The Influence of Emotional Intelligence and Effective Communication on Interpersonal Relationship Quality and Life Satisfaction in Indonesia

Rachmi[1], Aswati Asri[2], Sa'diyah[3], Patriandi Nuswantoro[4], Sabil Mokodenseho[5]

[1] STIT Misbahul Ulum Gumawang
[2] Bahasa dan Sastra Indonesia FBS, Universitas Negeri Makassar
[3] Universitas Muhammadiyah Jakarta
[4] Universitas Gajah Putih
[5] Institut Agama Islam Muhammadiyah Kotamobagu

Article Info

ABSTRACT

This study examines the complex relationships between interpersonal relationship quality (IRQ) and life satisfaction (LS) among people in Indonesia, with a focus on the roles played by emotional intelligence (EI) and effective communication (EC). Structural Equation Modeling with Partial Least Squares (SEM-PLS) was used as a quantitative method to examine the associations between the variables in a sample of 210 people. The findings show strong and favorable correlations: EC and EI have a positive impact on LS and IRQ. A number of fit indices indicate the structural model's satisfactory fit, and the blindfolding test confirms the model's predictive ability. The results indicate that, in the Indonesian setting, developing emotional intelligence and effective communication skills may lead to improved interpersonal connections and a higher quality of life.

Corresponding Author:

Name: Rachmi
Institution: STIT Misbahul Ulum Gumawang
Email: rachmi@stitmugu.ac.id

1. INTRODUCTION

Relationships with other people are essential to human existence because they affect people's general happiness and well-being. The complex interactions that exist between emotional intelligence and effective communication in these relationships have been the subject of psychological research [1]. Research has examined the intricacy and impact of interpersonal communication in work environments, emphasizing its critical function in job satisfaction and performance [2]. Furthermore, studies have looked at how interpersonal connections grow in a variety of circumstances, including organizational settings, education, counseling, and medical treatment [3]. Additionally, studies have looked into the abilities required to strengthen bonds and establish connections in both personal and professional spheres [4]. The complexity of interpersonal emotion dynamics has also been highlighted by research on the efficacy of interpersonal emotion regulation techniques in enhancing emotional and relational well-being [5].

The quality of interpersonal relationships is greatly influenced by

communication abilities and emotional intelligence [6]. The literature now in publication highlights these parameters' importance in a variety of settings. For example, Oliveira et al. [7] investigate how interpersonal connections in small businesses are affected by internal communication, emphasizing the function of emotional intelligence in encouraging involvement and strategic behaviors [8]. There is a favorable correlation between emotional intelligence and the capacity to form emotional connections, according to Shapoval and Zhyvaho's [9] investigation into the dynamics of emotional intelligence in the development of communication characteristics among psychologists. In their investigation of students' interpersonal competency within a Business English study program, Novia and Wello [10] highlight the value of strong interpersonal abilities in teamwork. In her discussion of the COVID-19 pandemic's effects on interpersonal relationships, Valueva [11] emphasizes the importance of emotional self-control under trying conditions. According to Suprayogi [12], there is a strong correlation between high school students' interpersonal communication and emotional intelligence, indicating that raising emotional intelligence can help with communication. In the particular sociocultural context of Indonesia, this study aims to investigate the connections among emotional intelligence, effective communication, the quality of interpersonal relationships, and life satisfaction.

Interpersonal dynamics in Indonesia are significantly influenced by emotional intelligence and effective communication due to the collective nature of the country, which is based on familial bonds and communal ideals [13]. With over 300 distinct ethnic groups, each with unique traditions and customs, Indonesia is a multicultural nation [14]. Effective intercultural communication in Indonesia requires an understanding of the cultural norms, communication styles, and customs of these many ethnic groups [15]. Furthermore, it has been established and verified that the Indonesian version of the Interpersonal Needs Questionnaire (INQ-15)

is a valid and trustworthy instrument for assessing interpersonal needs in Indonesian teenagers and young adults [16]. However in Indonesia's patriarchal society, men's experiences and expectations in romantic relationships are often overlooked in academic debate [17]. Furthermore, in Indonesian society, being single can be interpreted as a sign of poor judgment from others and a sensitivity to peer pressure to fit in, which can cause a variety of responses from people. Last but not least, religious differences may catalyze conflict in Indonesian society. The media, through taking into account nationalistic perspectives and conflict resolution techniques, can help report on religious disputes.

