



## EMOTIONAL INTELLIGENCE DIFFERENCES BETWEEN HOUSEWIVES AND CAREER WOMEN

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### **Abstract:**

The purpose of this study was to see the differences in emotional intelligence between housewives and career women. This study uses a quantitative method with a questionnaire as the main collecting method. The difference in emotional intelligence is seen through the characteristics contained in this definition. The research subjects were 40 housewives and 40 career women respondents who had certain characteristics. The results showed that the two groups of research respondents had significant differences. The benefit of this research is to provide information to the public in terms of emotional intelligence in women, especially those who act both as housewives and the role of career women.

**Keywords:** emotional intelligence, housewives, career women

### **1. Introduction**

Humans are creatures full of abilities. One of the commonly known abilities is intelligence. Intelligence is often used as the single benchmark in seeing a person's abilities in general. People with high intelligence are assumed as individuals who are smart and successful in all things, even have a bright future. Conversely, people with low intelligence are assumed to be individuals who are less intelligent, often experience failures, and have less good predictions of the future.

With the development of the times accompanied by advances in science, scientists have discovered another human ability, which is not less important than intelligence. Now humans are seen not only based on their level of intelligence or based on training and experience, but also based on how well they manage themselves and relate to other people (Goleman, 2005).

These rules have almost nothing to do with what was once considered important when someone studied. In contrast to the old, this new measuring tool focuses on

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personal qualities, such as initiative and empathy, adaptability and persuasion abilities (Goleman, 2005).

Although it has been known for decades, which from character, personality and subtle skills to expertise, now there is more precise understanding of these human talents, namely emotional intelligence (Goleman, 2005).

Salovey & Meyer (in Martin, 2004) defines emotional intelligence as the ability to understand one's own feelings, to empathize with other people's feelings and to regulate emotions, which collectively play a role in improving one's standard of life.

The study of emotional intelligence usually reflects on successful people what attributes make them successful. The role of women's attributes can also be seen based on the side of emotional intelligence. Women are believed to be more emotional, easy to respond, like to seek experiences and express their emotions more intensively than men (Barr et al., 2000).

Emotionally intelligent women tend to be assertive and express their feelings directly, see themselves positively, are sociable and friendly, and express their feelings at a reasonable rate and are able to adjust to the burden of stress (Goleman, 2005).

Along with shifting times, emancipation, the development of education and technology and the demands of the times, the traditional / domestic role of women, which initially only served as wives and as caretakers of children, began to shift too. More and more women are becoming intellectuals, and even have great potential to become leaders. Besides that, with the great need in the economic field, a husband alone cannot meet the needs of the family, so that a wife is also required to support family income (Yulia, 2007). Ancient women were more passive and accepted the conditions as they were. With the changing times, the mindset and actions of women have changed. The feminist movement gave birth to emancipation which caused women to have the same right to enjoy education. The impact of this is the emergence of intellectual women who have considerable potential to contribute to the government and society.

The role of women as housewives and the role of women as career women require the ability to process their respective emotions. In terms of responsibility, of course, the two roles have different points of view of problems and tasks.

Women, both as individuals, wives, mothers and others have a very complex and important role. She has a distinctive characteristic, in fact women are not objects, but also as subjects in the system of human life (Notosoedirdjo, 1999).

The emotional state of housewives often feels stress because of their low position. To become a mother, a woman does not need experience, entrance examinations, special requirements, or degrees, so that role is often underestimated in degree and specificity (Lanoil, 1986). In addition to the household chores that must be performed, there are stress disorders that are accepted including loss of freedom, isolation and boredom.

From a biological perspective, only women can bear children and only mothers are the first individuals to interact with their children. The role of mothers towards their children from infancy to adulthood is the most important moment for children in determining the direction of their development (Notosoedirdjo, 1999). Motherhood

transforms a naive and inexperienced young woman into a wise and complete woman who generates respect (Ladd, 2003).

Furthermore Ladd (2003) argues that certain women's movements today reject the importance of motherhood, arguing that individual talents and abilities should be used for much better things. But the truth is being a mother is not only a good use of talents and abilities, but also enhances and expands the talents and abilities of a woman herself. Motherhood broadens our worldview and opens up new challenges and attracts us to learn new skills, for example cultivating emotional intelligence. In her daily life, apart from being a mother, a woman can learn to do five different tasks effectively at the same time. A mother can cook dinner, answer the phone and help her child with homework while feeding her baby and keeping her dog quiet. He can work in the hospital, shop for household necessities, wash clothes, write bills and still be able to show concern for everyone they love (Ladd, 2003).

