

Quality of Life and Emotional Intelligence of Single Parents and Partnered Parents: A Comparative Study

Dr. WINSTON DUNN

^aCentral University of South Bihar, Gaya, Bihar

Abstract

Background: This study compares the quality of life and emotional intelligence between single parents and partnered parents. Single parenting is a growing trend worldwide, and it is essential to understand the impact of single parenting on the well-being of parents.

Objectives: The study aimed to examine whether there is a significant difference in the quality of life and emotional intelligence between single and partnered parents.

Methods: A comparative and correlational design was employed, and a purposive sampling technique was used to select 40 single parents and 60 partnered parents from the U.P. and adjacent areas of Bihar. Data were collected using personal and sociodemographic data sheets, the World Health Organization Quality of Life-BREF questionnaire (1995), and the Emotional Intelligence Scale' (Chauhan & Sharma, 2014).

Results: The findings indicate that single parents had a lower quality of life than partnered parents. However, the two groups found no significant differences in emotional intelligence. Furthermore, the study reveals positive correlations between emotional intelligence and quality of life. Higher emotional intelligence is associated with a better overall perception of quality of life, health perception, physical health, psychological well-being, social relationships, and environment.

Conclusions: In conclusion, this study underscores the significance of emotional intelligence in the lives of single parents and partnered parents, and suggests avenues for future research and interventions to support the well-being of single parents and enhance their quality of life.

Keywords: single parents; parenting; quality of life; emotional intelligence; India

Introduction

Parenthood is a fulfilling and challenging experience that brings joy, responsibility, and a variety of demands. However, parenting experience can differ significantly depending on whether one is a single parent or a partnered parent. The role of a parent is to provide for their child's physical, emotional, and psychological well-being, which can be pretty challenging to manage alone. Single parenting can result from a divorce, separation, or even a personal choice, and it brings along its unique set of challenges, such as financial strains, social isolation, and higher stress levels, which can impact their quality of life and emotional well-being. In contrast, partnered parents may have more social support, shared responsibilities, and an additional source of emotional support, which can enhance their quality of life and emotional intelligence. Therefore, it is essential to explore the differences in quality of life and emotional intelligence between single parents and partnered parents better to understand the impact of parenting on individuals' well-being. This comparative study aimed to investigate the quality of life and emotional intelligence of single parents and partnered parents, providing insight into the unique challenges and advantages of each parenting experience. Quality of life and emotional intelligence are two essential concepts that significantly impact the well-being and success of individuals.

Quality of Life in Parents: The World Health Organization (WHO) defines quality of life (QoL) as an individual's perception of their position in life, considering the cultural and value systems of their environment, as well as their goals, expectations, standards, and concerns (The World Health Organization Quality of Life Assessment, 1995). QOL is influenced by various factors such as physical health, psychological well-being, level of independence, social relationships, personal beliefs, and the individual's interaction with their environment.

Kim and Kim (2020) conducted a study indicating that single mothers have a lower quality of life than married mothers. Moreover, Cook et al. (2009) demonstrated that single mothers experience significantly lower quality of life than the general population. Furthermore, Hernandez et al. (2009) revealed that women in single-parent families have a lower quality of life, lower income, and higher levels of depression than those in two-parent families. Several studies have highlighted the financial stress experienced by women in single-parent households, which has a negative impact on their quality of life. Lee et al. (2013) found that financial satisfaction and physical health status significantly contribute to psychological distress among single mothers. Additionally, Shin (2013) noted that parenting and family survival responsibilities often hinder single mothers from taking care of their health, although they consider themselves fortunate to have social networks.

Moreover, Coyne (2003) discovered that single mothers who bear sole responsibility for supporting their children experience a low quality of life due to limited financial resources and high levels of worry. Social support was identified as a potential means to improve individuals' perception of quality of life, with single mothers being perceived as having lower levels of social support, less social involvement, and infrequent contact with friends and family compared to married mothers. Stress and social support collectively account for nearly 40% of the relationship between single-parent status and depression. Furthermore, Rousou et al. (2013) observed that single motherhood places women in a disadvantaged social position, leading to prolonged stress primarily caused by unemployment, economic hardships, and social exclusion.