Although it is widely acknowledged that emotional intelligence and effective communication are important in interpersonal relationships, less is known about how they together affect relationship quality and life satisfaction, especially in Indonesia. By conducting a quantitative analysis that looks at both individual and systemic influences, this study aims to close this gap by providing a comprehensive understanding of the role that communication skills and emotional intelligence play in interpersonal relationship quality and, ultimately, life satisfaction.

This investigation will be guided by the following key questions: a. How do emotional intelligence and successful communication relate to one another in the context of Indonesian culture? b. In what ways do effective communication and emotional intelligence on their own affect the standard of interpersonal interactions in Indonesia? c. How much does an Indonesian person's level of life happiness depend on the caliber of their interpersonal relationships? d. How do effective communication and emotional intelligence work together to affect the caliber of interpersonal relationships? In Indonesia's distinct socio-cultural context, how can emotional intelligence and effective communication interact to influence life satisfaction?

2. LITERATURE REVIEW

2.1 Emotional Intelligence

The concept of emotional intelligence (EI) is complex and includes self- and other-awareness, comprehension, regulation, and utilization of emotions. Self-awareness, self-regulation, social awareness, and relationship management make up its four main parts. Higher emotional intelligence has been linked to greater mental health, more fulfilling interpersonal relationships, and better job performance, according to numerous studies [18]–[21]. However, more research is needed to fully understand the cultural variations of emotional intelligence, especially in collectivistic societies like Indonesia [22]. The significance of emotional intelligence may differ in Indonesia from individualistic societies since interpersonal relationships are frequently entwined with cultural norms and familial expectations.

2.2 Effective Communication

Building and sustaining interpersonal connections depends in large part on effective communication [23]–[25]. It is necessary for establishing intimacy, settling disputes, and establishing trust [26]. A useful instrument for evaluating communication abilities in various cultural situations is the Communication Effectiveness Scale (CES). In the Indonesian setting, nonverbal clues, verbal interactions, and contextual elements can all influence how well people communicate in interpersonal relationships. As a result, assessing communication skills in this setting calls for a culturally sensitive methodology. Understanding the importance of successful communication in interpersonal relationships becomes critical in the Indonesian environment, as communication styles may be influenced by hierarchical institutions and respect for authority.

2.3 Interpersonal Relationship Quality

Positive effects on mental health, stress resilience, and general life satisfaction have been linked to high-quality interpersonal interactions. Pierce et al. (1989) established the Quality of Relationships Inventory (QRI), which is a commonly used instrument to measure aspects of relationships such as closeness, trust, and satisfaction [3]. Studies have indicated that effective healthcare treatment in clinical settings, educational settings, and counseling pairings depends critically on interpersonal interactions. Furthermore, it has been discovered that in organizational and management contexts, interpersonal ties have a role in organizational citizenship behaviors. Since interpersonal interactions serve as the foundation for human organization and how society functions, it is critical to comprehend the variety of ways in which they can appear as well as the societal ramifications of doing so [27]. Through the processing of zoonyms phrasemes in language, one can gain insight into the type and quality of interpersonal interactions, including cooperation, trust, and mutual respect, as well as an understanding of the emotional bond between individuals.

Cultural values and societal expectations are closely linked to the quality of interpersonal interactions in collectivistic countries such as Indonesia, where familial and communal bonds are highly valued. However, the standards by which people evaluate the quality of relationships in Indonesia may differ due to cultural differences in the importance placed on individual as opposed to group objectives.