Along with the times and progress in all areas of life, the role of a mother has undergone a shift. The role of the mother in the past was understood by the community as a companion to her husband, carer of children, and manager of household affairs. Currently this understanding has changed, because society can accept that a mother also has the right to work to develop her abilities or career. Therefore, the role of mothers today is not only as a regulator of household affairs and caregivers of children, but also has a role in the world of work outside the home. This is expressed in research conducted by Supardi (1983):

*"... but due to the development of society, from a traditional society to a modern society, the traditional concept could not survive and there was a social change where women "left home" to work".*

The role as a career woman raises greater demands for a mother for her dual role, so that it often creates role conflicts in the mother. The source of this conflict is the existence of cultural values and social norms in society that are so strongly embedded. According to Van Vurren (1988) the role of a woman as wife and mother takes full time and it is impossible to try to combine these roles with a career. This new role adds to problems for mothers, such as reduced time and energy for caring for children for which they are responsible, because they are occupied by work outside the home (Supardi, 1983).

The role of a career woman and as a housewife has its own challenges. Both of these roles essentially require the ability, skills and emotional intelligence of each. This is what makes the writer interested and raises the topic of the problem in this study.

## **2. Emotional Intelligence**

### **2.1 Definition of Emotional Intelligence**

Recently, the role of emotion in various fields has been widely researched. Many studies have studied emotions from various perspectives, for example from the point of view of

social, cognitive and biological processes (Wahyono, 2001). Studying emotions is an interesting thing, giving rise to further studies, both in theory and methodology. From the studies that have developed, it can be seen that emotions have a role in increasing the process of thought construction in various forms of human life experiences (Cacciopo, 1999). Emotions not only contribute to intelligence, but also to the overall function of human life. The high ability of a person to recognize and monitor personal and other people's emotions, to be able to distinguish and use it as information for directing one's thoughts and actions, is very important for determining the success of one's life (Goleman, 2005).

One of the accurate definitions of emotion was revealed by Du Preez (1988). Du Preez firmly said emotion is the body's reaction to certain situations. The nature and intensity of emotions are usually closely related to human cognitive activity (thinking) as a result of the perception of the situation. Emotions are the result of cognitive reactions to specific situations (Martin, 2004). Based on Du Preez's definition above, it can be concluded that human emotions are related to three important aspects, namely: perception, experience and thought processes (Martin, 2004).

Emotion, in principle, describes human feelings in facing a variety of different situations. Because emotions are human reactions to real situations, there really are no good emotions or bad emotions. Various psychology books that discuss emotional problems, such as those written by Atkinson (1983) distinguish emotions only into two types, namely pleasant emotions and unpleasant emotions. Other notions of emotion include thought processing, lustful feelings and mental states. Refers to biological and psychological conditions. (Goleman, 2006).

The scientist Albert Einstein said, "*God never plays dice with the universe, nor does God play dice when creating emotions for humans*". Einstein gave an understanding that, there are several emotional benefits for humans, namely: (1) survival, or survival, (2) energizer, or energy generator, (3) messenger, namely messenger, (4) reinforcer, to strengthen messages or information conveyed, as well as (5) balancer, as a counterweight to our lives (Martin, 2004).

Based on the above theory, it can be concluded that the notion of emotional intelligence is the ability of a person who is considered intelligent in the aspect of managing emotions, as a human reaction. Emotional intelligence includes self-control, enthusiasm and persistence, as well as the ability to motivate oneself and survive frustrations, the ability to control impulses and emotions, not exaggerate pleasures, regulate mood and keep the burden of stress from crippling the ability to think, understand feelings deepest other people (empathize) and pray, to maintain the best possible relationship, the ability to resolve conflicts, and to lead.

## **2.2 Characteristics of Emotional Intelligence**

According to Goleman (2006), there are five characteristics of emotional intelligence, including:

- a. ability to motivate yourself,
- b. ability to endure frustration,

- c. ability to control impulses,
- d. the ability to guard against stress doesn't paralyze the mind,
- e. the ability to empathize and pray.

### **2.3 Main Elements of Emotional Intelligence**

Dulewicz and Higgs (1998) conducted a content analysis on the problem of emotional intelligence. They found seven main elements:

- a. self-awareness,
- b. emotion management,
- c. self-motivation,
- d. empathy,
- e. manage relationships,
- f. interpersonal communication,
- g. personal style.

## **3. Housewife**

### **3.1 Definition of a Housewife**

Housewives are defined as women who work at home most of the time to organize, care for and take care of the household, husband, and educate their children (Munandar, 1983). Housewives who do not work have the meaning of women who spend more time at home, devoting their time to caring for, training and caring for children according to the pattern given by the community (Dwijanti, 1999).