Emotional Intelligence in Parents: Emotional intelligence (EI) refers to the capacity to accurately and efficiently process emotional information, including the recognition, construction, and regulation of emotions in oneself and others (Mayer et al., 1990). Previous studies have examined the relationship between EI and various factors, such as marital status and parental roles.

Rehmat (2018) conducted a study comparing divorced women and non-divorced women on the Emotional Intelligence Scale. The results showed that divorced women scored within the normal range, while non-divorced women scored higher. In another study by Go and Palacol (2015), no significant difference in emotional intelligence was found between single mothers and single fathers, with both groups exhibiting low levels of emotional intelligence. However, a separate finding indicated that single fathers demonstrated vital emotional intelligence but struggled with empathising and understanding their teenagers. Conversely, couples generally displayed lower emotional intelligence, particularly in relation to their teenagers (Armikasari & M.Psi, 2010). Furthermore, foster parents had significantly higher levels of emotional intelligence than biological parents (Rogowska et al., 2022).

Prior research conducted before the COVID-19 pandemic has shown that higher emotional intelligence is associated with lower stress levels. For instance, Slaski and Cartwright (2003) found that increased emotional intelligence can reduce experienced stress. Similarly, Jung et al. (2019) observed that higher stress levels were linked to lower emotional intelligence. Additionally, a study conducted during the initial week of the COVID-19-related lockdown revealed a positive correlation between emotional intelligence and positive affect outcomes, such as relaxation and happiness, and a negative correlation with adverse effect outcomes,

including anger, disgust, and sadness. This study also suggested that higher emotional intelligence might be associated with reduced stress related to COVID-19 (Adams-Sadiqi & Jiang, 2023).

Although several studies have investigated emotional intelligence in the context of parenthood, there needs to be more research focusing specifically on the emotional intelligence of single parents or single mothers. Furthermore, existing studies predominantly concentrate on children's perspectives, which cannot be incorporated into this work. However, it would be interesting to explore the relationship between emotional intelligence and parents' quality of life from their perspective. Previous research has indicated that emotional intelligence is a strong predictor of quality-of-life factors, including interpersonal communication, relationships, mood regulation, happiness, life satisfaction, and optimism (Ciarrochi et al., 2000; Ciarrochi et al., 2001; Mayer et al., 2008; Mayer & Salovey, 1995).

Objectives

The objectives of the study are:

- To study and compare the level of emotional intelligence between single parents and partnered parents
- To study and compare the quality of life and emotional intelligence between single parents and partnered parents
- To find out the correlation between the quality of life and emotional intelligence among parents

Hypotheses

The proposed hypotheses of the study are:

- **Ho1.** There is no significant difference between Single parents and partnered parents in their emotional intelligence.
- **Ho2.** There is no significant difference between Single parents and partnered parents in their quality of life.
- **Ha1.** There would be an association between quality of life and emotional intelligence among parents.

METHODS

Research Design

This study is based on correlational and comparative research design.

Samples

This study used a survey method using questionnaires as a tool to acquire the data. A sample of 40 single parents and 60 parents from the U.P. and Bihar were selected through purposive sampling. Following inclusion and exclusion criteria were followed during the selection of the sample.

- ***Inclusion criteria for the single parent:***

Participants must have single-parent status due to any reason since minimum last five years.

The age range of the parents must be between 25 to 50 yrs.

They should have at least one child/children age ranging from 6-18 years.

Must be able to comprehend and respond to the questionnaire items.

They have no history of any significant physical or mental illness.

- ***Inclusion criteria for the Partnered parent:***

Participants must have the partnered parent status.