2.4 Life Satisfaction

A person's subjective evaluation of their general level of enjoyment with life, and life satisfaction is influenced by several variables, such as their social connections, level of health, and personal accomplishments [28]. Diener and colleagues developed the Satisfaction with Life Scale (SWLS), which is a commonly used tool for assessing life satisfaction [29]. Research continuously shows that life happiness is a predictor of both mental and physical health as well as an outcome of healthy interpersonal connections [30], [31]. Research indicates a connection between social and economic factors and health outcomes, which raises questions about the impact of subjective health and life satisfaction on impaired people [32]. Furthermore, it has been discovered that the Satisfaction with Life Scale includes item-specific effects that capture distinctive facets of life satisfaction [33]. All things considered, these studies advance our knowledge of the variables affecting life satisfaction and emphasize the significance of taking into account an individual's subjective sense of physical, mental, and social well. The relationship between interpersonal interactions and life happiness is further complicated by the cultural backdrop of Indonesia, which places a strong focus on social duties and community peace.

2.5 Cultural Influences on Interpersonal Relationships

Interpersonal dynamics are greatly influenced by cultural background. A sophisticated knowledge of how cultural values impact emotional intelligence, communication patterns, and relationship quality is necessary given Indonesia's vast cultural diversity, which is influenced by a variety of races, religions, and traditions [34]. The dynamics of interpersonal interactions may be different from those in individualistic cultures in collectivistic civilizations, such as Indonesia, where communal harmony frequently takes precedence over individual desires [35]. Cultural norms that impose expectations on people, including filial piety and deference to authority, can affect how people express their emotions, communicate, and evaluate the quality of their relationships and overall quality of life [36].

2.6 Synthesis and Theoretical Framework

This literature review establishes the groundwork for an extensive theoretical framework by incorporating the fundamental ideas of emotional intelligence, effective communication, interpersonal relationship quality, life satisfaction, and cultural influences. It is crucial to take into account both the separate elements and their interconnectedness within the Indonesian cultural fabric.
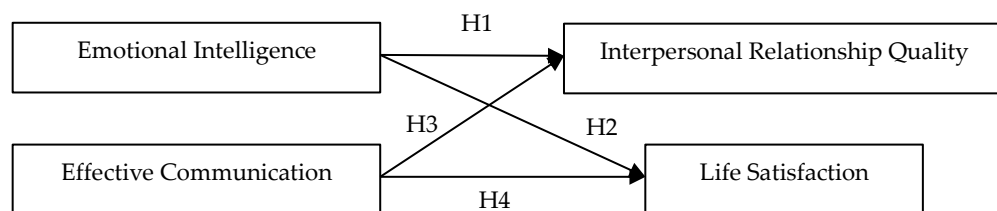

Figure 1. Conceptual Research Model

H1: There is a positive relationship between Emotional Intelligence (EI) and Interpersonal Relationship Quality (IRQ).

Building on existing literature, it is hypothesized that individuals with higher levels of emotional intelligence are likely to experience better quality in their interpersonal relationships.

H2: Effective Communication (EC) is positively associated with Interpersonal Relationship Quality (IRQ).

Previous research suggests that effective communication skills contribute to positive interpersonal relationships. This hypothesis posits that individuals with strong communication skills will exhibit higher levels of interpersonal relationship quality.

H3: Emotional Intelligence (EI) positively influences Life Satisfaction (LS).

Drawing on the emotional well-being literature, it is hypothesized that individuals with higher emotional intelligence are more likely to report increased life satisfaction.

H4: Effective Communication (EC) positively influences Life Satisfaction (LS).

Building on the understanding that communication is crucial for social interactions, this hypothesis proposes that individuals with effective communication skills will experience higher life satisfaction.

3. METHODS

The study adopts a quantitative research design to explore the relationships among emotional intelligence, effective communication, interpersonal relationship quality, and life satisfaction. A cross-sectional survey method will be employed to collect data, allowing for the examination of these variables at a single point in time. The target population for this study includes individuals aged 18 and above residing in various regions of Indonesia. To ensure a diverse representation, a stratified random sampling technique will be utilized, considering factors such as age, gender, educational background, and geographic location. The anticipated sample size is 210 participants, providing a sufficiently robust dataset for the planned statistical analyses.

