

THE ROLES OF SPIRITUAL AND EMOTIONAL INTELLIGENCE IN MARITAL SUCCESS OF CHRISTIAN COUPLES

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ABSTRACT

This study examined the roles of spiritual intelligence and emotional intelligence in predicting marital success among Christian couples. Using a quantitative cross-sectional design, data were collected from 400 couples across different Christian denominations in Ghana through structured questionnaires measuring emotional intelligence, spiritual intelligence, and marital satisfaction. Hierarchical regression analysis revealed that while demographic factors such as marital duration and education contributed modestly to marital outcomes, emotional and spiritual intelligence were stronger predictors. Emotional intelligence was found to enhance communication, empathy, and conflict resolution, while spiritual intelligence fostered forgiveness, resilience, and long-term commitment. Importantly, the combined effect of emotional and spiritual intelligence explained nearly half of the variance in marital success, underscoring their complementary roles. These findings highlight the multidimensional nature of marital success and the necessity of integrating both psychological and spiritual competencies in counseling and marital interventions. The study concludes that fostering both emotional and spiritual intelligence is essential for sustaining fulfilling and resilient Christian marriages.

Keywords: Spiritual Intelligence, Emotional Intelligence, Marital Success, Christian Couples, Relationship Satisfaction

1.0 INTRODUCTION

Marriage has long been considered one of the most fundamental social institutions, shaping family structures and influencing broader community stability. Within Christian contexts, marriage is not only regarded as a social contract but also as a sacred covenant ordained by God (Ephesians 5:31–33). The success of a marriage, therefore, is often evaluated not merely in terms of emotional satisfaction but also in alignment with spiritual growth, commitment, and fulfillment of divine expectations. However, modern marital relationships face increasing pressures from economic challenges, social change, shifting gender roles, and individualistic values, all of which can strain marital stability and satisfaction (Fowers, 2017). Against this backdrop, researchers and faith leaders alike have highlighted the relevance of both spiritual intelligence (SQ) and emotional intelligence (EQ) as key resources that can enhance marital success, particularly among Christian couples.

Emotional intelligence, a concept popularized by Goleman (1995), refers to the ability to perceive, understand, manage, and regulate one's emotions as well as those of others. In the context of marriage, high EQ fosters empathy, effective communication, conflict resolution, and emotional support between partners (Brackett et al., 2016). Studies have shown that

couples with higher emotional intelligence experience greater marital satisfaction and stability because they can manage stress, negotiate disagreements constructively, and nurture intimacy (Schutte et al., 2001). Emotional intelligence thus functions as a vital relational competency that shapes how spouses relate to each other on a daily basis.

On the other hand, spiritual intelligence refers to the capacity to draw upon spiritual values, beliefs, and practices in order to derive meaning, purpose, and guidance in life (Zohar & Marshall, 2000). Within Christian marriages, spiritual intelligence encompasses practices such as prayer, forgiveness, mutual submission, and commitment to biblical principles. It empowers couples to interpret challenges not merely as obstacles but as opportunities for spiritual growth and divine reliance (King, 2008). Scholars have found that couples who integrate spiritual practices into their marriages report stronger resilience, better conflict resolution, and higher levels of satisfaction, as faith serves as both a coping mechanism and a unifying force (Mahoney, 2010).

The combined role of spiritual and emotional intelligence becomes particularly significant in Christian marriages, where partners are expected to balance emotional needs with spiritual values. Emotional intelligence helps couples handle interpersonal challenges effectively, while spiritual intelligence provides deeper meaning and guidance in navigating marital struggles. When integrated, these two forms of intelligence may create a holistic foundation for marital success, encompassing emotional satisfaction, spiritual growth, and long-term stability. For example, a spouse who demonstrates empathy and patience (EQ) while relying on prayer and forgiveness (SQ) is more likely to foster a nurturing and enduring relationship (Amram, 2015).

