

The Moderating Role of Emotional Intelligence between Inter-Parental Conflicts and Loneliness in Male and Female Adolescents

Syeda Hafsa, Muhammad Aqeel, & Kanwar Hamza Shuja

Abstract

Background: Previous studies suggested a link among loneliness, inter-parental conflict and emotional intelligence in adolescents. Most researches, however, have tended to emphasis on children's shy behavior in considering the effects of emotional intelligence on inter-parental conflict. This present cross-sectional study extends this body of study by considering the moderating role of emotional intelligence between inter-parental conflicts and loneliness in male and female adolescents.

Methods: Purposive sampling technique was used bases on cross-sectional study design. 201 participants with age ranged from 12 to 18($M=15.00$, $SD=.03$) was selected from different school of Rawalpindi and Islamabad, Pakistan. Three tools were used to assess emotional intelligence, inter-parental conflicts and loneliness in adolescents.

Results: The study findings revealed that inter-parental conflicts was positively related to loneliness for male adolescents. Furthermore, conflict properties of frequency, intensity, resolution, perceived threat, coping efficacy, triangulation, stability subscales of inter-parental conflicts were positively associated with loneliness for male adolescents. However, emotional intelligence was also positively associated with loneliness for male adolescents. Whereas study revealed that a significant relationship between the conflict properties of perceived threat and emotional intelligence for female adolescents but conflict properties of triangulation was associated with loneliness for female adolescents. The results demonstrated that emotional intelligence moderated on the relationship between inter-parental conflicts and loneliness in male and female adolescents.

Conclusions: The study suggested that male can get more benefit by addressing inter-parental conflicts. It would be helpful for the pedagogical settings and also helpful in clinical settings to resolve the conflict of male adolescents through emotional intelligence.

Keywords: Emotional intelligence, inter-parental conflicts, and loneliness.

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Background

At early stages of adolescence individuals experience not only fervent physical, emotional and cognitive changes, but also have changes in terms of their societal views regarding proper behavioral patterns and preparations for taking on future adult roles (Sessa, Avenevoli, Steinberg, & Morris, 2001). This adaptation from childhood to adolescence can be a challenging phase for many of these young adolescents as they experience various different psychological and behavioral problems without facing any major difficulties (Steinberg & Morris, 2001). Likewise, one of these main mediators of socialization in society are families. As families play an essential role in the development of many personality traits of these young adolescents (Butt, Asif, Yahya, Fazli, & Hania, 2014). However, in many of these families, intra-family conflicts prevail and such conflicts between husband and wife may have an everlasting impact on the children in many possible ways. Parental conflicts in children's presence can notably contribute to various psychological issues in children like parental dismissal and ignorance which in turn may lead to different emotional and behavioral problems in children (Erath & Bierman, 2006; Vairami & Vorria, 2007).

In their theory of inter-parental conflicts and child development Grych and Fincham (1990) noted that intense parental conflicts are associated with difficulties in social and personal development of children and adolescents. Additionally, they identified four imperative features of inter-parental conflict for determining the outcomes and behavioral disturbances of adolescents which were frequency, intensity, content, and resolution (Grych & Fincham, 1990). However, later studies included mode or style of conflict and the chronicity of conflict in this list of features (Davies & Cummings, 1994; Cummings et al., 2006).

Several studies in recent years have indicated that children and adolescents who experience more frequent, intense, or threatening kind of inter-parental conflicts are all predictive of maladjustment and psychological disturbances (Hetherington, Cox, & Cox, 1985; Long, Forehand, Fauber, & Brody, 1987; Howes & Markman, 1989; Grych, Seid, & Fincham, 1992; O'Leary, Malone, & Tyree, 1994; Cooney & Kurz, 1996; Kerig, 1996; Osborne & Fincham, 1996; Harrist & Ainslie, 1998; Hayashi & Strickland, 1998; Grych & Fincham, 2001; Cummings & Davies, 2002; Davies et al., 2002; Erath & Bierman, 2006; Vairami & Vorria, 2007). Moreover, many similar studies of inter-parental conflicts have found that the two main aspects of inter-parental conflicts i.e., perceived threat and self-blame both are associated with feelings of anger, sadness, worry, and shame in children and adolescents (Jones, Hobbs, & Hockenbury, 1982; Grych & Fincham, 1993; Neighbors, Forehand, & Bau, 1997; Krishnakumar, Buehler, & Barber, 2003).