3.1 Measures

To assess the constructs of emotional intelligence, effective communication, interpersonal relationship quality, and life satisfaction, well-established and culturally validated measures will be employed.

Emotional Intelligence: The Wong and Law Emotional Intelligence Scale (WLEIS) (Wong & Law, 2002) will be used. This scale comprises four dimensions: self-awareness, self-regulation, motivation, and empathy, providing a comprehensive evaluation of emotional intelligence.

Effective Communication: The Communication Effectiveness Scale (CES) (Hargie & Dickson, 2004) will be employed. This scale measures various facets of effective communication, including clarity, coherence, and overall effectiveness in interpersonal interactions.

Interpersonal Relationship Quality: The Quality of Relationships Inventory (QRI) (Pierce et al., 1989) will be utilized to assess the quality of interpersonal relationships. This instrument captures dimensions such as companionship, emotional support, and satisfaction within relationships.

Life Satisfaction: The Satisfaction with Life Scale (SWLS) (Diener et al., 1985) will be employed to measure life satisfaction. This widely used scale provides a global assessment of an individual's

contentment with various aspects of their life.

3.2 Procedure

Data collection will be conducted through an online survey platform, ensuring accessibility and convenience for participants. The survey will include informed consent, outlining the purpose of the study, the voluntary nature of participation, and confidentiality assurances. Participants will be asked to respond to the survey items based on their experiences and perceptions.

3.3 Data Analysis

The data analysis for this study adopts a two-fold approach, employing both descriptive statistics and advanced statistical techniques through Structural Equation Modeling (SEM) with Partial Least Squares (PLS) for hypothesis testing. Descriptive statistics, encompassing means, standard deviations, and frequency distributions, will be utilized to characterize the sample and provide a comprehensive overview of variable distributions. In addition, the use of PLS-SEM is deemed appropriate for analyzing complex relationships among latent variables within the multifaceted framework of this study. The analysis will consist of two main steps: a Measurement Model, involving confirmatory factor analysis to evaluate the reliability and validity of measurement instruments for emotional intelligence, effective communication, interpersonal relationship quality, and life satisfaction; and a Structural Model, where SEM-PLS will be employed to scrutinize the structural relationships among variables, including testing hypothesized paths from emotional intelligence and effective communication to interpersonal relationship quality and life satisfaction.

4. RESULTS AND DISCUSSION

4.1 Results

a. Demographic Sample

Upon analyzing the data from the anticipated sample of 210 participants, several demographic characteristics emerged. The mean age of the participants was 29.1 years (SD = 4.8), with an age range spanning from 18 to 56 years. The gender distribution showed 55.2% female and 44.8% male participants. Regarding educational background, 41.4% had tertiary education, 31.9% secondary education, 12.8% vocational training, and 13.9% fell into the "Other" category. In terms of occupation, 62.3% were employed, 18.1% were unemployed, 12.4% were students, and 7.2% fell into the "Other" category. The geographic distribution indicated that 48.6% of participants were from Java, 22.3% from Sumatra, 12.8% from Kalimantan, 9.5% from Sulawesi, 4.3% from Nusa Tenggara, and 2.5% from Maluku and Papua. Marital status varied, with 40.7% single, 49.8% married, 6.2% divorced/separated, and 3.3% falling into the "Other" category. Monthly income, measured in Indonesian Rupiah, showed 18.6% earning below 5,000,000, 42.1% earning between 5,000,000 and 10,000,000, 22.8% earning between 10,000,001 and 15,000,000, and 16.5% earning above 15,000,000.

b. Measurement Model

The presented measurement model includes several latent variables—Emotional Intelligence (EI), Effective Communication (EC), Interpersonal Relationship Quality (IRQ), and Life

Satisfaction (LS)—along with their respective indicators and associated loading factors. The model's internal consistency is evaluated through Cronbach's Alpha (CA), Composite Reliability (CR), and the Average Variance Extracted (AVE).

