



Volume and Issues Obtainable at the Department of Tourism and Hospitality Management-
The Islamia University of Bahawalpur, Bahawalpur, Pakistan 63100.

Journal of Tourism, Hospitality, and Services Industries Research

ISSN: 2958-5570 ; ISSN (E): 2958-5589

Volume 5, No.1, June 2025

Journal homepage: <https://journals.iub.edu.pk/index.php/jthsir>

DOI: 10.52461/jths.v5i01.4114

The Impact of Emotional Intelligence, Multitasking Abilities, and Quality of Life Perception by Working Women

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ARTICLE DETAILS ABSTRACT

History

Received: July, 2025

Online: Sept, 2025

Keywords

Emotional Intelligence, Multitasking Ability, Quality of Life, Working Women

This research study intended to examine and have a comprehensive understanding of Emotional Intelligence, multitasking abilities, and the quality of life of working women. 200 married and employed women made up the sample with an age range of (30-40 and above). Using convenience sampling to gather data on SRMEI, CSMMI, and QOL. Individual approaches were made to the participants at their homes and workplaces, and due to inconvenience, some of the participants' data were collected through online sources, by using a Google Form. Emotional intelligence and multitasking skills were uncovered to be substantial positive predictors of quality of life, according to reliability analysis, which revealed appropriate levels of alpha coefficients. Correlation coefficient values exposed a solid affirmative association of emotional intelligence, multitasking ability, and quality of life. To examine the variance and determine whether or not the factors are predictive, linear regression analysis was conducted. The study revealed.03% difference. The participants' information was gathered by using the demographic information sheet. Demographic factors revealed major group variations among the findings of the different groups.



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Introduction

This study was planned to investigate the relationship between emotional intelligence, multitasking ability and quality of life perceived by working women. A key component of healthy interpersonal and professional interactions is emotional intelligence. Individuals must be self-aware and adopt coping mechanisms when multitasking as married women and working in order to preserve their quality of life. A person with emotional intelligence is better able to control their emotions, settle disputes, and improve their listening and speaking abilities and produces a healthier groundbreaker in organizational backgrounds (Shaun George 2024). Multitasking is a crucial component of handling many duties and working parents who are married and have kids

may need to manage various roles and tasks at once. In this situation, multitasking is vital for people who work two jobs at once or are dual earners, to fulfil their key responsibilities within the allocated time in both work and family settings (Arshad et al., 2015; Atta, Adil, Shujja, & Shakir, 2013; Batoool & Khaild, 2012; Dildar et al., 2012; Hashmi et al., 2007; Ilayas & Habib 2014; Shahid & Kazmi, 2016). The analysis of various psychosocial factors that can affect working women's environments, such as emotional intelligence (EI) or life satisfaction, also referred to as quality of life (QL), is becoming more and more important in current research; women at these ages are going through a period of significant change and stressful circumstances. In order to have effective emotional management in the face of potential work-related challenges and prevent the well-known "burnout" syndrome, they must receive training in emotional competencies (Castilla-Gutiérrez, 2024).

Multitasking is the ability to work simultaneously while maintaining focus on the objectives that demand a lot more to be done in the same amount of time. Unlike those who like to finish one activity, project, or task before starting another, polychronic people prefer to work on several projects, tasks, and activities alongside (Bluedorn, 2002). The practice of sharing many tasks or actions that take advantage of shared information processing resources is known as multitasking (Manyutina, 2005). Those who perform both paid (at work) and unpaid domestic duties frequently need to be able to multitask. Multitasking is the ability to switch between tasks frequently. A range of compassion, kindness, care, patience, and presence of mind attributes are required for professional obligations, including shift work, deadline pressure, understaffing, etc. When someone fails to provide adequate attention to their spouse or family, marital discomfort may result (Manjula et al., 2016). As a result, those who possess higher levels of emotional intelligence and multitasking skills can be more equipped to handle and adapt to life's challenges. Emotionally intelligent people are able to successfully manage their personal and professional life, while emotionally incompetent people struggle to manage their families, which can result in unhappy marriages (Schutte et al., 1998). This need to do tasks effectively in less time may cause people to experience more stress and pressure. Working concurrently is a relatively recent notion that has been defined in a variety of ways across several domains, such as a human ability, a feature, media multitasking, media attraction, an interest skill, an information habit, and multitasking behaviors. Multitasking is a very modern term that has been studied as a self-choice or enthusiastic behavior in social and organisational situations (Viitanen et al. 2021).