While other studies revealed that intense inter-parental conflicts is a major source of stress in the lives of children and can be responsible for developing clinical pathologies and behavioral disturbances during adolescence or later in life of such children (Emery, 1982;

Howes & Markman, 1989; Grych & Fincham, 1990; Reid & Crisafulli, 1990; Collins & Laursen, 1992; Harold & Conger, 1997; Neighbors et al., 1997; Ingoldsby, Shaw, Owens, & Winslow, 1999; Frosch & Mangelsdorf, 2001; Davies et al., 2002; Grych, Raynor, & Fosco, 2004; Vandervalk, Spruijt, De Goede, Meeus, & Maas, 2004; Cummings, Schermerhorn, Davies, Goeke-Morey, & Cummings, 2006; Bradford, Vaughn, & Barber, 2008; Rhoades, 2008; Xin, Chi, & Yu, 2009; Butt et al., 2014).

Studies on gender differences have observed a contrasting difference between male and female adolescents who have experienced inter-parental conflict and have found significant relationships with various personality and social difficulties like depression, loneliness, aggression, subsequent poor social adjustment etc. (Harold & Conger, 1997; Cox, Paley, Payne, & Burchinal, 1999; Cummings & Davies, 2002; Klahr, McGue, Iacono, & Burt, 2011; Siffert, Schwarz, & Stutz, 2012). Where some studies suggested that male subjects display more externalizing behavioral problems such as breaking of rules, aggression and misbehaviors whereas female subjects displayed more internalizing behaviors such as depression, anxiety, somatic symptoms and withdrawn (Formoso, Gonzales, & Aiken, 2000; Ciarrochi, Chan, & Bajgar, 2001; Besser & Blatt, 2007; Hughes & Gullone, 2008; Alegre & Benson, 2010). Other evidences from such studies also implied that males were more sensitive to parental conflicts but females get more caught up in such conflicts. Additionally, adolescent females showed no significant effect on perception of inter-parental conflicts whereas adolescent males displayed notable effect (Erel & Burman, 1995; Davies & Lindsay, 2004; Else-Quest, Hyde, Goldsmith, & Van Hulle, 2006; Butt et al., 2014).

Furthermore, studies have also established that improvements in child behavior were observed following the ending of high-conflict marriages. Nevertheless, children whose parents remained in high conflict relationships demonstrated poorer outcomes (Amato & Booth, 1996; Block, Block, & Morrison, 1981; Amato & Sobolewski, 2001; Cowan & Cowan, 2002; Wilson & Gottman, 2002; Peris & Emery, 2004; Musick & Meier, 2010). Based on all these findings it's been speculated that in the context of family, children's emotional security is derived from the quality of parents marital and parent child relationship (Cummings, Zahn-Waxler, & Radke-Yarrow, 1981; Marvin & Stewart, 1990; BYNG-HALL, 1995; Davies et al., 2002; Cummings et al., 2006).

Adolescence period is of most difficult and crucial for children as they are more sensitive to emotions at this time. This transitional stage from children to adolescents is considered to be very stimulating. Positive influences during this period can lead to healthy personality, whereas negative influences can lead to social adjustment problems. A strong relationship with both family and friends is very vital for a healthy social and emotional development. Especially parent's inter-relationship which is most crucial as that is how children learns about relationship and bonding with others and a conflicting relationship can lead such children to loneliness. This relationship is more significantly important in collectivistic cultures such as that of Pakistan

where children are totally dependent on their parents.

Based on the recent growing interest in emotional intelligence and its possible role between inter-parental conflict and loneliness. The present study aims to find that whether loneliness occurs more in male adolescents or female adolescents who have experienced inter-parental conflicts. Additionally, the study also endeavors to explore the role of emotional intelligence between inter-parental conflicts and loneliness in Pakistani adolescents. This study would be very useful for clinical settings as male and female can get several psychological and social benefits. Also, it would be helpful for the pedagogical settings as it can help in understanding the extent and prevalence of psycho-social issues due to inter-parental conflicts in Pakistani culture.

Method

Design

Purposive sampling technique was used based on cross-sectional study design.