The age range of the parents must be between 25 to 50 yrs.

They should have at least one child/ children age ranging from 6-18 years.

Must be able to comprehend and respond to the questionnaire items.

They have no history of any significant physical or mental illness.

- ***Exclusion criteria:***

Subjects who are not cooperative with the study

Instruments

- ***Personal and Socio Demographical Data Sheets*** were used to obtain information about the participants' sociodemographic characteristics, including age, gender, education, area of habitat, state, parenting status, Duration of Parenting in Years, monthly income, source of income, area of habitat, number of children and social support system.

- **WHO Quality of Life (QOL) BREF scale (1995)** is a widely-used questionnaire that assesses an individual's subjective perception of their quality of life. It is a shortened version of the original WHOQOL-100 questionnaire and consists of 26 items that measure four domains: physical health, psychological health, social relationships, and environment. This scale has been found to have high reliability, with internal consistency coefficients ranging from 0.70 to 0.90 for each domain. Test-retest reliability coefficients range from 0.69 to 0.80, indicating that the questionnaire produces consistent results over time. The WHOQOL-BREF scale has been found to have good construct validity, with each domain measuring a distinct aspect of quality of life. The questionnaire has also been found to have good convergent validity, correlating well with other quality-of-life measures and related constructs.
- **Emotional Intelligence Scale** developed by Dr. Arun Kumar Singh & Dr. Shruti Narain (2014) is a self-report questionnaire designed to assess emotional intelligence. It measures emotional intelligence in 4 dimensions: (a) Understanding Emotions, (b) Understanding Motivation, (c) Empathy and (d) Handling relations. There are 31 items rated on a two-point scale. The test-retest reliability was calculated and found to be 0.86 alpha coefficients which were significant at the .01 level. The Concurrent validity was found to be 0.86, which was significant at the .01 level.

The Procedure of Data Collection

The study followed a rigorous process by establishing inclusion and exclusion criteria. Before data collection, participants provided informed consent, and efforts were made to establish a strong rapport while strictly adhering to ethical guidelines. The research proceeded in two phases, with the first phase involving collecting sociodemographic information and the second phase focusing on administering selected assessment tools. Suitable statistical techniques were employed to analyse the data, ensuring a robust analysis of the collected information.

Result

The findings in Table 1 highlight notable distinctions between single parents and partnered parents across various factors, including education levels, gender distribution, sources of income, and average monthly income. Single parents exhibited lower educational attainment than partnered parents ($p = 0.021^*$). Among single parents, 30% had completed high school, 30% had intermediate education, 27.50% were college graduates, and 12.50% held

postgraduate degrees. Conversely, partnered parents had 18.33% high school graduates, 15% intermediate graduates, 28.33% college graduates, and 38.33% postgraduates. Furthermore, there was a significant gender distribution disparity between single parents and partnered parents ($p < 0.005^{**}$). Single parents were predominantly female (90%), whereas partnered parents had a more balanced distribution of 65% females and 35% males. Regarding income sources, single parents and partnered parents differed significantly ($p < 0.001^{**}$). Among single parents, 67.50% relied on self-employment, 20% received support from family, and 12.50% depended on other income sources. In comparison, 53.33% of partnered parents were self-employed, while 46.67% relied on their family for income. The analysis of average monthly income revealed that single parents more frequently experienced lower income levels than partnered parents ($p < 0.001^{**}$). For single parents, 85% had an average monthly income below twenty thousand, 10% had an income ranging from twenty to fifty thousand, 2.50% earned between fifty thousand and 1 lakh, and 2.50% exceeded 1 lakh. Conversely, among partnered parents, 43.33% earned less than twenty thousand monthly, 16.67% earned between twenty and fifty thousand, 18.33% earned between fifty thousand and 1 lakh, and 21.67% exceeded 1 lakh. In summary, the outcomes outlined in Table 1 emphasise that single parents generally possess lower education levels, a higher proportion of females, a greater reliance on self-employment for income, and are more prone to experiencing lower income levels than partnered parents. These disparities were statistically significant ($p < 0.001^{**}$ for income-related factors and $p < 0.021^*$ for education levels).