The complexity of marital partnerships presents numerous adjustment obstacles for the person. For a marriage to be pleasant and satisfying, the partners must consistently be compatible (Roodsari & Khalatbari, 2014). For the past 20 years, researchers have been doing empirical research to understand the connection between emotional intelligence and marital adjustment. According to this research, those who possess greater emotional intelligence may be better able to manage their own and their spouse's emotions, carry out professional and household duties more skillfully, and settle disputes at work (Haidari, Shahbazi, Ghafourifard, & Sheikhi, 2017; Manjula, Ram, & Reddy, 2016) to achieve sophisticated level of their life satisfaction.

Studies on working women's multitasking skills might provide important details about their cognitive capacity and how they handle several things immediately. It is significant to remember that everyone has a wide range of abilities. Ophir, Nass, and Wagner (2009) found that women tend to notice themselves as better multitaskers than men but perform equally. Both of them experience similar difficulties while performing the tasks. The idea of mental agility is to recognise and control the feelings of oneself and other people. Higher emotional intelligence was found to

be connected with reduced levels of work-family conflict, indicating that women who have higher emotional quotients may be better equipped to manage a variety of jobs and responsibilities. The work-life balance, support systems, personal preferences, and particular circumstances of multitasking women are only a few of the variables that affect their quality of life. Women who multitask frequently balance duties related to their careers, homes, children, and interpersonal relationships. Women must establish boundaries, priorities their obligations, and devise efficient time management techniques. Women who multitask can greatly benefit from creating and keeping solid support networks. Relationships with partners, family, friends, and coworkers that are compassionate and supportive can offer psychological support, practical help, and a feeling of community. To avoid burnout, controlling workplace anxiety and keeping a good life balance between work and personal life are essential. Therefore, this inquiry mainly focuses on how emotional intelligence influences an individual's standard of living and capacity for efficient stress management among working women. In addition, how does the level of emotional intelligence and multitasking abilities among working women affect their performance and productivity in the workplace?

Marital relationships are complex there are challenges faced by the married women in managing the task. The successful marital relationships depend on the compatibility and management abilities (Kalsoom and Kamal, 2022). People with emotional intelligence are better aware of their spouse relation and can handle and manage the conflict and domestic work. Women who are working, married, and have children may need to adjust two responsibilities within a constrained time frame, and multitasking may be a key strategy for doing so, whereas unmarried working women can easily cope up with the situation. The talent of handling multiple tasks is both an optimum talent and an absolute in order to complete their primary tasks within the allotted time in both the professional and family contexts. In the psychological literature, multitasking is becoming more prevalent, especially in the fields of industrial, human factor psychology, culture and promotion, family and professional life, and commercial and culture (Schutte et al., 1998).

Dual tasking depends upon a variety of socioeconomic and demographic characteristics, and (Floro & Miles, 2003) argued that it might get worse with age and get better with income and education levels. Prevalent gender and social norms have an impact on how domestic work is distributed, which has an impact on housework by creating time pressures and a plurality of tasks. According to Rosen (2008), multitasking varies depending on factors such as femininity, oldness, schooling, job type, culture, country, and immigrant or indigenous. Additionally, multitasking be situated positively correlated with money, those with greater incomes (wages and salaries) tend to multitask more frequently. Educational influence is positively correlated with different domestic responsibilities (Gronau & Hamermesh, 2018).

However, excessive multitasking might result in higher stress levels and lower-quality work performance. Research has shown that age might affect the quality of life. While younger people are often better at multitasking, elderly people may find it more challenging to transition between tasks and may show a decline in general cognitive function. Ultimately, finding a balance between multitasking skills and quality of life is crucial. While being able to manage numerous jobs might be advantageous in some situations, it is vital to think about the influence on one's wellbeing and to give priority to time management and self-care practices to preserve a balance between job and personal life (Lieberman & Rosenthal, 2001).