Objectives

1. To explore the relationship of inter-parental conflicts, emotional intelligence and loneliness among Pakistani male and female adolescents.
2. To investigate the moderating role of emotional intelligence between the conflict properties of inter-parental conflicts, loneliness among Pakistani male and female adolescents.
3. To study the differences in gender on inter-parental conflicts, loneliness emotional intelligence among Pakistani male and female adolescents.

Hypotheses

1. There is a negative relationship between inter-parental conflicts and loneliness among Pakistani male and female adolescents.
2. There is a negative relationship between the conflict properties of inter-parental conflicts and loneliness among Pakistani male and female adolescents.
3. There is a negative impact of the emotional intelligence and loneliness among Pakistani male and female adolescents.

Participants

201 participants (male, $n = 116$; female, $n = 85$) with age ranged from 12 to 18 ($M = 15.00$, $SD = .03$) was selected from different schools of Rawalpindi and Islamabad, Pakistan.

Inclusion criteria. Though no strict criteria were set for the present sample the few that were set included students 1) currently enrolled in college, 2) ranged in the adolescent criteria as suggested by UNICEF, 3) were mentally capable of taking part in the study, and 4) were living with their parents.

Exclusion criteria. Likewise, those students were excluded from the current study who were 1) not enrolled in of colleges, 2) did not meet the adolescents age criteria, 3) were not mentally capable of taking part in the survey, and 4) were not living with their parents or whose

parents were divorced.

Measures

Children's Perception of Inter-parental Conflict Scale (CPIC). Children's Perception of Interparental Conflicts (CPIC) scale was developed by Fincham F.D. in 2013. The scale is comprised of 51 items with nine subscales. The nine subscales are Frequency, Intensity, Resolution, Content, Perceived threat, Coping efficacy, Self-blame, Triangulation and stability. The items of frequency subscale are basically 1, 10, 16, 20, 29, 37. The items of intensity subscale items are 5, 14, 24, 33, 38, 40, 45. The items of resolution subscale are 2, 11, 21, 30, 41, 48. The items of content subscale are 3, 22, 31, 39. The items of perceived threat subscale are 7, 17, 26, 35, 42, 47. The items of coping efficacy subscale are 6, 15, 25, 34, 46, 51. The items of self-blame subscale are 9, 19, 28, 43, 50. The items of triangulation subscale are 8, 18, 27, 36, 44. And the items of stability subscale are 13, 23, 32, 49 (Fincham, 2013).

Wong and Law Emotional Intelligence Scale. It was developed by Wong and Law in 2002. It is a 16 item measure on the basis of 5 point likert scale (1 to 5; total disagree to total agree). The scale is comprised of four correlated scales, and each consists of four items, which are Self-Emotion Appraisal, Other's Emotion Appraisal, Use of Emotion, and Regulation of Emotion (Wong, Law, & Wong, 2004).

UCLA Loneliness Scale. The UCLA Loneliness Scale was developed by Russell in 1980. The scale is developed to assess the subjective feelings of loneliness and social isolation. The scale is a four point likert scale (1 to 4; "never" to "often"). The wording of the items and the response format has been simplified so that the less educated populations could get benefit from it from this most recent version of the scale (Russell, Peplau, & Ferguson, 1978; Russell, 1980).

Procedure

This present study was performed after an official approval from the ethical review committee of department of Psychology, Foundation University Islamabad. For current research data, 201 participants (male, $n = 116$; female, $n = 85$) with age ranged from 12 to 18 ($M = 15.00$, $SD = .03$) was selected from different schools of Rawalpindi and Islamabad, Pakistan. Additionally, since the children were under the age 18 they were given consent forms to be signed from their homes by their parents. Those whose parents signed the informed consent were included in the study. The research chief objectives and essence of current study were explained to the teachers and students along with their right to leave at any point of time they decide not to be part of the study. Moreover, the participants were assured that their identities would be kept confidential and would be used for the research purposes only. After all the teachers observing the research and students were satisfied the questionnaires were provided to all the participants along with demographic sheets. The researcher was requested all of those students to participate and try to complete the form. Only the students

Results

Table 1

Mean, standard deviations, alpha coefficient reliability and correlations between inter-parental conflicts, emotional intelligence and loneliness among Pakistani male and female adolescents (N=201)