Table 1: Sociodemographic & Personal Characteristics of the Sample

<u>Demography</u>		<u>Group 1</u> <u>(Single Parents)</u> <u>(N-40)</u>	<u>Group 2</u> <u>(Partnered</u> <u>Parents)</u> <u>(N-60)</u>	<u>t/x²</u>	<u>Significance</u>
		<u>M±SD</u>	<u>M±SD</u>		
Age		40.58 ± 6.15	39.87 ± 6.93	t=0.60	0.55
Gender	Female	36 (90%)	39 (65%)	x ² = 8.00	0.01^{**}
	Male	4 (10%)	21 (35%)		
Education Level	10 th	12 (30%)	11 (18.33%)	x ² =9.72	0.02[*]
	12 th	12 (30%)	9 (15%)		
	Graduation	11 (27.50%)	17 (28.33%)		

	Post-Graduation	5 (12.50%)	23 (38.33%)		
Area of Habitat	Urban	29 (72.50%)	48 (80%)	$\chi^2= 1.21$	0.54
	Semi-Urban	4 (10%)	6 (10%)		
	Rural	7 (17.50%)	6 (10%)		
State	U.P.	34 (85%)	58 (96.67%)	$\chi^2= 4.44$	0.11
	Bihar	3 (7.50%)	1 (1.67 %)		
	Delhi	3 (7.50%)	1 (1.67%)		
Duration of Parenting in Years	0 to 5 years	3 (7.50%)	2 (3.33%)	$\chi^2= 0.89$	0.64
	5 to 10 years	10 (25%)	15 (25%)		
	10 years and above	27 (67.50%)	43 (71.67%)		
Source of Income	Self	27 (67.50%)	32 (53.33%)	$\chi^2=13.06$	0.001**
	Family	8 (20%)	28 (46.67%)		
	Other	5 (12.50%)	0		
Economic Status	0 to 20000	34 (85%)	26 (43.33%)	$\chi^2=19.02$	0.001**
	20000 to 50000	4 (10%)	10 (16.67%)		
	50000 to 1 Lakh	1 (2.50%)	11 (18.33%)		
	1 Lakh and above	1 (2.50%)	13 (21.67%)		
Social Support System	Present	23 (57.50%)	35 (58.33%)	$\chi^2= 0.01$	0.55
	Absent	17 (42.50%)	25 (41.67%)		

** $p < .01$ * $p < .05$

The findings from Table 2 revealed no significant differences in emotional intelligence domains between single parents and partnered parents. Regarding understanding emotions, single parents had a mean score of 3.02 ± 0.97 , slightly higher than 2.92 ± 1.11 for partnered parents. However, this difference was insignificant ($t = 0.50$, $p = 0.62$). Similarly, the scores for understanding Motivation showed no significant disparity, with single parents scoring 5.37 ± 1.70 and partnered parents scoring 5.78 ± 1.52 ($t = 1.25$, $p = 0.21$). The domain of empathy also demonstrated comparable scores, as single parents scored 7.32 ± 1.46 and partnered parents scored 7.73 ± 1.78 , without statistical significance ($t = 1.20$, $p = 0.23$). Handling relations showed similar results, with single parents scoring 6.77 ± 1.46 and partnered parents scoring 6.93 ± 1.49 ($t = 0.52$, $p = 0.60$). Finally, the overall emotional intelligence score (E.I. Total) was 22.50 ± 4.30 for single parents and 23.37 ± 4.70 for partnered parents, demonstrating no significant difference between the groups ($t = 0.93$, $p = 0.35$). In summary, these findings suggest no substantial disparities in emotional intelligence domains between single parents and partnered parents, indicating comparable emotional intelligence skills in both groups.