A person's ability to manage own in addition to other people's thoughts in order to make judgements and utilize evidence to direct behavior (Mayer & Salovey, 1997) as a result, the

emotionally intelligent people maintain social, interpersonal, and intrapersonal abilities. Care, happiness, and delight are characteristics of how emotions in a marital adjustment are expressed (Fitness, 2001). Higher the emotional discernment sentimental procedure, handling emotions, specified greater adaptability to marriage of married individuals in life (Schutte et al., 2001). Multiple tasks among a pair earner community impact positively, it alludes to having positive feelings or a favourable opinion of oneself, calmness, and joy. It may also affect unfavourably as enduring unpleasant sensations of anxiousness, irritability, and frustration, all of which are significant mental health signs (Offer and Schneider (2011). Both the unpleasant and the pleasant parts of existence contribute to individuals and societies' overall well-being. The numerous duties that women carry out within the family have an impact on the health and happiness of every member. Children's wellbeing may suffer significantly if women's capacity to provide for their family and earn a living conflict.

This aim and objective of this research is to study the impact of emotional intelligence, emotional self-awareness, and interpersonal relationships and multitasking ability in working women of Turbat and Gwadar. Beside this, the study also examines the challenges and difficulties experienced by married women performing multitasks (domestic and professional) and the effect in their quality of life.

Literature Review

Numerous professions have taken notice of multitasking, but cognitive psychology has a long history of multitasking. Research studies on multitasking have been carried out for more than a century. Individuals who are chronic multitaskers are more likely to be impulsive than their peers and may minimize the risks involved in multitasking. Additionally, they appear to have poorer executive control and are easily distracted (Bianchi, S. M, 2025).

A groundbreaking study from 1896 (Solomons & Stein as cited in Pashler, 1994) adopted a two-task setup by engaging participants with writing and reading assignments to understand the nature of consciousness. This study aimed to understand unconscious actions through dual task experiments. Working women claimed to be better at multitasking reported less work-family conflict and a stronger sense of wellbeing (O'Brien and colleagues, 2016), not all research have found a positive connection between multitasking skills and standard of living, for instance, that routine multitasking was associated with heightened levels of stress and fatigue, accompanied by reduced reported productivity and satisfaction (An analysis by Carlson and colleagues (2011). Study on multitasking has repeatedly shown that concentrating entirely on one activity and accomplishing it takes far less time than working on two or more activities at once (or sporadically) (Pashler, 2000). Study has shown that multitasking practices increase the risk of errors in addition to these productivity losses (Reincsh et al, 2008).

Multitasking is becoming a necessary and recurring behavior in modern, competitive, fast-paced, and connected world. Because multitasking entails contaminating a primary activity with a secondary activity, it might be viewed as a nuisance. Passive leisure during various primary activities can be distracting and/or exhausting, but it can also be viewed as an attempt to make a task more enjoyable (Dimas Bayu Endrayana Dharmowijoyo, 2023). Numerous studies have been conducted on the practice of multitasking, particularly when traveling in both industrialized and developing nations. Although studies on non-travel activities have primarily

been carried out in wealthy nations, multitasking is also done during these activities (Zhang, J.; Timmermans, 2022). People in developing nations face considerably different opportunities and limitations than people in developed nations due to differences in socioeconomic, built environment, welfare, and cultural contexts. As a result, multitasking is evaluated and appreciated differently in these nations. The majority of research on multitasking to far has concentrated on the impact of contextual and sociodemographic factors (Ana Luiza S. de Sá, 2025). Multitasking is possible when engaging in relatively flexible schedule activities (like grocery shopping), more fixed non-travel activities (like working and studying). According to time-space prism viewpoints, people choose to multitask in more fixed activities (like working and studying) or more flexible ones (like grocery shopping) because of possibilities and restrictions that are presented (Lyons & Urry, 2025),

It is also important to think about health factors as other ways to measure competence limits. These variables can explain why people limit or perform some activities including multitasking due to their physical, social, or mental health conditions, which are difficult to discover in terms of traditional activity duration, socio-demographic, and built environment variables (Tri Basuki Joewono, 2021, Yusak Octavius Susilo, 2024). Due to the rise of digitalization, multitasking is common in modern workplaces that are driven by technology (Reinecke et al., 2023). As a result, multitasking cannot be avoided in many situations.