Variable	M	SD	α	1	2	3
Male Students						
Inter-parental conflicts	87.58	20.38	0.90	-	-.591**	.103*
Loneliness	57.57	6.72	0.50		-	.048
Emotional intelligence	70.16	9.56	0.79			-
Female Students						
Inter-parental conflicts	101.94	11.91	0.65	-	-.03	.15
Loneliness	50.90	6.23	0.71		-	-.03
Emotional intelligence	72.29	12.45	.67			-

Note. * $p < .05$, ** $p < .01$

Table 2

Correlations between the conflict properties of Inter-parental conflicts, emotional intelligence and loneliness in male and female adolescents (N=201)

Variables	M	SD	α	1	2	3	4	5	6	7	8	9	10	11
<i>Frequency</i>	10.96	3.12	0.5		.83**	.66*	-.10	.82**	.12	.32**	.73**	.81**	.08	-.56**
<i>Intensity</i>	11.75	4.78	0.8	.36**		.65**	-.16	.83**	.05	.34**	.81*	.88**	.11	-.65**
<i>Resolution</i>	9.44	4.54	0.4	.18	.23*		-.09	.69**	.08	.32**	.64**	.61**	-.02	-.42**
<i>Content</i>	9.40	1.81	0.6	.25*	.01	.07		-.05	.12	.42**	-.18*	-.08	.03	.15
<i>Perceived threat</i>	9.66	4.04	0.8	.24*	.49**	.19	.30**		.11	.39**	.69**	.78**	.15	-.59**
<i>Coping efficacy</i>	11.79	1.68	0.1	.14	.29**	.37**	-.03	.29**		.12	-.01	.02	.11	.20*
<i>Self-blame</i>	10.38	1.46	0.1	-.01	.14	.30**	.24*	.21*	.29**		.36**	.32*	.15	-.03
<i>Triangulation</i>	6.50	2.73	0.6	.15	.26*	-.07	.18	.14	.26*	.11		.76**	-.01	-.59**
<i>Stability</i>	7.68	2.81	0.7	.34**	.460**	.02	.28**	.28**	.16	.20	.20		.07	-.62*
<i>Emotional intelligent</i>	70.16	9.56	0.7	.04	.12	.08	.11	.24*	.03	.19	-.18	.09		.04
<i>Loneliness</i>	57.5	6.72	0.5	-.14	-.07	.17	-.11	.01	.06	.16	-.20	-.05	-.01	

Note. * $p < .05$, ** $p < .01$

Table 3

Mean difference on conflict properties of Inter-parental conflicts, emotional intelligence and loneliness in male and female adolescents (N=201)

Variables	Male(n=116)		Female(n=85)		t(df)	P	CI 95%	
	M	SD	M	SD			UL	LL
<i>Frequency</i>	10.96	3.12	12.94	2.36	-4.8(199)	.00	-2.77	-1.18
<i>Intensity</i>	9.44	4.54	11.1	2.49	-3.0(199)	.00	-2.74	-.594
<i>Resolution</i>	11.7	4.78	16.4	2.36	-8.3(199)	.00	-5.83	-3.60
<i>Content</i>	9.40	1.81	8.65	2.45	2.4(199)	.01	.152	1.34
<i>Perceived threat</i>	9.66	4.04	11.9	2.97	-4.4(199)	.00	-3.34	-1.30
<i>Coping efficacy</i>	11.7	1.68	11.5	2.54	.86(199)	.38	-.331	.848
<i>Self-blame</i>	11.38	1.46	10.91	2.04	-2.1(199)	.03	-1.01	-.041
<i>Triangulation</i>	6.50	2.73	8.56	1.93	-5.9(199)	.00	-2.739	-1.37
<i>Stability</i>	7.68	2.81	9.76	2.35	-5.5(199)	.00	-2.82	-1.34
<i>Inter-parental conflicts</i>	87.5	20.38	101.9	11.91	-5.8(199)	.00	-19.23	-9.47
<i>Loneliness</i>	57.57	6.72	50.90	6.23	7.16(199)	.00	4.83	8.50
<i>Emotional intelligence</i>	70.16	9.56	72.29	12.45	-1.3(199)	.173	-5.19	.942

Table 4

The moderating role of emotional intelligence between loneliness and inter-parental conflicts in male and female adolescents (N=201)

	Male								
	Eltotal			CPICtotal			UCLAtotal		
	B	S.E	β	B	S.E	β	B	S.E	β
CPICtotal	.049	.044	.266						
UCLAtotal				-.199	.025	***			
Eltotal							.077	.053	.145
	Female								
	B	S.E	β	B	S.E	β	B	S.E	β
	B	S.E	β	B	S.E	β	B	S.E	β
	B	S.E	β	B	S.E	β	B	S.E	β
CPICtotal	.155	.113	.169						
UCLAtotal				-.018	.058	.756			
Eltotal							.002	.055	.974

Note. CPICtotal = Inter-parental conflicts, Eltotal= Emotional intelligence total, UCLAtotal=loneness.