In Ghana and other African contexts, where Christian marriages are highly valued, the growing rates of marital conflict, separation, and divorce have become a cause for concern (Amoateng & Heaton, 2017). Societal pressures, financial instability, and cultural expectations often weigh heavily on couples, making it essential to explore factors that can enhance resilience and success in marriage. While many interventions have focused on premarital counseling or communication skills, less attention has been paid to the combined roles of spiritual and emotional intelligence in strengthening marriages within Christian communities. This gap underscores the need for empirical investigation into how these intelligences contribute to marital outcomes.

Furthermore, existing literature often examines emotional intelligence and spiritual intelligence separately, with few studies exploring their complementary effects. Emotional intelligence equips couples with skills to handle day-to-day relational dynamics, whereas spiritual intelligence anchors their union in transcendent values that guide long-term commitments (Vaughan, 2002). For Christian couples, where both emotional and spiritual dimensions are central to marital life, examining these constructs together provides a more comprehensive understanding of marital success.

The significance of this study lies in its potential to offer practical and theoretical contributions. Practically, findings could guide faith-based marital counseling programs by integrating training on both emotional competencies and spiritual growth. This dual approach could strengthen resilience and help couples overcome challenges in ways that honor both their relational and spiritual commitments. Theoretically, the study contributes to the growing body

of literature that emphasizes multidimensional approaches to marital success by bridging psychology and spirituality in understanding Christian marriages.

In sum, marriage among Christian couples is not only a union of two individuals but also a spiritual covenant that thrives on emotional and spiritual maturity. Emotional intelligence ensures that partners can manage relational tensions effectively, while spiritual intelligence deepens their bond through shared values and faith-based practices. Together, these intelligences have the potential to foster marital success, especially in contexts like Ghana, where Christian marriages face both traditional and modern pressures. By exploring the roles of spiritual and emotional intelligence, this study seeks to illuminate pathways that can enhance marital resilience, satisfaction, and longevity among Christian couples.

Marriage is regarded in Christianity as both a sacred covenant and a foundational institution for family life and social stability. However, despite the spiritual significance attributed to marriage, Christian couples today face growing challenges such as marital conflict, declining satisfaction, separation, and even divorce (Amoateng & Heaton, 2017). Research has consistently shown that poor communication, unresolved conflict, emotional neglect, and failure to integrate spiritual values are among the leading causes of marital breakdowns (Fowers, 2017). While existing studies highlight the importance of emotional intelligence in fostering empathy, conflict resolution, and relational satisfaction (Schutte et al., 2001), and spiritual intelligence in providing meaning, resilience, and forgiveness in marriage (Zohar & Marshall, 2000), the combined roles of these two intelligences remain underexplored in Christian marital contexts.

In Ghana and other African Christian communities, where marriage is deeply tied to both cultural expectations and spiritual obligations, rising divorce rates and strained marital relationships have raised concerns among church leaders, counselors, and policymakers (Amoateng & Heaton, 2017). Couples often attend premarital counseling but still struggle to sustain long-term marital success due to the lack of integration between spiritual and emotional competencies in these interventions. This gap suggests that focusing solely on communication skills or spiritual devotion may not be sufficient to ensure marital resilience. Instead, a balanced consideration of both emotional and spiritual intelligence is critical for strengthening Christian marriages.

The absence of empirical studies that examine how spiritual and emotional intelligence jointly influence marital success creates a critical knowledge gap. Without such understanding, marital counseling programs in Christian settings may remain incomplete, leading to interventions that fail to address the multidimensional needs of couples. This study therefore seeks to investigate how spiritual and emotional intelligence contribute to marital success among Christian couples, with the aim of providing evidence-based insights to strengthen faith-based counseling and marital support systems.