Based on the theory above, it can be concluded that housewives are women who are married and have a role in managing, caring for and managing the household, husband and educating their children in an effort to build a family.

### **3.2 The Role of Housewives**

Women who act as wives in marital status sometimes show specific symptoms which, according to Kartono (1981), are housewives' syndrome. According to him, in the symptom complex, women have several functions, namely:

- a. as a wife and life partner (companion).
- b. as a sexual partner.
- c. as a household organizer (home maker).
- d. as a mother of children and educator.
- e. as social beings who actively participate in the environment.

Based on the existing theories above, it can be concluded that the family provides roles and areas for women to carry out their female functions. The more stable the woman plays various social roles as mentioned above, the more positive and more productive she becomes. Success in playing these roles gives a sense of happiness and stability to the soul in his life.

### **3.3 Problems in the Household**

The problems experienced by housewives sometimes create stressful attacks, including loss of freedom, isolation and boredom (Lanoil, 1986). In entering adolescence, children generally have greater curiosity, very high emotional turmoil, are easily influenced by the environment and so on. Therefore, as parents, especially housewives, they have to be really extra head (mind), vigilant, energy and extra funds to educate them as well as possible (Sofyan, 2005).

Today many families are not financially secure, resulting in complex problems within the family. The results of Yohnson's (2004) research show that housewives in Surabaya who have received higher education equivalent to S1 are more interested in family financial planning compared to secondary education equivalent to high school, so it can be concluded that education has an important role in increasing interest in family financial planning (Yohnson, 2004).

In facing the consumptive lifestyle, women who act as housewives show that it is an easy thing, but in doing so it will be difficult to manage an object called money. Money is a medium of exchange that is easy to use, so this is what makes money difficult to manage. This is because the money manager is a human being and human nature is always to decide something with emotion. Triwidajaya's research results (2006) prove that 80% of people decide to buy things emotionally, only 20% of people decide to buy things with logic. This makes money difficult to manage, because managed with emotion (Triwidajaya, 2006).

## **4. Career Woman**

### **4.1 Definition of a Career Woman**

One of the definitions of career women given by Munandar (1983) states that a career woman can be defined as a working mother, her activities include activities that serve husband and children, and also work to increase income. This definition is in accordance with that proposed by Achir (in Munandar, 1983), that in addition to showing the function of working mothers in domestic life, they also carry out activities regularly within a certain period of time, with a clear objective of producing or getting something in the form of objects, money, services and ideas.

According to Sobur (1998) career women are women who are married, have children and work outside the home. Women who act as working mothers have a dual role, namely educating children and working outside the home. They have to be able to manage the time between housekeeping and work, but work often takes up time so that time for family is reduced. According to Wolfman (1989), career women are women who work outside the home and they are already married. They try to combine household chores and work at the office.

According to Sarumpaet (in Yulinastuti, 2001), a career woman is a woman who acts as a mother who works outside the home whose work requires special education and has a level of work to increase her position. Women who work outside the home and they

are married, they are still expected to fully maintain the image of a household woman (Wolfman, 1989).

Wolfman (1989) affirms that career women are women who work in a corporate agency and are married. The work done requires educational preparation and mental preparation and there is career demands, and takes between twelve hours per day.

Based on the theories above, it can be concluded that career women are married women and have a dual role, namely educating children and working, working in a company requires special education and has a job level for promotion.

#### **4.2 Role of Career Women**

The role of mothers who work and work as career women in general is to earn income with the intention of helping their husbands to maintain and improve a better standard of life (Van Vurren, 1988).

So far, most people think that the ideal mother is one who is completely at home caring for her child and husband. This view is still widely used by people today. There are actually many reasons behind a working housewife. These reasons include increasing income, avoiding boredom, filling empty time or for self-development (Hoffman & Nye, 1984).

There are several factors that cause a woman to have multiple roles. Fairbairn (quoted by Bernstein & Lenhart, 1993) argues that since the 1970s many women have entered the workforce due to economic factors and for self-actualization. However, women in multiple roles are required to succeed in two opposing roles. At home, they are required to have a subordinate role (having a position under the husband's role) in supporting their family's needs by taking care of their husband and children. However, in the workplace they are required to be able to be independent and dominant. Strong and DeVault (1989) expressed the view that the duties of a wife or mother who play multiple roles will become heavier.

The difficulties faced are greater than those of wives or mothers who only take care of their husbands and children.