A healthy work-life coherence is one in which a women feel that their different duties, including those at home and the efforts are sustained and blended through the least amount of role strain possible (Clark, 2000; Ungerson & Yeandle, 2005). According to a survey on nurses' quality of work life carried out in Pakistan in 2024, the entire hospital setting has an impact on nurses' general level of satisfaction. It is the overall positive or negative impact of the nurse's workplace. The degree to which nurses will be content with their significant personal needs (security, growth, and opportunities) and organizational needs (increased productivity, lower turnover) as a result of their experience in their workplace while achieving the goal (WHO,2024).

A higher level of devotion to both job and family would reduce conflicts and tensions between the two and rise a person's quality of life (M. Collins and Jason D. Shaw, 2003). It is evident that married working women can only live comfortably by providing priorities to their needs and keep a decent balance between their jobs and their lives (Prithive Stephen, 2024). An experimental study shows that participants had to finish a verbal memory task and a visual tracking test simultaneously. They found that although participants were able to finish both tasks, but they did so less effectively than when they finished each activity on their own (Meyer and Kieras, 1997). In a study conducted by Strayer and Johnston (2001), applicants have been instructed to use a simulator while making and receiving phone calls. They found that those who were on the phone for extended periods of time had slower reaction times and were more likely to miss important roadside occurrences.

An investigation was carried out by Cain and Mitroff (2011), the study subjects were instructed to search for a target object on a computer screen while listening for a specific sound, they acknowledged multitasking more frequently in daily life and shown to be better at switching their attention between the two tasks. Modern Western societies have improved their multitasking skills, task switching, and time management as a result of increasing technological usage and the need to

perform multiple tasks (Farlinger, 1996, Mala (2004). Humans have a certain level of life quality which may be seen in the integration of self-force, sound moral judgement in actions, and a tendency towards religion (Al-Faramawy, 1999). Enhanced Emotional Intelligence (EI) are cohesive to greater communication and interpersonal skills (Petrides, Furnham, & Martin, 2004; van der Zee, Thijs, & Schakel, 2002). EI has been connected to better job performance, including higher job satisfaction and greater job success (e.g., Jordan, Ashkanasy, & Härtel, 2002; Wong & Law, 2002) and also have protective effects on mental health in addition to its positive impacts on social and occupational performances (Extremera & Fernández-Berrocal, 2006).

By revealing a cooperative association between vocational activity and subjective lifestyle, Sehrish and Zubair (2013) investigated how polychronicity influences work-related quality of life and time management in Pakistani banking and the professionals produced a significant input. The association between perceived multitasking ability, emotional intelligence, and marital adjustment among married and working men and women in Pakistan has been studied by Kalsoom and Kamal (2018). Several scholarly inquiries have explored the effects of work-life conflict on the overall health of working women. ASSOCHAM conducted an inquiry regarding the challenges faced by professional women in the corporate sector, 103 women working in 72 different business companies/organizations and participated in a survey. One of their most notable discoveries is that female with occupations have emotional hassles, those individuals who work extended hours or facing time limitations due to deadlines are more prone to suffer from melancholy or psychological disorder compared to people whose jobs involve little emotional needs (Nusrat Ahmad, March 2009).