Table 2: Comparison of Single Parents and Partnered Parents in the Emotional Intelligence Domains

<u>Domains</u>	<u>Group 1</u> <u>(Single Parents)</u> <u>(N-40)</u>	<u>Group 2</u> <u>(Partnered</u> <u>Parents)</u> <u>(N-60)</u>	<u>t</u>	<u>Significanc</u> <u>e</u>
	<u>M±SD</u>	<u>M±SD</u>		
Understanding Emotions	$3.02 \pm .97$	2.92 ± 1.11	$t = .50$	0.62
Understanding Motivation	5.37 ± 1.70	5.78 ± 1.52	$t = 1.25$	0.21
Empathy	7.32 ± 1.46	7.73 ± 1.78	$t = .120$	0.23
Handling Relations	6.77 ± 1.46	6.93 ± 1.49	$t = .52$	0.60
E.I. Total	22.50 ± 4.30	23.37 ± 4.70	$t = .93$	0.35

The results presented in Table 3 demonstrate a comparison between single parents (Group 1, N=40) and partnered parents (Group 2, N=60) across multiple quality-of-life domains. The

findings indicate significant differences between the two groups in various domains. Partnered parents consistently reported a significantly higher overall perception of quality of life ($M=3.77$, $SD=.93$) compared to single parents ($M=3.15$, $SD=1.05$), with a significant t -value of 3.09 ($p=0.003^{**}$). Findings suggest that partnered parents generally assess their overall quality of life more positively. Furthermore, in terms of the overall perception of health, partnered parents ($M=3.70$, $SD=.98$) scored significantly higher than single parents ($M=3.17$, $SD=1.26$), with a t -value of 2.34 ($p=0.02^{*}$). Results indicate that partnered parents perceive their health better than single parents. Upon closer examination of specific domains, partnered parents scored higher in physical health ($t=2.48$, $p=0.015^{**}$), social relationships ($t=2.88$, $p=0.005^{**}$), and the environment ($t=3.45$, $p=0.001^{**}$) compared to single parents. These findings suggest that partnered parents experience better physical health, more satisfying social relationships, and a more favourable environmental context than single parents.

However, no significant differences between single and partnered parents were observed in the psychological domain ($t=1.35$, $p=0.18$). Findings suggest that both groups may have similar levels of psychological well-being. The total quality of life score for single parents ($M=83.37$, $SD=18.24$) was significantly lower than that of partnered parents ($M=93.68$, $SD=14.99$), with a t -value of 3.09 and a p -value of 0.003^{**}. Results indicate that partnered parents, as a whole, tend to have a higher overall quality of life compared to single parents. These findings suggest that partnered parents generally report a higher quality of life across various domains, including overall quality of life, perception of health, physical health, social relationships, and the environment, compared to single parents. These results highlight the potential benefits of having a partner in various aspects of parents' well-being and emphasise the importance of social support and environmental factors in shaping individuals' overall quality of life.

Table 3: Comparison of Single Parents and Partnered Parents on the Quality-of-Life Domains

<u>Domains</u>	<u>Group 1</u> <u>(Single Parents)</u> <u>(N=40)</u>	<u>Group 2</u> <u>(Partnered</u> <u>Parents)</u> <u>(N=60)</u>	<u>t</u>	<u>Significanc</u> <u>e</u>
	<u>M±SD</u>	<u>M±SD</u>		

Individual's overall perception of quality of life	3.15 ± 1.05	3.77 ± .93	t = 3.09	0.003**
Individual's overall Perception of their health	3.17 ± 1.26	3.70 ± .98	t = 2.34	0.02*
Physical Health	22.85 ± 5.80	25.42 ± 4.53	t = 2.48	0.015**
Psychological	20.15 ± 4.58	21.35 ± 4.22	t = 1.35	0.18
Social Relationship	9.65 ± 3.08	11.13 ± 2.07	t = 2.88	0.005**
Environment	24.40 ± 5.87	28.32 ± 5.36	t = 3.45	0.001**
Quality of Life (Total)	83.37 ± 18.24	93.68 ± 14.99	t = 3.09	0.003**

