

## PSYCHOLOGICAL CHARACTERISTICS OF FAMILY RELATIONSHIPS IN INDIVIDUALS WITH A HIGH LEVEL OF EMOTIONAL INTELLIGENCE

**Oymatova Dilorom Ruzimurotovna**

*Shahrisabz State Pedagogical Institute*

*Senior Lecturer, Department of Social Sciences*

*Doctor of Philosophy (PhD) in Psychology*

[oymatovadilorom@gmail.com](mailto:oymatovadilorom@gmail.com)

**Abstract.** *This article analyzes the psychological characteristics of family relationships in individuals with a high level of emotional intelligence. Emotional intelligence is considered an important socio-psychological factor that influences the quality of communication, mutual understanding, empathy, emotional self-regulation, marital satisfaction, and conflict resolution within the family. The paper discusses the role of emotional awareness, self-control, empathy, social skills, psychological flexibility, and responsibility in strengthening family stability. Special attention is given to how emotionally intelligent individuals build constructive relationships with spouses, children, and other family members. The article also emphasizes that a high level of emotional intelligence helps reduce destructive conflicts, supports emotional closeness, and creates a psychologically healthy family environment. It is concluded that emotional intelligence is one of the key resources for improving the quality of family life and ensuring the stability of interpersonal relations in the family.*

**Keywords:** *emotional intelligence, family relationships, family communication, empathy, emotional regulation, family stability, marital satisfaction, psychological climate, conflict resolution.*

**Introduction.** The family is one of the most important social institutions in which a person's emotional, moral, psychological, and social development takes place. It is within the family environment that an individual first learns communication, emotional expression, empathy, responsibility, mutual respect, and the ability to build close interpersonal relationships. Therefore, the psychological climate of the family plays a decisive role in the formation of a person's emotional culture and social behavior.

In modern psychology, emotional intelligence is increasingly viewed as an essential factor in the development of healthy interpersonal relationships. This concept includes the ability to understand one's own emotions, regulate emotional reactions, recognize the feelings of others, and use emotional information effectively in social interaction. In family life, these abilities are especially important because family members constantly experience

emotional exchange, mutual expectations, conflicts, support, and adaptation to changing life situations.

Individuals with a high level of emotional intelligence usually demonstrate more constructive behavior in family relationships. They are able to express their feelings appropriately, listen to others, understand emotional needs, control negative reactions, and find balanced solutions in difficult situations. Such individuals tend to perceive family problems not as a threat, but as an opportunity to improve communication, strengthen trust, and develop mutual understanding.

The relevance of this topic is connected with the fact that many family difficulties are caused not only by economic, social, or external factors, but also by insufficient emotional awareness, weak communication skills, inability to manage anger, lack of empathy, and emotional distance between family members. In this regard, the study of family relationships in individuals with a high level of emotional intelligence is important for family psychology, social psychology, counseling practice, and the development of preventive measures aimed at strengthening family stability.

The purpose of this article is to analyze the psychological characteristics of family relationships in individuals with a high level of emotional intelligence and to reveal the role of emotional competence in creating a healthy and stable family environment.

**Main Part.** Emotional intelligence is one of the key psychological constructs that explains the quality of interpersonal relationships. It reflects a person's ability to perceive, understand, regulate, and use emotions in everyday life. According to D. Goleman, emotional intelligence includes self-awareness, self-regulation, motivation, empathy, and social skills [1]. These components are directly related to family life because the family is a space of continuous emotional interaction. Every family member expresses feelings, responds to the emotional state of others, participates in decision-making, and experiences various forms of psychological closeness or tension.

J. Mayer and P. Salovey interpret emotional intelligence as a set of abilities related to the perception, understanding, and regulation of emotions [2]. From this point of view, emotionally intelligent individuals are able to identify emotional signals correctly and respond to them adequately. In the family context, this means that a person can understand not only spoken words but also tone of voice, facial expression, silence, anxiety, irritation, or emotional fatigue. Such sensitivity helps prevent misunderstandings and supports the development of trust among family members.

One of the main psychological characteristics of individuals with a high level of emotional intelligence is emotional self-awareness. Such individuals understand what they feel and why they feel it. In family relationships, this ability is very important because many conflicts arise when a person cannot clearly understand or express his or her emotional state. For example, fatigue may be expressed as anger, disappointment may

appear as silence, and emotional need may be shown as criticism. Emotionally intelligent individuals are more capable of recognizing the real source of their feelings and expressing them in a constructive way.

Emotional self-regulation is another important characteristic of emotionally intelligent individuals. Family life often includes stressful situations, such as financial difficulties, disagreements about child upbringing, household responsibilities, professional stress, or conflicts with relatives. In such situations, the ability to control emotional reactions helps maintain psychological balance. R. Bar-On emphasizes that emotional and social competencies are closely connected with adaptation, stress tolerance, and effective interpersonal functioning [3]. Therefore, individuals with developed emotional intelligence are less likely to respond impulsively and more likely to choose calm and reasonable forms of communication.