#### **4.3 Problems Arising from the Role of Career Women**

Primastuti (2000) states that when a wife or mother decides to work, this will have an impact on her family, her husband, her children, or her household affairs. The impact of career women includes:

- a. he feels more fulfilled in life, which can also make him have a more positive view of society.
- b. in general, working mothers show better personal and social adjustment.
- c. there is a sense of self-worth and appears in a good attitude towards oneself.
- d. in educating children, working mothers use less harsh or authoritarian discipline techniques, they have more understanding in their families and children.
- e. mother was always absent at important times, when she was needed by her family.

- f. there are family needs that are not fulfilled, for example dropping off or picking up their child from school, then the child wants to tell him what happened at school.
- g. if the mother comes home from work too tired, then she is reluctant to play with her child or accompany her husband in certain activities.

The results of the study prove that career women as working mothers will be susceptible to being attacked by role conflicts, because there are many requests from multiple roles. There are studies that find that the association of career women has many consequences, including dissatisfaction at work, dissatisfaction in life and tension in the psychological element (Casper et al., 2002).

### **5. Dynamics of Emotional Intelligence in Housewives and Career Women**

In time, a woman will enter a new chapter in her life, change her role to become a housewife or become a career woman. This role is conditioned based on the situations and conditions experienced by women in living their post-marital life. Apart from physical and mental conditions, of course, it is also influenced by the intelligence factor of women. The influence of the "woman's brain" is closely related to her intelligence function, her emotional development, her career as a professional and as a mother who gives birth to and takes care of children, even to her social life (Brizendine, 2007).

In educating children, mothers always have a positive attitude in overcoming conflicts in the household and can exercise direct control / control over problems that occur in the household (Sofyan, 2005). Furthermore, according to Triwidia Jaya (2006), in overcoming consumptive lifestyles, managing household budgets, how to manage daily household finances, mothers sometimes have to hold back and control their emotions. In addition, he also argued that managing emotions intelligently would eliminate irritations that often occur in problems at home. In the situation and condition of women who act as housewives, there are many needs in terms of emotional intelligence which is necessary for continuity in a married life (with a husband) which includes commitment, equality of opinion, solving household problems and also in caring for children at home. Being a housewife will directly practice the emotional intelligence abilities of her children. Parents who practice emotional intelligence with their children will foster children who are happier and more socially adaptable, get better school grades and will later achieve higher levels of success (Bradberry, 2007).

Teaching empathy for children, providing role models for children and forming SQ, EQ and IQ in children by, among other things, instilling faith in Allah, either by teaching prayer or other religious lessons (Triwidiajaya, 2006).

In the situation and conditions of the career woman's environment, in the workplace, emotional challenges continue to arise every day. In situations where a career woman expresses her achievements, emotional intelligence is often needed to concentrate on what she is conveying, as well as building self-confidence, as well as self-management skills to remain calm. These emotions motivate oneself to think and take action. The higher our ability to understand emotions, the easier it is for us to solve problems that



occur (Bradberry, 2007). The balance between thoughts and feelings will explain the level of our success, because this balance is often needed in difficult situations. If a woman uses her emotional intelligence skills at work, these abilities will guide her in making important decisions that will shape her career as a career woman.

## **6. Conclusions and Recommendations**

In this chapter, the researcher will discuss the conclusions and suggestions needed for further research.

### **6.1 Conclusion**

Based on the data analysis described in chapter IV, it can be concluded that the research hypothesis which states that there are differences in emotional intelligence among women who act as housewives and career women are accepted. Meanwhile, the hypothesis which states that there is no difference in emotional intelligence among women who act as housewives and career women is rejected.

### **6.2 Suggestion**

Suggestions that can be put forward based on this research are:

#### **6.2.1 Advice for Housewives and Career Women**

Women who are married and in their post-marital life act as housewives or career women are expected to pay more attention to the importance of managing good emotional intelligence on household life in building their families.

#### **6.2.2 Suggestions for Husbands Whose Wives act as Housewives or Career Women**

Husbands who have wives, both as housewives and career women, should support all the activities and roles of their wives in the life of building a family. This will build the character of the wife in her role in building a household. The wife who acts as a career woman should have support and encouragement that is good as a discussion partner, the husband also motivates the wife's work to improve the standard of family life, achieve a happy family. This is not different from the role of the wife in the household. Husbands who have wives whose roles are housewives should know that taking care of the household is not easy, so that the husband's role is also very much needed in dealing with problems that exist in the household. Husbands who support the role of the wife in the family are expected to help the wife to be able to manage their emotions better.

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