



**The Relationship Between Emotional Intelligence, Honesty,
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With The Opposite Sex**

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**The Relationship Between Emotional Intelligence, Honesty, Impulsivity And
Compatibility With A Desire For A Relationship With The Opposite Sex
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ABSTRACT

The changes in values and attitudes in Iran are considered to be in a positive direction concerning the relationships and interactions of boys and girl before marriage. In this area, boys are more accordant with these kinds of relationships than girls. This study aimed to determine the relationship between emotional intelligence, honesty; impulsivity and compatibility with a desire for a relationship with the opposite sex. The target population in this study is all single people (male and female) of Shahre- Kord city, ranged between 13-18 years, 250 subjects of unmarried people of Shahre- kord city, ranged between 13-18 years of age were chosen, randomly. They were divided into four groups of people who have relationship with boys, have relationship with girls, have no relationship with girls, and have no relationship with boys. The relationship between each of the variables emotional intelligence, honesty, impulsivity and compatibility were measured with a desire for a relationship with them. Analysis of data with correlation coefficient indicated that there is a significant difference between honesty, impulsivity and compatibility with a desire for a relationship with the opposite sex but there is no significant difference between emotional intelligence and relationship with the opposite sex. Therefore, checking these items and providing appropriate solutions in this area can lead to improvement in healthiness of male and female relationships.

Keywords: emotional intelligence, honesty, impulsivity, compatibility, opposite sex.



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INTRODUCTION:

One of the most important and affective factors on adolescence teenager personality is emotional and affective upheavals. Adolescence period is a period of outburst and outpouring emotions, so that the behavior of the juvenile has more emotional and affective color. Therefore, with a smallest thing happening, a storm of affection and feeling takes over them which it's hard for them to believe as well (Asadi, 2006). The changes in values and attitudes in Iran are considered to be in a positive direction concerning the relationships and interactions of boys and girl before marriage. In this area, boys are more accordant with these kinds of relationships than girls (Ghaffari, 2008). A lot of researches have been done about the nature of friendship between men and women which its results show that despite many similarities between the sexes, women have tendency for emotional involvement and a dialogue while boys emphasize on activities and joint work. The topics of discussions are also different. Boys talk more about outside and daily issues while girls talk more about feelings and personal issues (Hyde, 1383). The first thing that blossoms in a friendship is affection. Although affection at first is apart from sexual needs, but aggravated sexual needs can mingle with affection and lead to homosexual relationship in adolescents (Nightingale, 2013). Studies indicate that girls show more interest in having relationships with the opposite sex earlier than boys do. Friendship with the opposite sex among them is more than boys. Also adolescent girls rank their friendship with their own sex higher than boys on many areas of characteristics of friendship (such as affection, companionship, intimacy), join social networks more and integrate more within them. So probably girls face more difficulties earlier than boys and may face more difficulties in the area of changes in friendships or romantic partners (Sacco, 2016). According to the researches it seems that the frequency of relationship with the opposite sex is higher (Lorenada Costa, 2015). Several factors are effective in creating these kinds of relationships which we can refer to emotional intelligence in this context. Researches have shown that Mayer and Salvy (2001), know emotional intelligence as perception, expression, understanding and control of emotions in themselves and others and utilization of emotion in problem solving in general. Engelberg (2004) has mentioned 15 emotional intelligences as follows: interpersonal



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relationships, realism, social responsibility, emotional self-awareness, self-expression, self-esteem, empathy, autonomy, self-actualization, flexibility, problem solving, optimism, happiness, and impulse control and stress tolerance. In terms of gender differences of emotional intelligence different opinions have been mentioned. For example, Bar-On (2000) stated that adolescent girls act better than boys at emotional intelligence level, but do not have better functioning in controlling their emotions. Impulsivity is another affective item in relationship between girls and boys. The result of Costa studies (2015) indicated that people, who have pathological jealousy, have anxious - ambivalent attachment style and have impulsive, aggressive communicational style and lower social compatibility in their relationships. Britney (2016) believe while secure people acknowledge the situation, they simply ask for more help from others. Avoidant people encounter more problems in acknowledging the situation and seeking help and support. The main feature of ambivalent is excessive sensitivity to negative emotion and image attachment in such a way that blocks their autonomic way. Watson (2000) found that neuroticism is related with higher levels of fear, guilt, shame, sadness, anger, loneliness. Heller et al (2004) found that neuroticism and negative emotions are associated with the quality of relationships with people. In a study, Marin (2000) concluded that there is a significant relationship between personality traits of neurosis and adherence to treatment. Different Studies have shown that the relationship with the opposite sex is correlated with personality traits of neurosis, psychosis, extroversion, loss of hope (Michaud, 2006) personality traits of extraversion, openness to experience, neuroticism and agreeableness (Movahed, 2006). Also compatibility and honesty are considered as two important factors in the relationship. Studies have shown that social adjustment (Asadi, 2006) and honesty can be effective in consistency of relationship between men and women (Ghafari, 2008). So with respect to the presented subjects, this research seeks to answer the question whether there is a relationship between emotional intelligence, honesty, impulsivity and compatibility with a desire for a relationship with the opposite sex or not?