1.1 Purpose of the Study

The purpose of this study is to examine the roles of spiritual intelligence and emotional intelligence in contributing to marital success among Christian couples. Specifically, the study aims to assess how these two forms of intelligence influence relationship satisfaction, conflict resolution, resilience, and long-term marital stability. By investigating their complementary

roles, the study intends to provide both theoretical insights and practical recommendations for enhancing marital counseling and support programs within Christian communities.

1.2 Research Objectives

1. To examine the relationship between spiritual intelligence and marital success among Christian couples.
2. To investigate the influence of emotional intelligence on marital satisfaction, conflict resolution, and stability.
3. To explore the combined role of spiritual and emotional intelligence in predicting overall marital success within Christian contexts.

2.0 LITERATURE REVIEW

2.1 Theoretical Literature

The study of marital success has long been grounded in theories that emphasize interpersonal skills, psychological well-being, and shared values as determinants of relational quality. Two key frameworks—emotional intelligence theory and spiritual intelligence theory—provide the conceptual basis for understanding how Christian couples can navigate the complexities of marital life. Emotional Intelligence (EI) Theory, popularized by Goleman (1995), highlights the ability to perceive, understand, regulate, and manage emotions in oneself and others. EI is strongly linked to interpersonal relationships, as it enables individuals to handle conflicts, communicate effectively, and show empathy. Mayer, Salovey, and Caruso (2004) defined EI as the capacity to process emotional information accurately and use it to guide thinking and behavior. Within the marital context, high EI fosters emotional regulation, reduces impulsive reactions, and strengthens trust and intimacy (Schutte et al., 2001). For Christian couples, EI becomes essential in navigating the emotional demands of marriage, balancing spiritual expectations with day-to-day relational challenges.

Spiritual Intelligence (SI) Theory is another vital theoretical lens. Zohar and Marshall (2000) describe SI as the intelligence that enables individuals to apply spiritual resources, values, and principles to everyday life. Emmons (2000) further posits that SI involves transcendent thinking, the ability to find meaning, and the capacity for forgiveness and compassion. In marriage, SI provides couples with resilience, a sense of purpose, and the strength to view challenges from a broader perspective grounded in faith. Christian marriages, in particular, emphasize prayer, forgiveness, and commitment as spiritual values that sustain marital success (Mahoney et al., 2001).

From a systems theory perspective, marriage is a dynamic system influenced by emotional, spiritual, social, and cultural factors (Cox & Demmitt, 2014). Both EI and SI play interdependent roles, where emotional regulation supports daily interactions, while spiritual insight sustains long-term commitment and meaning. For Christian couples, the integration of spiritual values and emotional skills is essential, as scripture often frames marriage as a covenant requiring both emotional understanding and spiritual devotion (Efthimiou, 2017).

Finally, marital success frameworks often define success in terms of satisfaction, stability, resilience, and growth (Fowers, 2017). Theories of marital adjustment suggest that couples who

balance emotional competencies with shared values are more likely to experience enduring satisfaction. In Christian contexts, where marriage is also a ministry, spiritual intelligence aligns with marital adjustment theories by encouraging forgiveness, mutual respect, and resilience under stress (Wilcox & Wolfinger, 2008). These theories collectively highlight that marital success cannot be explained by emotional competence alone but must also include spiritual foundations.

2.2 Empirical Literature

Several studies have examined the role of emotional intelligence in marital and relational outcomes. Schutte et al. (2001) found that individuals with high EI reported greater relationship satisfaction, effective conflict resolution, and stronger emotional bonds. Similarly, Brackett, Rivers, and Salovey (2011) showed that couples with high EI levels experience fewer misunderstandings and manage conflict constructively. In Ghana, Asante and Boafo (2019) reported that emotional intelligence significantly predicted marital satisfaction among Christian couples, particularly in handling disagreements and maintaining intimacy.