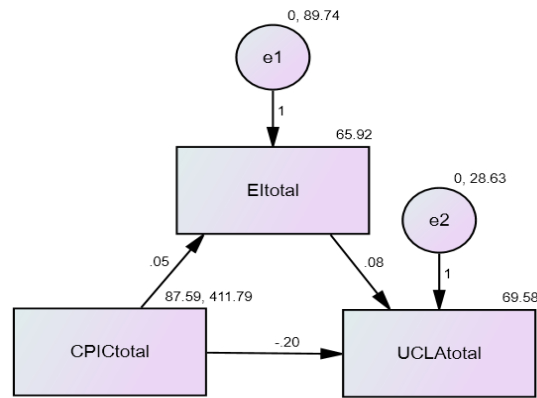


Figure 1. The moderating role of emotional intelligence between inter-parental conflict and loneliness in male adolescents.

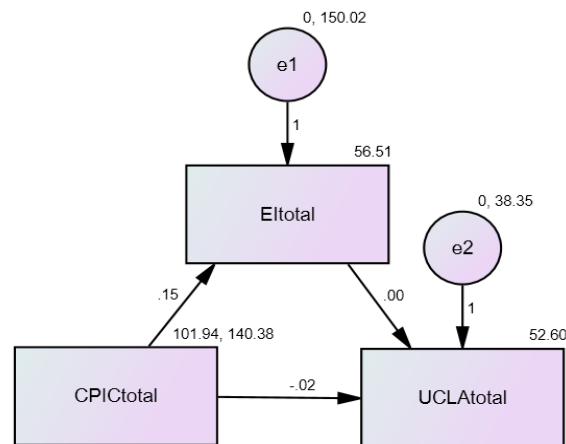


Figure 2. The moderating role of emotional intelligence between inter-parental conflict and loneliness in female adolescents.

who fulfilled the inclusion criteria were included. There was no fixed time limit for completing all the questionnaires.

Data Analysis

Once all the data was collected it was computed through SPSS-24 and AMOS. The demographic relevant to the present study was analyzed using descriptive analysis. Whereas other analysis included mean, standard deviations, alpha coefficient reliability, correlations, t-test, and moderation analysis.

Results

In Table 1, the following are the results based on the hypothesis and objectives of the current study. The results include mean, standard deviations, alpha coefficient reliability, correlations, t-test, and moderation analysis on a total sample of two hundred and one male and female Pakistani adolescents.

In Table 1, the results revealed that there is a significant negative relationship between inter-parental conflicts and loneliness, and there is no relationship between emotional intelligence among male adolescents. But there is a non-significant relationship between inter-parental conflicts and loneliness, and there is no relationship between emotional intelligence among female adolescents.

In Table 2, the results revealed that there is a

significant relationship between the conflict properties of frequency, resolution, intensity, perceived threat, coping efficacy, triangulation and stability and loneliness among male adolescents. There is a non-significant relationship between the conflict properties of inter-parental conflicts and loneliness among female adolescents.

In Table 3, the findings revealed all the differences of how much inter-parental conflicts influenced their adolescents. The conflict properties of inter-parental conflicts such as content, coping efficacy, and self-blame is more shown in male adolescents and less shown in female adolescents. The other conflict properties of inter-parental conflicts such as resolution, intensity, perceived threat, and triangulation are more shown in female adolescents than male adolescents. Male shown more loneliness rather than female adolescents and emotional intelligence is slightly high in female adolescents when they confronted inter-parental conflicts.

In Table 4, the conditional model represents the data sufficiently $\chi^2(6) = 54.720$, $p < .05$, $\chi^2/df = 4.559$, $RMSEA = .134$, $CFI = .000$, $NFI = .000$, $TLI = .000$. This study revealed that the inter-parental conflicts is significantly predicted loneliness ($\beta = -.018$, $p > .05$) among male adolescents. This study also revealed that the inter-parental conflicts is significantly predicted loneliness ($\beta = -.199$, $p < .05$) among female adolescents.