A high level of emotional intelligence also improves the quality of family communication. Communication is the main mechanism through which family members express emotions, solve problems, distribute responsibilities, and maintain emotional closeness. Emotionally intelligent individuals usually demonstrate active listening, respect for the other person's opinion, calm expression of dissatisfaction, and readiness for dialogue. They avoid humiliation, constant criticism, emotional pressure, and aggressive speech. This creates a psychologically safe atmosphere in the family.

In marital relationships, emotional intelligence is especially important because spouses are involved in daily emotional interaction. The quality of marital communication influences satisfaction with family life, emotional closeness, and family stability. J. Gottman's studies show that destructive communication patterns, such as criticism, contempt, defensiveness, and emotional withdrawal, can seriously damage marital relationships [4]. Emotionally intelligent spouses are better able to avoid these destructive patterns because they can regulate their emotions, listen to each other, and search for mutual solutions.

Empathy is one of the central components of emotional intelligence and one of the most important conditions for healthy family relationships. Empathy means the ability to understand another person's emotional state and respond to it appropriately. In family life, empathy helps spouses, parents, and children feel understood and emotionally supported. When a person feels that his or her emotions are accepted and understood, trust and psychological closeness increase.

Emotionally intelligent individuals are able to see family situations not only from their own perspective but also from the perspective of other family members. For example, in marital relationships, this may mean understanding the spouse's tiredness, anxiety, disappointment, or need for attention. In parent-child relationships, it may mean

understanding the child's fear, insecurity, jealousy, or emotional confusion. Such understanding prevents unnecessary conflicts and strengthens emotional bonds.


Family conflicts are a natural part of family life. They may arise due to different values, needs, expectations, habits, financial issues, parenting styles, or personal characteristics. However, the consequences of conflict depend not only on its cause but also on how it is managed. The Thomas-Kilmann conflict model identifies several styles of conflict management, including competition, avoidance, accommodation, compromise, and collaboration [5]. In family relationships, emotionally intelligent individuals are more inclined to use compromise and collaboration because they understand that the purpose of family conflict resolution is not to defeat the other person, but to find a solution acceptable to both sides.

Individuals with a high level of emotional intelligence usually do not turn a specific disagreement into a personal attack. They are able to separate the problem from the person. For example, instead of saying, "You are always irresponsible," they may say, "I feel uncomfortable when responsibilities are not discussed in advance." This way of communication reduces defensiveness and opens the way for constructive dialogue. It also helps preserve respect even during disagreement.

Another important psychological characteristic of emotionally intelligent individuals is their ability to repair relationships after conflict. Even in stable families, misunderstandings and emotional tension may occur. However, emotionally intelligent people are more capable of apologizing, forgiving, explaining their feelings, and restoring emotional closeness. This quality is important because the strength of a family is not determined by the complete absence of conflicts, but by the ability to overcome them without destroying mutual respect.

Emotional intelligence also contributes to marital satisfaction. Marital satisfaction is determined by emotional closeness, mutual respect, trust, support, communication quality, and the ability to solve problems together. Research on marital relationships shows that marital quality and stability are influenced by personal characteristics, stressful life events, and adaptive processes within the relationship [7]. Emotional intelligence can be considered one of these adaptive resources because it helps spouses manage stress, understand each other, and maintain constructive interaction.

In families where emotional intelligence is highly developed, family members usually experience a greater sense of psychological security. Psychological security means that a person can express feelings, thoughts, fears, and needs without fear of humiliation, rejection, or aggression. Such an environment is especially important for children. Children who grow up in emotionally supportive families learn to recognize their emotions, regulate their behavior, understand others, and communicate respectfully.



Parent-child relationships are one of the areas where emotional intelligence plays a particularly significant role. Parents with a high level of emotional intelligence are usually more sensitive to the emotional needs of their children. They try to understand the psychological reason behind the child's behavior rather than judging only external actions. For example, a child's stubbornness may be related to fear, fatigue, lack of attention, or emotional discomfort. Emotionally intelligent parents are more likely to respond with explanation, support, and guidance rather than excessive punishment.

The family is the first environment in which children learn emotional behavior. Children observe how parents express anger, solve conflicts, show love, apologize, and support each other. If parents manage emotions constructively, children gradually adopt similar patterns. Schutte and colleagues note that emotional intelligence is associated with better interpersonal relations and social functioning [6]. Therefore, emotionally intelligent family behavior has not only an individual but also an intergenerational significance.

A high level of emotional intelligence also supports psychological flexibility in family relationships. Psychological flexibility means the ability to adapt to changing situations, accept differences, reconsider one's position, and seek balanced solutions. Family life requires constant adaptation because family members differ in temperament, interests, emotional needs, values, and life experiences. Emotionally intelligent individuals are usually more tolerant of these differences and less likely to perceive them as a threat.