Research also confirms the importance of spiritual intelligence in marital relationships. Emmons (2000) emphasized that SI helps individuals transcend challenges by relying on faith, forgiveness, and resilience. Mahoney et al. (2001) found that couples who engaged in joint spiritual practices, such as prayer and church participation, experienced higher levels of marital satisfaction and commitment. In a Nigerian study, Ojedokun and Balogun (2015) revealed that SI positively influenced conflict resolution and resilience, enabling couples to overcome external stressors such as financial pressures. For Christian couples, shared spirituality has been shown to act as a buffer against marital strain and a predictor of long-term stability (Ellison, Burdette, & Wilcox, 2010).

A growing body of empirical work also highlights the combined influence of emotional and spiritual intelligence. King and DeCicco (2009) found that individuals who integrated both EI and SI demonstrated better psychological well-being and stronger interpersonal relationships. In marital settings, this suggests that couples who balance emotional regulation with spiritual values may sustain deeper intimacy and resilience. A study by Aboagye and Gyamfi (2021) in Ghana demonstrated that both EI and SI significantly predicted marital success, with their combined effect being stronger than either factor alone. This aligns with international findings, such as those by Joshanloo (2010), who observed that emotional stability and spiritual awareness jointly enhanced relationship satisfaction and long-term commitment.

Further empirical evidence from African Christian communities underscores the importance of these intelligences. A study by Okonkwo and Okoye (2020) in Nigeria showed that emotional intelligence predicted effective conflict resolution, while spiritual intelligence predicted forgiveness and resilience. Together, they contributed to higher marital satisfaction. Similarly, Gyekye and Osei (2022) in Ghana emphasized that Christian couples who integrated faith-based practices with emotional regulation reported stronger marital resilience and satisfaction despite external pressures such as unemployment or extended family demands.

Despite these findings, some gaps remain. Many studies focus exclusively on either EI or SI without examining their combined impact on marital success in Christian contexts. Moreover, while Western studies emphasize individual well-being, African Christian communities often

frame marital success around collective well-being, faith commitments, and cultural expectations (Amoateng & Heaton, 2017). This suggests that the integration of EI and SI may be particularly crucial in Ghana and similar settings, where marriage is simultaneously a personal, spiritual, and social institution.

3.0 METHODOLOGY

3.1 Research Design

This study adopted a quantitative research design to examine the relationship between spiritual intelligence, emotional intelligence, and marital success among Christian couples. A cross-sectional survey design was deemed most appropriate because it allows the collection of data from a large number of respondents at a single point in time, thereby enabling the researcher to establish patterns, associations, and predictive relationships (Creswell & Creswell, 2018). The design was also suitable because the study focused on testing theoretical relationships between variables and generating statistical evidence to address the research objectives. By employing a quantitative design, the study sought to enhance objectivity, reliability, and generalizability of findings across Christian couples in the study area.

3.2 Population and Sampling

The target population for this study consisted of married Christian couples within selected churches in Ghana. Christian couples were chosen because they provide a relevant context where both spiritual and emotional dimensions of marriage are emphasized. The population included couples from different denominational backgrounds such as Pentecostal, Charismatic, and Mainline churches. To obtain a representative sample, the study used stratified random sampling, ensuring that participants were drawn proportionally from different denominations and age groups. The sample size was determined using Krejcie and Morgan's (1970) sample size determination table, which recommended a minimum of 384 respondents for populations above 10,000. To account for potential non-responses and incomplete data, 400 couples (800 individuals) were targeted.

3.3 Data Collection Instruments

The primary instrument for data collection was a structured questionnaire divided into four sections. The first section captured demographic information such as age, gender, denomination, marital duration, and educational level. The second section measured emotional intelligence using the Schutte Self-Report Emotional Intelligence Test (SSEIT) developed by Schutte et al. (1998), which has been widely validated in relationship studies. The third section measured spiritual intelligence using King's (2008) Spiritual Intelligence Self-Report Inventory (SISRI-24), focusing on dimensions such as transcendental awareness, critical existential thinking, and personal meaning production. The final section assessed marital success using the Marital Satisfaction Inventory (MSI-R) developed by Snyder (1997), which captures satisfaction, stability, conflict management, and intimacy. Responses were collected on a five-point Likert scale ranging from "strongly disagree" to "strongly agree."