In 2012, a rural home panel survey was carried out in Pakistan with the participation of a nationally representative sample from each of the country's four provinces. This survey included statistical information on household aspirations, education, migration, consumption habits, earning streams, types of jobs and occupation, time allocation patterns and investments, financial credit access, and economic upheavals. In a patriarchal society, most traditional gender roles are culturally assigned to women such as family and childrearing behaviors (Sikandar et al., 2018). In Pakistan, a firm development of women participation and impact in work ground has evolved over the last twenty years, the level of their representation has expanded from 20.65 percent in 2021. While Women enrollment in labor force in 2012 - 2013 was 29 percent (The World Bank, 2021). The impact of household chore division, child-rearing provisions, the working spouse's hours, and the marital adjustment of married and working people must all be taken into consideration (Sikandar et al., 2018). The multitasking is related to marital adjustment, emotional intelligence, and quality of life. The most widely investigated correlates of multitasking are wellbeing, job performance, and job satisfaction (Offer & Schneider, 2011; Russ & Crews, 2014; Srna, Schrif, & Zauberman, 2017). The capacity to focus attention while executing a variety of tasks is a crucial component for emotional stability, communication, and sociability. People might not have the time to interact and speak with others due to time constraints and variety of duties or the roles they play. Because some duties are hectic like nursing job, which is unpredictable and fast-paced, there are high cognitive emotional demands associated with it. Traditionally, nurses were expected to keep their emotions hidden from their patients to maintain a barrier of professionalism (McQueen, 2003). It is now necessary to assess the relationship and interaction between emotional intelligence and nursing

work in order to be able to comprehend how emotions in Nurses' ability to multitask is affected by emotional intelligence. Multitasking can affect the quality of life. Most of the studies deal with women's domestic and occupational work as two self-regulating roles and suggest that this results in role conflict (Myrdal and Klen 1956; Sethi 1978; Mies 1980; Upreti 1988; Mathur 1992). Given the prevalent focus on competing characters and role pressure for women, the women's Quality of Life is affected by the impact of dual role performance, as housewives and office workers, it is the satisfaction of needs, feelings of well-being. A woman's physical, emotional, and social welfare might be affected by her profession. It has been discovered that having a job improves the respondents' overall comfort. They indicated that having small children and working outside the home has made parenting challenging. Due to this concept their understanding of the small-family norm is expanded by 80%.

The household works are consistent, repetitive and therefore they are exhausting to women. Working women's societal health has improved more than their physical well-being. The service of women increases the household's resources, which improves the quality of life for other family members by increasing their access to availability of facilities and materials.

Rational of the study

The objective of this study was to ascertain how frequently working women manage their personal and professional lives. It also tried to emphasize and examine the difficulties faced by married women while balancing their careers and family duties (Mathew & Panchanatham 2009a; 2009b). The findings of a research by Rout, Lewis, and Kagan (1999) show that women in India encounter substantial level of pressure to care for their families before they go for work each morning and after they arrive home from work (Claim Peeters, Montgomery, Bakker, and Schaufeli, 2005). It is necessary to study the concept of Work Life Balance (WLB) and its implications. The current exploration aimed to determine how long workdays, childcare responsibilities, and other potential workplace or family circumstances affect the work-life balance among married working women. The determination of the study was to investigate working women's multitasking skills and emotional intelligence relate to their quality of life. The person can handle and manage the tension between domestic and professional work to maintain the quality of life. People with emotional intelligence is better able to understand and be aware of their marital relationship (Arshad et al., 2015). The significance of this investigation could be attributed to the position and presence of women in the workforce (Ramzan et al., 2020). The emotional intelligence, multitasking skills, and quality of life of working women were accurately described to understand the effects and as well as how well the women perform at work and prioritize household tasks equally.

Hypotheses

1. Emotional intelligence, emotional self-awareness, and interpersonal skills will positively predict the marital adjustment of working women.
2. Emotional intelligence will positively predict the quality of life of working women
3. The multitasking abilities of working women are a positive predictor of work-life balance

Research Method

Research Design

The research was a correlational research design in order to find out the relationship between Emotional Intelligence, Multitasking Abilities, and Quality of Life among working women. The study measured the different age groups of working women from Balochistan District Kech (Turbat and Gwadar). 200 sample of working women was selected by applying a convenience sampling technique for data collection.

Assessment Measures

The three assessment measures tools, along with an informed consent form and demographic sheets, were used to collect data.