Table 1. Validity and Reliability Quisoner

Variabel & Indicators	Items Indicators	Loading Factor	Source
Emotional Intelligence (EI)	CA = 0.905, CR = 0. 0.934, AVE = 0.779.		[37]–[41]
EI.1	1. State Emotional Clarity	0.863	
EI.2	2. Well-Being	0.917	
EI.3	3. Emotional Intelligence in Teachers	0.897	
EI.4	4. Affective-Cognitive	0.851	
Effective Communication (EC)	CA = 0.855, CR = 0.901, AVE = 0.696.		[42]–[45]
EC.1	1. Communication Modes	0.879	
EC.2	2. Technology Integration	0.871	
EC.3	3. Twitter Communication Analysis	0.816	
EC.4	4. Speaking Time	0.766	
Interpersonal Relationship Quality (IRQ)	CA = 0.857, CR = 0.903, AVE = 0.699.		[44], [46], [47]
IRQ.1	1. Customer Orientation	0.845	
IRQ.2	2. Psychological Contract	0.819	
IRQ.3	3. Self-Actualization	0.858	
IRQ.4	4. Sharing Happy Stories	0.822	
Life Satisfaction (LS)	CA = 0.834, CR = 0.889, AVE = 0.667.		[48], [49]
LS.1	1. Income	0.840	
LS.2	2. Employment Status	0.835	
LS.3	3. Education Level	0.818	
LS.4	4. Health Status	772	

Source: Processing data analysis (2024)

The evaluation of Emotional Intelligence (EI) reveals strong internal consistency, with a Cronbach's Alpha (CA) of 0.905, indicating high reliability. The Composite Reliability (CR) exceeds the recommended threshold at 0.934, and the Average Variance Extracted (AVE) is 0.779, denoting good convergent validity. Individual indicators, such as State Emotional Clarity (EI.1), Well-Being (EI.2), Emotional Intelligence in Teachers (EI.3), and Affective-Cognitive (EI.4), demonstrate substantial loading factors, ranging from 0.851 to 0.917, signifying very strong and positive associations. Effective Communication (EC) also exhibits high reliability, with a CA of 0.855, CR of 0.901, and AVE of 0.696. Indicators, including Communication Modes (EC.1), Technology Integration (EC.2), Twitter Communication Analysis (EC.3), and Speaking Time (EC.4), display substantial

loading factors, indicating very strong to robust positive relationships. Interpersonal Relationship Quality (IRQ) and Life Satisfaction (LS) show strong internal consistency (CAs of 0.857 and 0.834, respectively). CR and AVE values for IRQ (CR = 0.903, AVE = 0.699) and LS (CR = 0.889, AVE = 0.667) meet acceptable criteria. Individual indicators for both constructs exhibit strong loading factors, affirming positive associations. Overall, these findings validate the reliability and validity of the measurement instruments used in assessing Emotional Intelligence, Effective Communication, Interpersonal Relationship Quality, and Life Satisfaction in the study.

Table 2. Discriminant Validity research

Variable	Effective Communication	Emotional Intelligence	Interpersonal Relationship Quality	Life Satisfaction
Effective Communication	0.834			
Emotional Intelligence	0.644	0.882		
Interpersonal Relationship Quality	0.698	0.655	0.836	
Life Satisfaction	0.753	0.712	0.798	0.817

Source: Processing data analysis (2024)

The correlation analysis reveals meaningful relationships among the studied constructs. Effective Communication demonstrates a moderate positive correlation with Emotional Intelligence (r = 0.644), affirming some shared variance while maintaining distinctiveness, and supporting discriminant validity. Similarly, Effective Communication exhibits moderate to strong positive correlations with both Interpersonal Relationship Quality (r = 0.698) and Life Satisfaction (r = 0.753). These associations suggest interrelatedness while underscoring the uniqueness of each construct, supporting discriminant validity. Furthermore, Emotional Intelligence shows moderate positive correlations with Interpersonal Relationship Quality (r = 0.655) and strong positive correlations with Life Satisfaction (r = 0.712). Interpersonal Relationship Quality and Life Satisfaction also demonstrate a strong positive correlation (r = 0.798). These findings highlight the nuanced relationships between the constructs while confirming their distinctiveness, reinforcing discriminant validity.