****** $p < .01$

***** $p < .05$

Table 4 presents the correlational analysis between various domains of quality of life (QoL) and emotional intelligence (EI) domains among parents. Each cell in the table represents the correlation coefficient between the corresponding domains. The correlational analysis helps to understand the relationships and associations between different aspects of quality of life and emotional intelligence. Starting with quality-of-life domains, the Individual's overall perception of quality of life (IOQOL) showed a positive and significant correlation with all other quality of life domains ($p < 0.01$), indicating that higher overall quality of life is associated with higher scores in Individual's overall perception of their health (IOPH), psychological (PSY), social relationships (SR), environment (ENI), and the total quality of life (QOLT). Moving to the emotional intelligence domains, Understanding Emotions (UE) and Understanding Motivation (UM) did not show any significant correlations with the Individual's overall perception of quality of life and Individual's overall perception of their health, suggesting that these specific aspects of emotional intelligence are not strongly associated with the overall quality of life among parents. However, the Empathy (E) and Handling Relationships (HR) domains demonstrated significant positive correlations with several quality-of-life domains. Empathy (E) had significant positive correlations with Individual's overall perception of their health (IOPH), psychological (PSY), social relationships (SR), and total quality of life (QOLT) ($p < 0.01$). Handling Relationships (HR) also showed significant positive correlations with psychological (PSY), social relationships

(SR), and the total quality of life (QOLT) ($p < 0.05$ and $p < 0.01$). In terms of emotional intelligence total scores (EIT), they exhibited significant positive correlations with all quality-of-life domains (IOQOL, IOPH, PSY, SR, ENI, and QOLT) ($p < 0.01$), indicating that higher emotional intelligence overall is associated with higher scores in different aspects of quality of life. In summary, the correlational analysis highlights that emotional intelligence, specifically the domains of Empathy (E), Handling Relationships (HR), and the overall emotional intelligence score (EIT), are significantly associated with various domains of quality of life among parents. These findings suggest that emotional intelligence plays a role in influencing different aspects of parents' well-being, including physical health, psychological, social relationships, and environmental.

Table 4: Association Between Various Domains of Quality of Life and Various Domains of Emotional Intelligence Among Parents

	1	2	3	4	5	6	7	8	9	10	11
Quality of Life											
IOQ	-										
OL											
IOPH	.463	-									
	**										
PH	.332	.592	-								
	**	**									
PSY	.472	.401	.654	-							
	**	**	**								
SR	.333	.487	.695	.642	-						
	**	**	**	**							
ENI	.503	.417	.695	.782	.706	-					
	**	**	**	**	**						
QOL	.537	.595	.878	.860	.852	.909	-				
T	**	**	**	**	**	**					
Emotional Intelligence											
UE	-.027	-.052	.060	.185	.122	.124	.122	-			

UM	.190	.172	.269	.425	.431	.365	.406	.314	-	
			**	**	**	**	**	**		
E	.157	.157	.356	.344	.511	.444	.448	.382	.548	-
			**	**	**	**	**	**	**	
HR	.086	-.004	.096	.180	.293	.238	.207	.484	.471	.602
					**	*	*	**	**	**
EIT	.146	.105	.270	.377	.463	.398	.403	.640	.779	.844
			**	**	**	**	**	**	**	**

Note. IOQOL = Individual's overall perception of quality of life, IOPH = Individual's overall perception of their health, PH = Physical Health, PSY = Psychological, SR = Social Relationship, ENI = Environment, QOL=WHOQOL-BREF Overall Score, UE = Understanding Emotion, UM = Understanding Motivation, E = Empathy, HR = Handling Relationship, EIT= Emotional Intelligence Overall Score