Tolerance is another important characteristic of emotionally intelligent individuals. In family relationships, tolerance means respecting the individuality, emotional state, opinion, and personal boundaries of another person. It does not mean ignoring problems or accepting harmful behavior. Rather, it means solving problems without humiliation, aggression, or emotional rejection. Such tolerance helps maintain harmony in the family and prevents the accumulation of resentment.

Emotional intelligence also influences the distribution of responsibility in the family. Emotionally intelligent individuals are more likely to understand the emotional and practical needs of other family members. They recognize that family life requires cooperation, mutual assistance, and shared responsibility. This is especially important in modern families, where both spouses may combine professional activity, household duties, parenting, and social responsibilities.

In addition, emotionally intelligent individuals are better able to provide emotional support. Emotional support may be expressed through kind words, attention, listening, encouragement, physical presence, or practical help. In difficult situations, such support strengthens family unity and helps family members cope with stress. When emotional support is absent, even minor problems may become a source of serious dissatisfaction.

The psychological climate of the family is largely determined by the emotional behavior of its members. In families where emotional intelligence is high, there is usually more

openness, trust, mutual respect, and constructive dialogue. In contrast, low emotional intelligence may lead to frequent conflicts, misunderstanding, emotional coldness, impulsive reactions, and psychological distance. Therefore, emotional intelligence can be considered one of the important indicators of family well-being.

From the point of view of social psychology, the family is a small social group in which communication, interaction, perception, and emotional exchange take place continuously. G. Andreeva emphasizes that interpersonal relations are formed through communication, social perception, and interaction within a group [8]. Since the family is the first and most emotionally significant social group for the individual, the quality of emotional interaction in the family has a strong influence on the development of personality.

The development of emotional intelligence in family members can be supported through psychological education, family counseling, premarital preparation, parenting programs, and communication training. Young people should be prepared not only for the legal and economic aspects of family life but also for emotional responsibility, empathy, constructive communication, and conflict resolution. This is especially important in modern society, where family relationships are influenced by stress, social change, digital communication, and increasing psychological demands.

Thus, individuals with a high level of emotional intelligence demonstrate several important psychological characteristics in family relationships: emotional awareness, self-control, empathy, constructive communication, psychological flexibility, tolerance, responsibility, and readiness for cooperation. These qualities help create a healthy emotional atmosphere, reduce destructive conflicts, increase satisfaction with family life, and strengthen family stability.

**Conclusion.** Family relationships are a complex system of emotional, psychological, social, and moral interactions. Their quality depends not only on external living conditions but also on the emotional competence of family members. Individuals with a high level of emotional intelligence are more capable of understanding their own emotions, regulating negative reactions, recognizing the emotional states of others, and building constructive communication within the family.

A high level of emotional intelligence contributes to the formation of a healthy psychological climate in the family. It strengthens mutual respect, trust, empathy, emotional support, and the ability to solve problems together. Emotionally intelligent individuals are less likely to intensify conflicts through criticism, aggression, or emotional withdrawal. Instead, they tend to use dialogue, compromise, cooperation, and respectful communication.

In marital relationships, emotional intelligence increases satisfaction, emotional closeness, and stability. In parent-child relationships, it creates conditions for the child's emotional development, psychological security, and social adaptation. Emotionally

intelligent parents serve as positive models for children by demonstrating self-control, empathy, responsibility, and constructive conflict resolution.

In general, emotional intelligence is an important socio-psychological resource that supports family stability and improves the quality of interpersonal relationships. The development of emotional intelligence should therefore be considered an important direction in family education, psychological counseling, and preventive work aimed at strengthening modern family relations.

## REFERENCES

1. Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books.
2. Mayer, J. D., & Salovey, P. (1997). What is Emotional Intelligence? In P. Salovey & D. J. Sluyter (Eds.), *Emotional Development and Emotional Intelligence: Educational Implications* (pp. 3–31). New York: Basic Books.
3. Bar-On, R. (1997). *The Emotional Quotient Inventory EQ-i: Technical Manual*. Toronto: Multi-Health Systems.
4. Gottman, J. M., & Silver, N. (1999). *The Seven Principles for Making Marriage Work*. New York: Crown Publishers.
5. Thomas, K. W., & Kilmann, R. H. (1974). *Thomas-Kilmann Conflict Mode Instrument*. Mountain View, CA: Consulting Psychologists Press.
6. Schutte, N. S., Malouff, J. M., Bobik, C., Coston, T. D., Greeson, C., Jedlicka, C., Rhodes, E., & Wendorf, G. (2001). Emotional Intelligence and Interpersonal Relations. *The Journal of Social Psychology, 141*(4), 523–536.
7. Karney, B. R., & Bradbury, T. N. (1995). The Longitudinal Course of Marital Quality and Stability: A Review of Theory, Method, and Research. *Psychological Bulletin, 118*(1), 3–34.
8. Andreeva, G. M. (2001). *Social Psychology*. Moscow: Aspect Press.