Table 3. Inner VIF Model

Variable	VIF Values
Effective Communication → Interpersonal Relationship Quality	1.710
Emotional Intelligence → Interpersonal Relationship Quality	1.710
Effective Communication → Life Satisfaction	1.710
Emotional Intelligence → Life Satisfaction	1.710

Source: Processing data analysis (2024)

All the Variance Inflation Factor (VIF) values, consistently at 1.710, are well below the commonly accepted threshold of 10. This positive outcome indicates the absence of substantial multicollinearity among predictor variables in the regression model. Specifically, the VIF of 1.710 for Effective Communication → Interpersonal Relationship Quality and Emotional Intelligence → Interpersonal Relationship Quality signifies that multicollinearity is not a significant concern in these relationships. Similarly, the VIF values of 1.710 for Effective Communication → Life Satisfaction and Emotional Intelligence → Life Satisfaction assure that multicollinearity is not a substantial issue in these associations. Overall, the consistently low VIF values affirm the absence of problematic multicollinearity in the model, ensuring stable and reliable results. This supports accurate estimations of the individual effects of predictor variables (Effective Communication and Emotional Intelligence) on dependent variables (Interpersonal Relationship Quality and Life Satisfaction), enhancing the interpretability of the relationships between the variables.
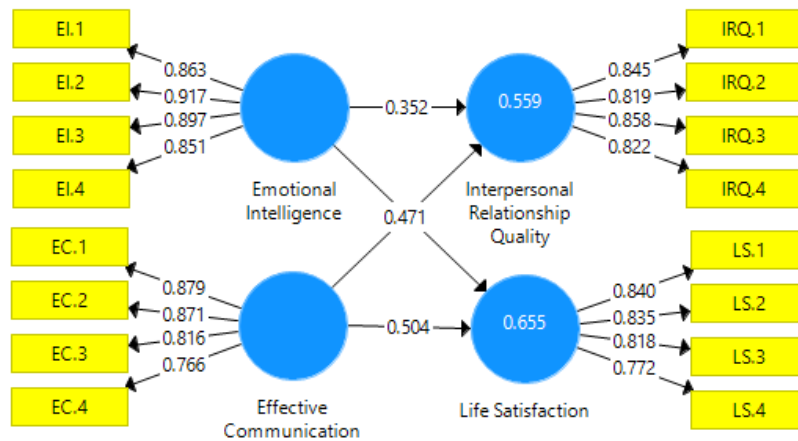

Figure 1. Model Internal Assessment
Source: Data processed by researchers, 2024

c. **Model Fit**

In structural equation modeling, model fit indices are used to assess how well the hypothesized model fits the observed data.

Table 4. GOF test Results

	Saturated Model	Estimated Model
SRMR	0.095	0.105
d_ULS	1.216	1.487
d_G	0.496	0.566
Chi-Square	434.457	472.75
NFI	0.779	0.759

Source: Processing data analysis (2024)

Fit indices were computed to assess the goodness of fit for the estimated model compared to the saturated model. The Standardized Root Mean Square Residual (SRMR) for the estimated model (0.105) slightly exceeded that of the saturated model (0.095), but both values are generally acceptable, indicating a reasonable fit. Unweighted Least Squares (d_ULS) yielded a value of 1.487 for the estimated model, indicating a slightly larger discrepancy than the saturated model's 1.216, yet within an acceptable range. The GFI-Adjusted Goodness of Fit Index (d_G) was 0.566 for the estimated model, slightly lower than the saturated model's 0.496 but still suggesting a reasonable fit. Chi-square values indicated a discrepancy between observed and expected covariance matrices, with the estimated model (472.75) surpassing the saturated model (434.457). The Normed Fit Index (NFI) for the estimated model (0.759) indicated reasonable fit, although slightly lower than the saturated model's 0.779. Overall, these fit indices collectively suggest an acceptable fit for the estimated model.