Discussion

Adolescence period is of most difficult and crucial for children as they are more sensitive to emotions at this time. This transitional stage from children to adolescents is considered to be very stimulating. Positive influences during this period can lead to healthy personality, whereas negative influences can lead to social adjustment problems. A strong relationship with both family and friends is very vital for a healthy social and emotional development. Especially parent's inter-relationship which is most crucial as that is how children learns about relationship and bonding with others and a conflicting relationship can lead such children to loneliness. This relationship is more significantly important in collectivistic cultures such as that of Pakistan where children are totally dependent on their parents.

For this reason, several aims were set for the present study including the first aim of the study to investigate the moderating role of emotional intelligence between interparental conflicts and loneliness among male and female adolescents. Next, the aim was to investigate the relationship between Inter-parental conflicts and loneliness among Pakistani male and female adolescents. Third aim was to investigate the relationship between the conflict properties of inter-parental conflicts and loneliness among Pakistani male and female adolescents. Moreover, the aim was to investigate the impact of emotional intelligence on loneliness among Pakistani male and female adolescents. Last aim of the study was to investigate the impact of the conflict properties of inter-parental conflicts on emotional intelligence among Pakistani male and female adolescents.

Regarding to the first objective and hypothesis of the study it was partially accepted. The results in the table 1 indicated that there was a significant relationship between inter-parental conflicts and loneliness for male adolescents ($\beta=0.00$, $p<.05$), whereas a non-significant relationship between inter-parental conflicts and loneliness for female adolescents ($\beta= .169$, $p>.05$). Previous studies also showed that high level of inter-parental conflicts leads to the loneliness, depression and poor social adjustment (Perry, Perry, & Kennedy, 1992; Koenig, Isaacs, and Schwartz, 1994; Cummings et al. 1994; Wentzel and Feldman and McKeown, 1996; Wentzel & Feldman, 1996; Harold & Conger, 1997) which were similar to the present study. Additionally, present study results also coincides with previous literature as adolescent females showed no significant effect on perception of inter-parental conflicts whereas adolescent males displayed notable effect (Erel & Burman, 1995; Davies & Lindsay, 2004; Else-Quest, Hyde, Goldsmith, & Van Hulle, 2006; Butt et al., 2014).

Regarding to hypothesis 2 of the study it was also partially accepted as the results in the Table 2 revealed that there was a significant relationship between the conflict properties of frequency, intensity, resolution, perceived threat, coping efficacy, triangulation, stability and loneliness for male adolescents ($\beta=0.00$, $p<.05$). Moreover, a significant relationship between the conflict properties of triangulation and loneliness for female adolescents was also observed ($\beta=0.04$, $p<.05$). The results of the table 2 study also revealed a non-significant relationship between the conflict properties of content, self-blame and loneliness among male and female adolescents ($p>.05$). These findings are in line with presidios studies that showed a positive effect of cognitive emotions on the dimension of self-blame of inter-parental conflicts on adolescents (Butt et al., 2014). Likewise, previous studies

have also shown that male display externalizing behaviors such as breaking of rules and shown aggression and females display more internalizing behaviors such as depression, guilt feelings and withdrawn behavior (Besser & Blatt, 2007; Ciarrochi, Chan, & Bajgar, 2001; Santesso, Reker, Schmidt, & Segalowitz, 2006; Hughes & Gullone, 2008).

Regarding to hypothesis 3 it was accepted for male adolescents, however, was rejected for female adolescents. The findings in the table 4 revealed that there is a significant relationship between emotional intelligence and loneliness for male adolescents ($\beta=0.05$, $p=.05$). Literature also suggest that parental conflicts have more effect on boys rather than girls that's why boys show more inappropriate behaviors. (Else-Quest et al., 2006; Butt et al., 2014). Whereas regarding to hypothesis 4 of the study it was accepted for female adolescents but was rejected for male adolescents. The results in the table 7, 8, 9,