**** $p < .01$**

*** $p < .05$**

Discussion

The present study compared single and partnered parents' emotional intelligence (EI) and quality of life. Consistent with previous research, the results indicated that single parents, particularly single mothers, experienced lower quality of life than married or partnered parents (Kim & Kim, 2020; Cook et al., 2009; Hernandez et al., 2009). This disparity can be attributed to various factors, including financial stress, limited social support, and higher levels of depression experienced by single parents (Lee et al., 2013; Shin, 2013; Coyne, 2003). Financial satisfaction and physical health status contribute significantly to psychological distress among single mothers (Lee et al., 2013). Furthermore, parenting responsibilities and family survival often hindered single mothers from caring for their health, resulting in lower quality of life (Shin, 2013). The findings emphasise the need for targeted interventions and support systems to address the unique challenges faced by single parents and improve their quality of life.

Regarding emotional intelligence, the current study examined its domains in single parents and partnered parents. No significant differences were found between the two groups regarding understanding emotions, understanding Motivation, empathy, handling relations, and overall emotional intelligence score. Previous studies have also highlighted the importance of emotional intelligence in reducing stress and enhancing well-being (Slaski & Cartwright, 2003; Jung et al., 2019). These results suggest that being a single parent does not

necessarily impair an individual's emotional intelligence compared to being in a partnered relationship. However, it is essential to note that both single parents and partnered parents in this study exhibited relatively low levels of emotional intelligence across all domains. This finding is consistent with previous research indicating low emotional intelligence levels among parents in general (Go & Palacol, 2015). The low emotional intelligence observed in this study may have implications for parental well-being and the quality of parent-child interactions.

The results demonstrated that single parents reported significantly lower perceptions of overall quality of life, overall health, physical health, social relationships, and environment compared to partnered parents (Table 3). These findings support previous research indicating that single parents experience a lower quality of life, higher levels of depression, and limited social support (Kim & Kim, 2020; Cook et al., 2009; Hernandez et al., 2009). The association analysis between quality of life and emotional intelligence revealed significant positive correlations across various domains (Table 4). These findings align with previous research indicating that emotional intelligence is a strong predictor of various quality-of-life factors, including interpersonal communication, relationships, mood regulation, happiness, life satisfaction, and optimism (Ciarrochi et al., 2000; Ciarrochi et al., 2001; Mayer et al., 2008; Mayer & Salovey, 1995). Enhancing emotional intelligence skills is a practical approach to improving parents' quality of life, including single parents.

Despite the valuable insights provided by this study, certain limitations should be acknowledged. First, the sample size was relatively small, which may limit the generalizability of the findings. Future research should include more extensive and diverse samples to enhance the external validity of the results. Additionally, the study focused solely on single parents, and the comparison with partnered parents may only partially capture single parenthood's complexities and unique experiences. Future research should consider including a more diverse sample and explore the specific challenges single parents face in more detail.

Conclusion

In conclusion, this study contributes to the existing literature by examining the relationship between emotional intelligence and the quality of life of single parents compared to partnered parents. The findings suggest that single parents experience a lower quality of life than partnered parents. However, both groups do not show any significance in emotional

intelligence. Enhancing emotional intelligence skills may hold promise in improving parents' quality of life, particularly single parents. Further research is needed to explore effective interventions and support systems that can enhance emotional intelligence and well-being among single parents, ultimately improving their overall quality of life.

Implication

The study's findings suggest several implications: targeted support programs for single mothers, focusing on financial assistance and social support; enhancing emotional intelligence skills among parents; strengthening social support networks for single parents; implementing policy initiatives to address financial stress; and incorporating emotional intelligence components in parenting education programs. These implications provide strategies to improve the quality of life for single parents and their children. Further research is needed to develop comprehensive approaches in these areas.

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Conflicts of Interest

The authors declare no conflict of interest.

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