Self-Report Measure Emotional Intelligence scale (SRMEI; Khan & Kamal, 2010)

The scale was used to measure the level of emotional intelligence of working women. It contains 18 items, which include 1 reverse item, and the reliability is calculated as excellent by alpha level 0.90 according to previous studies. This scale was scored by a five-point Likert scale 01 strongly disagree to 05 strongly agree. For the reversed scale “Strongly disagree” = 5 and “Strongly agree” = 1. Communication Specific Multitasking Measurement Instrument (Kushniryk, 2008)

CSMMI of multitasking formed in English language. It contains 11 items and 5-points Likert scale and the Cronbach’s alpha level was .72. The items were scored on 05-point Likert scale 01 strongly disagree to 05 strongly agree. No reverse score items were found. Possible score ranged 19 to 95 and high score indicate high perceived multitasking ability. Quality-of-Life Scale (Burckhardt & Anderson, 2003).

The Quality-of-Life Scale was used to measure quality of life in working women performing multiple tasks. This scale contains 09 items. The item scale evaluates factors like satisfaction, insights into control, participation, duty, and work-life balance. It has a reliability of 0.83 and employs a 5-point Likert scale ranging from strongly dissatisfied to strongly satisfy.

Procedure

The permission was taken from the director of Institute of Applied Psychology University of the Punjab, Lahore in respect to collect data. The data was collected from 200 working women of Turbat and Gwadar. The participants were approached individually at their workplace and clarified about the purpose of the research and also the online form was used in data collection. Participants were provided questionnaire with clear and simple items, all the queries of participants regarding research have been entertained. The participants were given free chance to withdraw anytime they want. Demographic sheet has been used to collect the personal information from the participants. The researcher has taken the consent from the participant and assured that their participation is voluntary, confidentiality and anonymity was maintained.

Result and Data Analysis

The data were analysed by using SPSS version 23.0. The psychometric properties of the scale items were determined by Cronbach’s alpha reliability and psychometric properties of each study variables results of which are shown in Table 4.1. Descriptive analysis was run on the three study variables. Association and correlation between study variables was assessed through Pearson

Product Movement Correlation, which is mentioned in Table 4.2. The purpose of linear regression analysis was to check out the predictors of the quality of life (QOL), which is shown in Table 4.3

Psychometrics of the Study Variables

Table 4.1 represents the ranges and the internal consistencies of measures being used in the study. SRMEI ($\alpha=.601$) and CSMMI (.60), QOL ($\alpha=.50$) measures were found to have acceptable reliability coefficients.

Table 4.1

Psychometrics of study variables (200)

Ser.no	Scale	α	K	M	SD	Range	Med	skewness	kurtosis
1	SRMEI	.601	18	81.10	3.24	28-35	32	-.363	-.422
2	CSMMI	.60	11	26.31	2.60	21-39	26	1.09	4.36
3	QOL	.50	9	40.95	1.93	33-40	36	-.077	-.638

Note. SRMEI= self-report measures emotional intelligence, CSMMI= communication specific multitasking measurement instrument, QOL= quality of life, Med= Median, K= Number of items, α = Cronbach's Alpha, M= Mean, SD= Standard Deviation

Alpha reliability of Self-Report Measure Emotional Intelligence, Communication Specific Multitasking Measurement Instrument, and Quality of Life is assessed through SPSS version 23.00. The Alpha reliability of self-Report Measure Emotional Intelligence scale is ($\alpha= .601$), the Communication Specific Multitasking Measurement Instrument considered the ($\alpha=.600$), and the Cronbach's alpha reliability of Quality-of-Life scale is ($\alpha= .500$). The QOL ranges higher than the SRMEI and CSMMI, but QOL is closely and strongly connected to SRMEI.

The absolute skewness value is greater than 2 and the Kurtosis greater than 7 should be used to determine the violation of normality. In the current study, the data was found to have normal range based on skewness and kurtosis.

Association between Study Variables

To study whether the emotional intelligence, multitasking ability and quality of life are associated with each other. Correlation analyses run for the hypothesis of association. The correlations are shown in Table 4.2

Table 4.2

Correlation among study variables

Ser no	Scale	N	M	SD	1	2	3
1	SRMEI	200	31.63	1.56	-		
2	CSMMI	200	26.31	2.60	-.003	-	
3	QOL	200	4.48	.510	.232**	.170*	-

Note. SRMEI= self-report measures emotional intelligence, CSMMI= communication specific multitasking measurement instrument, QOL= quality of life, n=total number, M= Mean, SD= Standard Deviation

The table shows that there is a significant positive correlation between emotional intelligence and multitasking ability ($r=-.003$, $p<0.01$) and quality of life ($r=.232$, $p<0.05$). Communication specific multitasking measurement instrument has significant and positive relationship with quality of life ($r=.170$, $p<0.05$).