1. METHOD:



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The target population in this study was all single people (male and female) of Shahrekord city aged between 13-18 years, 250 subjects aged 13-18 years were selected based on random sampling. They were divided into four groups of people with relationship with boys, relationship with girls, no relationship with girls, and no relationship with boys. They were assessed with emotional intelligence, social adjustment, honesty and impulsivity. The questionnaire data were calculated using correlation coefficient in SPSS software.

2. TOOLS:

Inventory of relationship with the opposite sex: This questionnaire measures attitude and the extent of people's agreement for relationships which are outside boundary with friends of opposite sex. In order to make a questionnaire 100 propositions were designed and were handed out to psychologists and faculty professors. They were asked to write their opinions about the validity of the content of the propositions. After obtaining validity of the content, unrelated questions were eliminated. After making a questionnaire, college professors in psychology and counseling were asked to declare their written opinions, once again by studying the completed questionnaires. Afterwards the questionnaire was given to 35 students in order to validate and Cronbach's alpha coefficient was calculated for each of these components. Some questions with lower credit of 70% were removed and once again it was repeated on a sample of 100 people. The sample showed that by eliminating some questions the reliability of the questionnaire was 93 percent against 93 percent validity.

Barratt Impulsiveness Scale:

This scale consists of 30 questions and is conducted by Barratt et al. Questions are answered on a Likert of 5 options and has three subscales of disorganization, motor impulsivity and cognitive impulsivity. The reliability of this questionnaire using Cronbach's alpha was calculated to be 0/88

Scott Emotional Intelligence Questionnaire:

The scale was developed in 1998 by Scott and his colleagues and was standardized in America, it includes 27 articles. The internal consistency (Cronbach's alpha), have been reported 87.0 and test-retest reliability as 78.0. Each items of this scale are scored in on a



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5 degree Likert scale (1 = strongly disagree to strongly agree = 5). The minimum and maximum score which a person can earn on this scale is 33 and 165, respectively (Scott et al., 1998).

Social adjustment questionnaire: This questionnaire seeks to separate high school students (aged 14 to 18 years) with good compatibility from students with poor compatibility in three areas: emotional, social, educational. The final form of this questionnaire is a 60-item (20 questions for each area). It measures areas of emotional adjustment, social stability and educational compatibility. Reliability coefficient was calculated to be 94.0, by split-half method (Saatchi, 1389).

Honesty and truthfulness standard questionnaire: This questionnaire has 16 questions, and its aim is to examine honesty and truthfulness (compensation of, shortages, honesty and truthfulness, telling unrealistic demands, fear and anxiety and drawing attention). This questionnaire is based on the Likert scale (often 1, sometimes 2, occasionally 3, rarely, 4; never; 5). The reliability of the questionnaire was obtained 82.0 using Cronbach's alpha which indicates the stability of the questionnaire (Zare, 1390).

3. FINDINGS:

Descriptive indicators were presented along with their features and hypotheses testing. Data normality was checked using remained distribution and they were excluded from the analysis per case, in case of extreme scores.

Table 1: Descriptive indicator of variables

	Number	minimu m	maxim um	mean	Standard deviation	Tilt indicators	Elongation indices		
Emotional Intelligence	236	60	169	126.73	16.356	-.446	.158	.795	.316
Honesty	236	18	93	47.93	10.090	.104	.158	1.657	.316
Impulsivity	236	4	98	57.85	12.286	-.032	.158	1.436	.316
Compatibili ty	236	18	95	36.34	6.945	2.719	.158	20.845	.316



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A desire for a relationship with the opposite sex	236	22	115	56.41	22.053	.394	.158	-.927	.316
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Table (1) shows the mean and standard deviation of the group in emotional intelligence, 73.126 and 356.16; in honesty and 93.47, 090.10, 12, in impulsivity 85.57, 286.12, in compatibility 34.366.945; and in a desire for relationship 56.41 and 053.22, respectively. Score distribution in compatibility with tilt and the out of range elongation is two standard deviations and is not normal. In other variables distribution of scores are normal.