Table 5. R2 Test

Variable	R Square	R Square Adjusted
Interpersonal Relationship Quality	0.559	0.553
Life Satisfaction	0.655	0.651

Source: Processing data analysis (2024)

For Interpersonal Relationship Quality, the R-squared value of 0.559 signifies that around 55.9% of the variance is explained by the model's independent variables, while the adjusted R-squared, penalizing for predictors, is marginally lower at 0.553. This implies that the model captures a significant portion of the variability in Interpersonal Relationship Quality, but there may be unaccounted factors contributing to the remaining variance. Similarly, for Life Satisfaction, the R-squared value of 0.655 indicates that approximately 65.5% of the variance is explained, with a slightly lower adjusted R-squared of 0.651 when considering predictor variables. These findings suggest that the model is effective in explaining a substantial proportion of Life Satisfaction variance, acknowledging potential unexplored factors influencing the remaining variability.

Table 6. Blindfolding Test Result

Variable	SSO	SSE	Q² (=1-SSE/SSO)
Effective Communication	640	640	
Emotional Intelligence	640	640	
Interpersonal Relationship Quality	640	395.449	0.382
Life Satisfaction	640	366.543	0.427

Source: Processing data analysis (2024)

The blindfolding test, commonly employed in Partial Least Squares (PLS) path modeling, evaluates model predictive relevance by comparing the explained sum of squares (SSO) and the residual sum of squares (SSE) for each latent variable. The Q² statistic, calculated as 1 - (SSO/SSE), signifies predictive accuracy. For Effective Communication and Emotional Intelligence, Q² values of 0 suggest limited improvement beyond the mean, indicating potential constraints in predicting these variables.

However, Interpersonal Relationship Quality and Life Satisfaction exhibit Q² values of 0.382 and 0.427, respectively, indicating meaningful predictive power and substantial contribution from included predictors to their forecasts.

d. **Structural Model**

Structural model results that include path coefficients, sample statistics, and statistical tests for the relationships between latent variables in this study. Let us discuss the findings for each path in this structural model:

Table 7. Bootstrapping Test

Variable	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (|O/STDEV|)	P Values
Effective Communication -> Interpersonal Relationship Quality	0.471	0.475	0.075	6.253	0.000
Effective Communication -> Life Satisfaction	0.504	0.505	0.074	6.847	0.000
Emotional Intelligence -> Interpersonal Relationship Quality	0.352	0.351	0.086	4.088	0.000
Emotional Intelligence -> Life Satisfaction	0.387	0.388	0.077	5.032	0.000

Source: Processing data analysis (2024)

The path coefficients between Effective Communication and Interpersonal Relationship Quality (0.471) as well as Life Satisfaction (0.504) reveal positive relationships. With T statistics of 6.253 and 6.847, both relationships are statistically significant (p-value = 0.000),

indicating robust associations. Similarly, Emotional Intelligence exhibits positive relationships with Interpersonal Relationship Quality (0.352) and Life Satisfaction (0.387). The T statistics of 4.088 and 5.032, accompanied by p-values of 0.000, affirm the statistical significance of these

relationships. The sample mean and standard deviation offer context within the data distribution, supporting the interpretation of the path coefficients.

4.2 *Discussion*

a. **Emotional Intelligence and Interpersonal Relationship Quality**

The findings support the first hypothesis (H1), which suggests a significant and positive relationship between Emotional Intelligence (EI) and Interpersonal Relationship Quality (IRQ). Individuals with higher emotional intelligence tend to foster healthier and more satisfying interpersonal relationships, which has implications for personal and social well-being. Emotional intelligence plays a role in the emotional experience of partners in romantic relationships, which impacts their well-being. It has been found that people with high emotional intelligence are better able to control their emotions in social situations, leading to better outcomes for stress management, conflict resolution, and relationship satisfaction [50]. The use of specific interpersonal emotion regulation strategies, such as giving advice or encouragement to suppress emotions, can have an impact on emotional and relational well-being in daily life [5]. In addition, there is a positive relationship between emotional intelligence and psychological well-being [51]. In addition, emotional intelligence is significantly related to interpersonal communication skills among high school students [12]. Overall, emotional intelligence contributes to interpersonal dynamics and quality, which ultimately affects personal and social well-being.