Regression Analysis Indicating the Predictors of QOL

Linear regression analysis is used to ascertain and further clarify that whether the SRMEI and CSMMI are the predictors of quality of life. Enter method was used to run the regression analysis.

Table 4.3

Linear regression analysis for predictors of quality of life

Ser no	Scale	B	B	SE
1	Constant	1.20		.790
2	SRMEI	.076	.232	.022
3	CSMMI	.033	.170	.013
	R^2	.03		

Note. *** $p < .001$; ** $p < .01$; * $p < .05$; B= standardized coefficient; R^2 = R square; SE= standard error of B

Table 4.3 shows that impact of emotional intelligence, multitasking ability and quality of life perceived by working women. The R^2 .03 reveals that the predictor variables show .03% variance in the outcome variable with $F(2, 197) = 8.90$, $p < .000$. Result indicated that overall model was significant. Examination of beta values indicated that SRMEI and CSMMI predicted quality of life. Both are positive predictors of quality of life. Overall, EI is the strongest predictor of quality of life. The model explained .03% variance.

Discussion

The study's primary purpose was to explore the relationship between emotional intelligence, multitasking abilities and quality of life perceived by working women. The instruments used were empirically valid and all were positively correlated with one another, according to preliminary evidence for psychometric properties, and the two constructs, emotional intelligence and quality of life, are strongly correlated. Testing of the three instruments—the Self-Report Measure of Emotional Intelligence (SRMEI), the Communication Specific Multitasking Measurement Instrument (CSMMI), and the Quality-of-Life Scale (QOL)—on various sample groups of working women and domestic workers were important features of this research. The three scales were examined using correlation, linear regression, reliability, and descriptive statistics to evaluate skewness, kurtosis, and mean standard deviation. The findings showed that there is a strong correlation between EI and QOL and that both metrics were positively correlated with each scale's dimensions.

Our bivariate correlations confirmed by providing evidence for the anticipated beneficial relationship between multitasking ability and quality of life (Oswald et al., 2007). However, Quality of life is connected to multitasking ability, and emotional intelligence had a positive relationship with bivariate correlation and a satisfactory reliability coefficient (Delbridge, 2000; Ishizaka et al., 2001; König et al., 2005; Kinney et al., 2008, 2009; Oswald et al., 2007). In fact, there was a statistically significant and strong relationship between EI and QOL, with an observed correlation of .000 and between multitasking ability and QOL of .042. This study sought to better understand the relationship between working married couples' marital adjustment and their emotional intelligence and multitasking abilities. These objectives were attained by the use of three instruments to collect the data. This demonstrates the data's suitability for further analysis and the normal distribution of the data. The results of the reliability coefficients for the CSMMI's total scores indicated satisfactory levels of score (Kushniryk, 2008). Total scores for quality of life and SRMEI indicated sufficient and also showed strong and internally consistent alpha reliability on the emotional intelligence scale (Masood, 2012, Khan & Kamal, 2008). The skewness and kurtosis coefficients for the three scales and subscales are similarly within acceptable bounds.