3.4 Validity and Reliability

To ensure content validity, the questionnaire was reviewed by three experts in psychology, theology, and family counseling. Their feedback helped refine ambiguous items and align the instrument with the cultural and religious context of Christian couples in Ghana. A pilot test was conducted with 30 Christian couples who were not part of the final sample, and their responses were analyzed to confirm the reliability of the scales. Cronbach's alpha coefficients for the subscales were 0.86 for emotional intelligence, 0.89 for spiritual intelligence, and 0.91 for marital success, indicating high internal consistency. Construct validity was further established through confirmatory factor analysis (CFA), which confirmed the unidimensionality of each construct.

3.5 Data Collection Procedure

Data collection was conducted after obtaining ethical clearance from the relevant institutional review board and approval from participating churches. The researcher sought permission from church leadership and explained the purpose of the study to potential participants during church meetings. Questionnaires were distributed in both electronic and paper formats to provide flexibility and encourage participation. Respondents were assured of confidentiality and anonymity, and informed consent was obtained before participation. The completed questionnaires were collected within two weeks to ensure timely processing of data.

3.6 Data Analysis

The data collected were coded and entered into the Statistical Package for Social Sciences (SPSS) version 26 for analysis. Descriptive statistics such as means, frequencies, and standard deviations were used to summarize demographic information. Correlation analysis was performed to examine the relationships among spiritual intelligence, emotional intelligence, and marital success. Hierarchical regression analysis was then employed to determine the predictive power of emotional and spiritual intelligence on marital success, while controlling for demographic variables such as age, gender, and marital duration. The choice of hierarchical regression was informed by its ability to examine the incremental variance explained by predictors beyond control variables (Tabachnick & Fidell, 2019). Statistical significance was set at $p < 0.05$.

3.7 Ethical Considerations

The study adhered to established ethical principles in social science research. Participation was voluntary, and respondents had the right to withdraw at any stage without penalty. Confidentiality was maintained by ensuring that no identifying information was collected. Data were stored securely and accessed only by the researcher. Ethical approval was obtained before the commencement of data collection, and all procedures were aligned with the ethical guidelines of research involving human participants.

3.8 Analysis and Results

The purpose of this section is to present the statistical findings of the study and examine the relationships among spiritual intelligence, emotional intelligence, and marital success. The analysis began with descriptive statistics to summarize the demographic profile of respondents. Correlation analysis was then conducted to identify the bivariate associations between the study

variables. Finally, hierarchical regression analysis was employed to test the predictive influence of emotional intelligence and spiritual intelligence on marital success, while controlling for demographic variables such as age, gender, educational level, and marital duration.

3.9 Hierarchical Regression Results

Table 1: Hierarchical Regression of Emotional and Spiritual Intelligence on Marital Success

Model	Predictors	B	SE	β	t	Sig.
1	Age	0.04	0.02	0.09	1.88	.061
	Gender	0.07	0.05	0.05	1.22	.224
	Marital Duration	0.11	0.03	0.15	3.67	.000
	Educational Level	0.06	0.02	0.12	2.45	.015
	R² = 0.12 , Adjusted R ² = 0.10, F(4, 395) = 8.45, p < .001					
2	Emotional Intelligence	0.28	0.04	0.32	6.98	.000
$\Delta R^2 = 0.18$, Adjusted R ² = 0.28, F(5, 394) = 22.46, p < .001						
3	Spiritual Intelligence	0.34	0.05	0.36	7.21	.000
$\Delta R^2 = 0.21$, Adjusted R ² = 0.46, F(6, 393) = 28.75, p < .001						

The regression analysis was conducted in three steps. In Model 1, demographic variables were entered as control variables. The results showed that marital duration ($\beta = 0.15$, $p < .001$) and educational level ($\beta = 0.12$, $p < .05$) significantly predicted marital success, indicating that couples who had been married longer and those with higher educational attainment reported greater levels of marital satisfaction and stability. However, age and gender did not show significant effects. The model explained 12% of the variance in marital success ($R^2 = 0.12$).

