# CONTENTS

Acknowledgement i  
Abstract iii  
List of Tables v  
List of Annexures ix

## CHAPTER 1  
**INTRODUCTION**  
1

Rationale of the Present Study 1

Emotional Intelligence and Associated Concepts 2

Brief History of Emotional Intelligence (EI) 4

Age and Gender Differences in EI 4

Cultural Differences in EI and Management of Emotions 5

Contemporary Models of EI 7

Salovey & Mayer Model 8

The Goleman Model 8

The Bar-On Model 9

Measures of EI 12

Psychometric Properties of Existing EI Measures 15

Application of Existing EI measures in Diverse Cultures 16

Role of EI in Important Life Outcomes 17

Role of EI in Marital Quality 17

Marriages in Pakistan 25

Conclusion 27

Statement of the Problem 28
CHAPTER II

STUDY 1: Development of the Scale of Emotional Intelligence

Objectives of the Study

Phase 1: Generation of Item Pool for the Scale of Emotional Intelligence

Pilot Study

Method

Analysis

Phase 2: Dimensionality and Internal Consistency of Emotional Intelligence Scale

Method

Testing the Assumptions for Factor Analysis

Factor Analysis

Reliability Analysis

Discussion

CHAPTER III

Validation of the Scale of Emotional Intelligence

STUDY 2: Convergent Validity of the Scale of Emotional Intelligence (SEI)

Part-1: Establishment of Convergent Validity of the SEI with
Bar-On (EQ-i)

Hypotheses

Method

Results

Part- II: Establishment of Convergent Validity of the SEI with Peer Rating

Hypotheses

Rating Scales

Method

Results

Discussion

STUDY 3: Determining Discriminant Validity of SEI

Hypotheses

Depression

Theories of Depression

- Theory of Learned Helplessness
- Hopelessness Theory
- Lewinsohn’s Behavioral Model
- Integration of Cognitive Factors and Interpersonal Skill

Depression & alexithymia

Emotional Intelligence & Alexithymia

Emotional Intelligence & Depression

Method
CHAPTER IV
STUDY 4: Emotional Intelligence as a Predictor of Marital Quality
Hypotheses
Method
Operational Definitions of the Study Variables
Analyses
Discussion
Limitations & Future Directions
Conclusion

CHAPTER V
Summary and Implications

REFERENCES
ANNEXURES
PERMISSION
LETTER & ACCEPTANCE
LETTER