First hypothesis: There is a relationship between emotional intelligence and a desire for a relationship with the opposite sex.

Table 2: Correlation between emotional intelligence and a desire for a relationship with the opposite sex

Squared correlation	significance	correlation	number	Indicators/variables
0/0043	0/333	0/066	222	Emotional intelligence
				A desire for a relationship

Table (2) shows there is no significant relationship between emotional intelligence and a desire for a relationship with the opposite sex. The first hypothesis does not get confirmed. The amount of squared correlation is 0.0034 percent.

The second hypothesis: There is a relationship between honesty and a desire for a relationship with the opposite sex.



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Table 3: shows the correlation between honesty and a desire for a relationship with the opposite sex.

Squared correlation	significance	correlation	Number	Indicators/variables
0/034	0/006	-0/186	222	honesty
				A desire for a relationship

Table (3) shows that there is a significant relationship between honesty and a desire for a relationship with the opposite sex. The second hypothesis is confirmed. The amount of squared correlation is 0.034 percent. Negative direction of correlation shows that with reduction in honesty the desire for a relationship with the opposite sex tends to increase. The third hypothesis: There is a relationship between impulsivity and a desire for a relationship with the opposite sex.

Table 4: shows the correlation between impulsivity and a desire for a relationship with the opposite sex

Squared correlation	significance	correlation	Number	Indicators/variables
0/028	0/013	0/167	222	impulsivity
				A desire for a relationship

Table (4) shows that there is a significant relationship between impulsivity and a desire for a relationship with the opposite sex. The third hypothesis is confirmed. The amount of squared correlation is 0.028 percent. Positive direction of correlation suggests that with increased impulsivity, the desire for making a relationship with the opposite sex increases. Fourth hypothesis: there is a relationship between compatibility and a desire for making a relationship with the opposite sex.



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**Table 5: Correlation between compatibility and a desire for making a relationship
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Squared correlation	significance	correlation	number	Indicators/variables
0/026	0/017	0/160	222	compatibility
				A desire for a relationship

Table (5) shows there is a significant relationship between compatibility and a desire for making a relationship with the opposite sex. The fourth hypothesis is confirmed. The amount of squared correlation is 0.026 percent. Positive direction of correlation indicates that by increasing the compatibility the desire for making a relationship with the opposite sex increases.

4. DISCUSSION AND CONCLUSION:

According to the results obtained in this study there are two different points of views and possible reason for this finding: First of all, there are some people who are likely to take step in making a relationship with the opposite sex who have low emotional intelligence. In other words, a relationship with the opposite sex is formed secondary to the problem of low emotional intelligence. In this case, we can say that people with lower emotional intelligence, i.e., less self-actualization, less optimism, lower self-esteem attempt to make contact with the opposite sex, so that this could be a way to boost their confidence and a person can accept oneself better by having a relationship with the opposite sex. For people who do not have the ability to control their motivations easily and who have low problem-solving ability, it can be said: the relationship with the opposite sex can be one of the easiest and most accessible ways to escape problems. Secondly, having a relationship with the opposite sex declines and causes a drop in their emotional intelligence. In other words, relationship with the opposite sex causes irritation and possibly loss of emotional intelligence, especially in girls. In this case, we can say: people with similar emotional intelligence look differently to the theme of friendship with the opposite sex. Some see it as a way to pass time. Some look at this issue only as an experience of friendship and



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understanding the opposite sex due to restrictions in the family or prevailing atmosphere of friends and their peers,. Some consider it a way of acquaintance before marriage. However, some people with similar characteristics in terms of emotional intelligence enter the field. And also some do not enter this field due to some beliefs, conscience, ethics, values and norms of their family or personal thoughts. At this stage, relationship with the opposite sex acts as a destructive factor and affects some of the views and personal traits. Significant difference between boys and girls also endorses this subject, which means that psychologically speaking this kind of relationship have detrimental effect on people with relationship, especially on girls who are more likely to get fooled in these connections. Also this study showed that there is a significant difference between the two groups in variables of honesty, impulsivity and compatibility. In this study, the word relationship means a relationship that both sides are willingly agree to make in one of the stages of audio, video or in person. No further research was found in approval or rejection of this hypothesis, however, maybe in justification of this finding we can point out that people who have had successful love experiences may consider themselves as an attractive person. They learn the concept of self-esteem, continence and self-respect (Florushim, 2003). And as it was expected in this study, not necessarily people who have an emotional relationship with the opposite sex have lower emotional intelligence. Maybe it was necessary to evaluate the amount of success or failure of people's love experiences.

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