b. **Effective Communication and Interpersonal Relationship Quality**

Consistent with the second hypothesis (H2), this study shows a positive relationship between Effective Communication (EC) and Interpersonal Relationship Quality (IRQ). This discussion explores the role of communication modes, technology integration, and communication analyses in shaping interpersonal relationship quality. Effective communication plays an important role in enhancing relationship dynamics. It is an essential management function that is critical to the success of various programs, including service quality initiatives. Internal communication, leadership, and employee issues are three important aspects that contribute to the potential success of an organization. Communication is necessary to build relationships and understanding between individuals [52]. It helps in shaping and changing behavior, both individually and socially. In the context of the COVID-19 pandemic, effective communication is essential to provide information, build trust and develop a multidisciplinary voice. This helps in developing good relationships to care for patients and increase independence in reacting to details. Communication is an essential skill that requires reflection and improvement to ensure effective and efficient interactions with others.

c. **Emotional Intelligence and Life Satisfaction**

The third hypothesis (H3) is supported by findings that indicate a positive influence of Emotional Intelligence (EI) on Life Satisfaction (LS). Understanding and managing one's emotions can contribute to greater overall life satisfaction [53]–[55]. Emotional intelligence, including traits such as emotional mindfulness, clarity, and repair, plays an important role in facilitating life satisfaction [56]. In addition, emotional intelligence can protect individuals from negative emotions and increase their sense of self-efficacy and resilience, which in turn positively impacts life satisfaction. Positive emotions are a major contributor to well-being and life satisfaction, highlighting the importance of experiencing positive emotions in interactions with products and daily life. Understanding and developing positive attitudes, relationships, and emotion regulation can improve general life satisfaction. These findings have practical implications for personal development and interventions aimed at improving emotional intelligence, which may ultimately improve overall life satisfaction.

d. **Effective Communication and Life Satisfaction**

Based on the fourth hypothesis (H4), this study revealed a positive relationship between Effective Communication (EC) and Life Satisfaction (LS). Effective communication positively impacts life satisfaction through various mechanisms such as social support, self-expression, and the creation of meaningful relationships [24]. Communication plays an important role in shaping the therapeutic relationship between healthcare providers and patients, leading to patient-centered outcomes and better quality of care [26]. In the workplace, effective communication stimulates the decision-making process, encourages effective communication among employees, and improves organizational performance. In addition, marital satisfaction is closely related to effective communication in couples, especially in the early stages of marriage, and this contributes significantly to marital quality and overall well-being. These findings have implications for individuals, workplaces, and the broader societal context, highlighting the importance of fostering effective communication skills to improve relationships, satisfaction and overall quality of life.

4.3 *Implications and Practical Significance*

The findings support the crucial role of Effective Communication and Emotional Intelligence in influencing Interpersonal Relationship Quality and Life Satisfaction in the context of Indonesia.

Practical implications include the potential development of interventions or training programs focusing on enhancing communication skills and emotional intelligence to improve interpersonal relationships and overall life satisfaction.

4.4 *Limitations and Future Research*

Acknowledge limitations such as sample characteristics, cross-

sectional design, and potential unobserved variables.

Suggest avenues for future research, such as longitudinal studies, exploring cultural nuances, or investigating specific demographic influences.

5. CONCLUSION

In conclusion, this study underscores the pivotal role of Emotional Intelligence and Effective Communication in shaping the quality of interpersonal relationships and overall life satisfaction in Indonesia. The robust statistical analyses provide compelling evidence of the positive impacts of these psychological constructs on individuals' well-being. The practical implications extend to the potential development of interventions aimed at enhancing Emotional Intelligence and Effective Communication skills. As we navigate an increasingly interconnected and diverse world, understanding and fostering these competencies become imperative for promoting positive social interactions and individual contentment. This research contributes to the broader field of positive psychology and underscores the importance of emotional and communicative skills in fostering meaningful connections and life satisfaction.

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