hyuneung Lee and Yungjung Kwak1 in 2011. The scale was adapted to the Turkish language and culture in 2016 by Nur Kayihan and Serhat Arslan [5]. The model consisting of 20 items was found to be compatible in the confirmatory factor analysis. In order to examine the psychometric properties of the scale, item factor analysis and internal consistency studies were carried out. As a result of the reliability analysis, Cronbach's Alpha coefficient was found to be .83 for the whole scale. The results of the confirmatory factor analysis were found to be suitable for the Turkish sample of the model of the scale ($\chi^2=399.55$, $df=167$, $RMSEA=.075$, $NNFI=.90$, $CFI=.91$, $IFI=.91$, $SRMR=.080$, $GFI=.86$). As a result of the study, the scale was found to be reliable and valid as a tool used to measure the emotional intelligence degrees of students in the educational processes of students in Turkey [5]. In the developed inventory, the developed inventory consists of 20 items as a 5-point Likert type related to "Emotional Intelligence" and is in front of each problem; It means (1) I do not agree at all, (2) I disagree, (3) I am undecided, (4) I agree, and (5) I completely agree.

Statistical Analyses Used in Research

In order to measure the degree of internal consistency of the scale sub-dimensions answered by the participants in the study, reliability coefficients (Cronbach's Alpha) were examined.

Table 1: Internal consistency coefficients of the respondents' answers to the scale items

	Cronbach's Alpha Internal consistency coefficient	Assessment
Emotional recognition/comprehension	.778	Moderately reliable
Emotional facilitation	.656	Moderately reliable
Emotional regulation	.680	Moderately reliable

Data Collection Method

In this study, Google form, which is an online platform, was used in the data collection process.

Analysis of Data

Normality analysis of the responses to the scale used in the study was performed. While checking the normality analysis of the scale data, kurtosis-skewness (Skewness-Kurtosis) values are examined. If the kurtosis – skewness values are between -1500 and

+1500, it is accepted that it has a normal distribution. When these values are looked at in the table, it is seen that they show normal distribution. In this direction, t-test was performed for the two-option gender variable and one-way analysis of variance (ANOVA) was performed for the 3-option marital status variable.

III. FINDINGS

Table 2: normality control analysis of the responses to the scale used in the study

			Statistic	Sh.
Emotional recognition/comprehension	Mean		3,7483	.03875
	95% Confidence Interval for Mean	Lower Bound	3,6721	
		Upper Bound	3,8245	
	Minimum		1,00	
	Maximum		5,00	
	Range		4,00	
	Interquartile Range		1,00	
	Skewness		-,581	.123
	Kurtosis		.255	.245
Emotional facilitation	Mean		3,5097	.03764
	95% Confidence Interval for Mean	Lower Bound	3,4357	
		Upper Bound	3,5837	
	Minimum		1,33	
	Maximum		5,00	
	Range		3,67	
	Interquartile Range		1,00	
	Skewness		-.066	.123
	Kurtosis		-.343	.245
Emotional regulation	Mean		3,5363	.04034
	95% Confidence Interval for Mean	Lower Bound	3,4570	
		Upper Bound	3,6156	
	Minimum		1,38	
	Maximum		5,00	
	Range		3,63	
	Interquartile Range		1,13	

Skewness	-.191	.123
Kurtosis	-.428	.245

Table 2 shows the normality control analysis of the responses to the scale used in the study. While checking the normality analysis of the scale data, kurtosis-skewness (Skweness-Kurtosis) values are examined. If the kurtosis – skewness values are between -1500 and +1500, it is accepted that it has a normal distribution. When these values are looked at in the table, it is seen that they show normal distribution. In this direction, t-test will be performed for the two-option gender variable and one-way variance (ANOVA) analysis will be performed for the 3-option marital status variable.

Table 3: Gender variable frequency values of the participants

Gender	F	%
Male	183	46,2
Woman	213	53,8
Sum	396	100,0

Table 3 shows the frequency values of the gender variable of the participants. According to the data, it is seen that 183 (46.2%) of the participants were male and 213 of them were 53.8% female.

