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The Relationship Between Emotional Intelligence, Conflict Resolution Styles, and Trust in Predicting Relationship Satisfaction

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Abstract

Acquiring a fulfilling and happy life is important, and one of the ways is to have a decent romantic relationship. Also, the happiest individuals suggested that they have great and loving relationships with their surroundings. Romantic relationships could get affected by trust, conflict resolution styles, and basically emotional intelligence, and these aspects can affect a person's daily life. Accordingly, this paper aims to investigate links between gender and duration of relationship having any effect on emotional intelligence, conflict resolution styles, relationship satisfaction, and trust. Moreover, one of the other goals is to investigate if there is any link between emotional intelligence, conflict resolution styles, trust, and relationship satisfaction. Lastly, this article aims to investigate the trust, conflict resolution styles, and emotional intelligence predicting relationship satisfaction. 421 participants who have a romantic relationship were attending this research. Furthermore, the emotional intelligence scale, conflict resolution styles scale, trust scale, and relationship assessment scale were used in this article for assessment. Findings suggested that there is only a significant difference in relationship satisfaction for genders, and males were found to be more satisfied than women. For relationship duration, there is only a significant difference in relationship satisfaction, and findings suggested that short-term relationships were found to be less satisfying compared to long-term relationships. Findings suggested that there is a significant relationship or link between these four components and emotional intelligence, conflict resolution styles, and trust. All three play a role as a strong predictor for relationship satisfaction.

Keywords: Romantic Relationship, Emotional Intelligence, Conflict Resolution Styles, Trust, Relationship Satisfaction, Gender, Prediction