10 and 11 shown that there is a significant relationship between the conflict properties of perceived threat and emotional intelligence for female adolescents ($\beta=0.01$, $p<.05$). Various previous studies have showed that intense interparental conflicts leads to stress and many clinical pathologies in adolescent time period and later in life (Emery, 1982; Howes and Markman, 1989; Reid & Crisafulli, 1990; Collins and Laursen, 1992; Grych and Fincham 1990; Harold and Conger, 1997; Ingoldsby, Shaw, Owens, & Winslow, 1999; Neighbors, Forehand, & Bau, 1997; Frosch & Mangelsdorf, 2001; Cummings and Davies 1994, 2002; Vandervalk, Spruijt, De Goede, Meeus, & Maas, 2004; Chi, 2005; Ybarra, Lange, Passman, & Fleming, 2006; Rhoades 2008; Butt et al., 2014).

Implementation of the present study

This study would be very essential for the clinical settings to resolve the inter-parental conflicts of Pakistani male and female adolescents. It would also be helpful for the pedagogical settings as this study explores the relationship of parents and children that how inter-parental conflicts effects their child's personality in many ways. Basically the present study gave many important suggestions for the family counsellors as well where they can get benefit from this study.

This study is very important for Pakistani society as well because in our society children remain dependent on their parents both economically and socially. That's why children may evaluate their parental conflicts as harmful towards themselves, and that leads to emotional and behavioral problems in and adolescents and later in life. In our society, continuous conflicts between parents is basically a source of severe stress in adolescent life where adolescent have to maintain their student life.

The present study focuses on the impact of emotional intelligence between inter-parental conflicts and loneliness. According to the results of the study, high level of inter-parental conflicts leads to loneliness in male adolescents. This study would be very helpful for adolescents with inter-parental conflicts.

Limitations and future recommendations

Though all necessary measures were taken to avoid any limitations, nevertheless few remained which are discussed as below.

1. Due to limited sample size the chances for the generalization of the study is not much. Future

studies should incorporate a larger sample to make the results more generalizable.

2. The sample was almost bound to Rawalpindi and Islamabad cities areas of Pakistan only. In future data should be collected from different cities for getting a richer data for the external validity of the results.
3. The present sample was only limited to adolescents in the present study and thus cannot be implied on other age groups. As there are chances that results of the study may vary for the different age groups. Henceforth, in future studies different age groups should be incorporated to observe the effect of age on the study variables.
4. The role of parents and siblings was not considered in the present study which was very essential. In future instruments should be used which can assess the role of parents and siblings with study variables to see the difference these roles cause.

Conclusion

The results of the study revealed that inter-parental conflicts acts as a main factor in developing loneliness among Pakistani male adolescents. This means parental conflicts have more drastic effect on Pakistani males rather than females. The results also revealed that a significant relationship between the conflict properties of frequency, intensity, resolution, perceived threat, coping efficacy, triangulation, stability and loneliness for male adolescents only, and a significant relationship between the conflict properties of triangulation and loneliness for female adolescents. Additionally, males use coping strategies to cope up when they feel helpless because of their parental conflicts and parental conflicts takes serious effect on their personality due to.

The study also revealed a significant relationship between emotional intelligence and loneliness for male adolescents suggesting that there was an extreme effect of inter-parental conflicts. In short, male adolescent can get more benefit by addressing their inter-parental conflicts. As the study showed that there is more effect of inter-parental conflict on male adolescent rather than female adolescent and male adolescent also develop loneliness. So, this study would be very essential for clinical settings as it can devise interventions and strategies to incorporate more emotional intelligence in Pakistani male adolescent to deal with their inter-parental conflicts effectively.

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Ethical Consideration

The study was approved by the Foundation University Islamabad. Consent Form was taken before taking data and participants were asked to take voluntary participation. It was also informed to the participants that there is no harm and their data will be kept confidential.

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Availability of data and materials

The data sets used and analyzed during the current study are available from the corresponding author on reasonable request.

Authors' contributions/Author details

Miss Syeda Hafsa Syed performed the main study under the supervision of Muhammad Aqeel. Syeda Hafsa Syed and Muhammad Aqeel wrote the article under the guidelines of Nature-Nurture Journal of Psychology.

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Ethics declarations

Ethics approval and consent to participate

This study was approved by the Institutional Review Board (Foundation University Islamabad). A written informed consent was obtained from all participants.

Consent for publication

Not applicable.

Competing interests

The authors declare to have no competing interests.

Additional Information

Not applicable.

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