Table 4: Marital status frequency values of participants

	F	%
Married	153	38,6
Single	231	58,3
Other	12	3,0
Sum	396	100,0

Table 4 shows the frequency values of the participants' marital status. According to the data, it is seen that 153 of the participants are 38.6% married, 231 are 58.3% single, and 12 have 3% other marital status.

Table 5: Analysis of the scores of the participants from the emotional intelligence scale. Comparison by gender variable t-test analysis

	Gender	N	X	Ss	t	p
Emotional recognition/comprehension	Male	183	3,6639	.823	-2,026	.043
	Woman	213	3,8208	.717		
Emotional facilitation	Male	183	3,4991	.778	-.260	.795
	Woman	213	3,5188	.724		
Emotional regulation	Male	183	3,5526	.816	.374	.709
	Woman	213	3,5223	.792		

Table 5 shows the t-test analysis of the comparison of the scores of the participants from the emotional intelligence scale according to the gender variable. When the data were examined, there was no significant difference in terms of gender variable in the sub-dimension of emotional facilitation and emotional regulation ($p > .05$), while a statistically significant difference was observed in the sub-dimension of emotional recognition/understanding ($p < .05$). According to this result, it can be said that women's emotional recognition/comprehension status is higher than men.

Table 6: Comparison of the scores of the participants from the emotional intelligence scale according to the marital status variable, one-way analysis of variance

	Marital status	N	X	Ss	F	p
Emotional recognition/comprehension	Married	153	3,6590	.77406	2,080	.126
	Single	231	3,8146	.75542		
	Other	12	3,6111	.95699		
Emotional facilitation	Married	153	3,5436	.74530	.524	.592
	Single	231	3,4964	.75860		
	Other	12	3,3333	.62361		
Emotional regulation	Married	153	3,5253	.74455	.694	.500
	Single	231	3,5568	.84840		
	Other	12	3,2813	.59143		

Table 6 shows the one-way analysis of variance by comparing the scores of the participants from the emotional intelligence scale according to the marital status variable. When the data were examined, there was no statistically significant difference in terms of the marital status variable in the sub-dimension of emotional facilitation, emotional regulation and emotional recognition/understanding ($p > .05$).

Table 7: Comparison of the scores of the participants from the emotional intelligence scale according to the family type variable: One-way analysis of variance

	Type of family	N	X	Ss	F	p
Emotional recognition/comprehension	Nuclear family	227	3,7540	.75034	.061	.941
	Extended family	134	3,7313	.80332		
	Other	35	3,7762	.79925		
Emotional facilitation	Nuclear family	227	3,5609	.77325	1,249	.288
	Extended family	134	3,4428	.70950		
	Other	35	3,4333	.73119		
Emotional regulation	Nuclear family	227	3,5820	.82570	1,343	.262
	Extended family	134	3,4440	.76159		
	Other	35	3,5929	.79714		

Table 7 shows the one-way analysis of variance by comparing the scores of the participants from the emotional intelligence scale according to the family type variable. When the data were examined, there was no statistically significant difference in terms of the family type variable in the sub-dimension of emotional facilitation, emotional regulation and emotional recognition/understanding ($p>.05$).

IV. RESULTS

Families, the smallest building blocks of society, are formed through marriage. Individuals want to create a family in order to ensure the continuity of their lineage, to bring new individuals to the society and to transfer social values, traditions, customs and culture to other future generations, and with this desire, they tend to choose a suitable partner for themselves. These partners also affect each other emotionally in a good or bad way within the family structure.

In this study, it was aimed to investigate emotional intelligence in extended family and nuclear family. According to the study, it is seen that 183 of the participants are male and 213 are female. At the same time, these variables were evaluated in terms of several variables and the following results were reached.

In the study, there was no significant difference in the sub-dimension of emotional facilitation, emotional regulation and emotional recognition/understanding according to family type.

As a result of the analysis, when the scores of the individuals from the emotional intelligence scale were compared according to their marital status, there was no significant difference in the sub-dimensions of emotional facilitation, emotional regulation and emotional recognition/comprehension.

When the scores of the individuals were compared according to the scale, there was no significant difference between the genders in the sub-dimension of emotional facilitation and emotional regulation. However, there was a significant difference in the sub-dimension of emotional recognition/comprehension. In this case, it can be said that women's emotional recognition/understanding is higher than men.

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