While multitasking ability was also discovered to be a significant predictor for QOL as it accounted for 1% of the variance, emotional intelligence was found to be a stronger predictor of quality of life for married working women as it accounted for .03% of variance. There was no empirical research evidence to support this prediction, but as a first step, these findings add to the body of knowledge on marital health, wellness, quality, satisfaction, and adjustment. These results suggest that married (with at least one child) professional women who do well on the multitasking ability scale had a high quality of life (Kalsoom, S., & Kamal, A. 2020). These findings were conforming to research on multitasking, which has noted that multitasking in a family environment with kids presents a pleasurable experience (well-being) for married couples (Offer and Schneider 2011). Consequently, having stronger emotional intelligence, married working women may also enjoy higher QOL. Similar findings from past research have been used to make predictions about how emotional intelligence may impact marital and career adjustment (Batoool & Khalid, 2012; Haidari et al., 2017; Hasani et al., 2012; Jalil & Muazzam, 2013; Joshi & Thingujam, 2009; Moshe & Iris, 2008; Smith, Ciarrochi, et al., 2008; Smith, Heaven et al., 2008; Shanavas, & Venk atamma, 2014; Yazdi, & Glozary, 2009). Therefore, In the Pakistani socio-organizational setting, the diversity of responsibilities may have improved and enriched the married working individuals' transition from one area to another. This study showed that the result of three scales is significant and related to

each other. The result of EI has a positive and stronger correlation with QOL, and the CSMMI are related. Moreover, beta values indicated prediction in a positive direction, which means high scores resulted in higher level of QOL of married working women. In order to draw a conclusion, it was critical to remember that multitasking proficiency significantly and positively predicted the marital adjustment of working, married, and parents of at least one child. Additionally, multitasking had a favourable relationship with QOL but less than emotional intelligence, which was found to be a stronger predictor of married working women.

The outcomes of the current study also showed that emotional intelligence, self-awareness of multitasking, and their interpersonal interactions play a professional and household role in determining the quality of life of working women. Therefore, greater emotional self-control in a working married individual would also stem in greater mutual cohesion in their married life (Beirne, 2014; Bloch et al., 2014; Campos et al., 2011).

Conclusion

The amount of psychological study on multitasking is always growing. Every industry uses multitasking frequently, possibly as an effect of the slowed pace of life and intrusion of technology. When there were numerous paid and unpaid jobs, multitasking attitudes and abilities are especially necessary to handle much in a short length of time. The current empirical investigation objective was to gather proof that multitasking has a negative impact on working women's emotional intelligence and quality of life. A correlational study methodology was employed to ascertain the relationship between emotional intelligence, multitasking ability, and the quality of life experienced by working women. Overall, the study's conclusions indicate that multitasking has grown to be a very relevant and significant construct, especially in the context of Pakistan's married population. More dynamic and important than ever was the connection between emotional intelligence, quality of life, and the ability to multitask. The findings of this study made it abundantly evident that multitasking and other variables in general play a dual dynamic role.

The findings supported the idea that emotional intelligence, multitasking skills, and quality of life were all crucial for one another. From the evidence produced by group differences, it is possible to infer that the role of demographics is appropriate in understanding the notion of multitasking, emotional intelligence, working women's quality of life (QOL), as well as their professional and marital adjustment.

Limitations and suggestions

To use and conduct qualitative analysis that the respondents could give the detail of the conditions, in-depth interviews would help to tap the process of multitasking preferences in relation to the ability to multitask as well as emotional intelligence of married individuals to how they can manage the domestic and professional work.

To examine the research study on persons who are married with children and also hold a full-time job. Check their attitudes to see how they react or how it bothers them. In further relevance to this understanding of the role of multitasking, the processes for predicting marital adjustment as well as other outcomes such as quality, wellbeing, and work satisfaction would also be tapped.

To use a complex regression model or hierarchical regression to investigate how demographics interact with individual and organisational features to explain EI, multitasking skills, and QOL. But it would also be necessary to look into how EI and multitasking connect to other correlates

like burnout and stress as well as more positive outcomes like life happiness and job satisfaction, utilizing a variety of samples.

Implications

The results of this study were beneficial to professionals in a variety of fields; for instance, Doctors, nurses, social welfare officers, professors, and professionals who could create training plans based on awareness and application of multitasking and adjustment skills. Interpersonal and marital counsellors, particularly those employed in Pakistan, may find this study to have positive consequences. The results of this study provide insight into how to create and carry out individual counselling programs to raise the role of multitasking skills and marital adjustment skills. Thus, experts and decision-makers must focus on and provide funds for drafting a human resource policy. Occupational health specialists may find these data useful, particularly given Pakistan's socio-organizational setting. Interpersonal and marital counsellors, particularly those employed in Pakistan, may find this study to be meaningful.

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