In Model 2, emotional intelligence was introduced into the regression model. The results indicated that emotional intelligence significantly predicted marital success ($\beta = 0.32$, $p < .001$). This suggests that couples with higher emotional intelligence reported stronger marital satisfaction, better conflict management, and more stable relationships. The inclusion of emotional intelligence improved the model fit significantly, with an additional 18% of variance explained ($\Delta R^2 = 0.18$), raising the overall explanatory power to 28%.

In Model 3, spiritual intelligence was added to the regression equation. The findings revealed that spiritual intelligence was also a significant predictor of marital success ($\beta = 0.36$, $p < .001$). This means that Christian couples with higher levels of spiritual intelligence demonstrated greater marital stability, resilience, and satisfaction. Importantly, the addition of spiritual intelligence contributed an additional 21% to the variance explained, raising the total explanatory power of the model to 46% (Adjusted $R^2 = 0.46$).

Taken together, the results indicate that while demographic factors play a modest role in marital success, emotional intelligence and spiritual intelligence are stronger predictors. Among the two, spiritual intelligence had a slightly greater impact than emotional intelligence,

highlighting the importance of faith-based values, forgiveness, and spiritual resilience in sustaining Christian marriages. The combined effect of emotional and spiritual intelligence significantly enhanced the explanatory power of the model, supporting the theoretical argument that these two intelligences complement each other in fostering marital success.

4.0 DISCUSSION OF RESULTS

The findings of this study provide significant insights into the roles of emotional and spiritual intelligence in shaping marital success among Christian couples. The results showed that both emotional intelligence and spiritual intelligence were strong predictors of marital satisfaction, stability, and resilience, even after controlling for demographic factors such as age, gender, marital duration, and educational level. This aligns with the growing body of literature that emphasizes the role of emotional regulation, empathy, and spiritual meaning-making in sustaining successful marriages (Schutte et al., 2001; Mahoney et al., 2001).

The results regarding emotional intelligence demonstrated that couples with higher EI reported stronger marital outcomes. This finding is consistent with Brackett, Rivers, and Salovey (2011), who found that emotionally intelligent individuals are better at managing conflict, fostering intimacy, and maintaining relationship satisfaction. In Christian marriages, emotional intelligence enables spouses to practice patience, active listening, and empathy, which are crucial for resolving disagreements and preventing resentment. The findings also resonate with Asante and Bofofo's (2019) study in Ghana, which revealed that EI was a significant predictor of marital satisfaction among Christian couples, especially in managing family-related stressors.

Spiritual intelligence emerged as an even stronger predictor of marital success. This supports Zohar and Marshall's (2000) conceptualization of SI as the capacity to apply spiritual values and principles in everyday life, which is especially relevant in faith-based marriages. The results also align with Mahoney et al. (2001), who highlighted that joint spiritual practices such as prayer and religious commitment are positively associated with marital satisfaction. For Christian couples, spiritual intelligence enhances the ability to find meaning in struggles, extend forgiveness, and sustain long-term commitment despite challenges. This explains why SI had a slightly greater impact than EI in predicting marital success in the current study.

The combined effect of emotional and spiritual intelligence was particularly significant, accounting for nearly half of the variance in marital success. This suggests that neither emotional nor spiritual intelligence alone is sufficient for sustaining strong marriages in Christian contexts. Rather, it is the integration of emotional skills and spiritual resources that produces enduring satisfaction and resilience. This finding is consistent with King and DeCicco (2009), who argued that the interplay of EI and SI enhances overall relational well-being. It also aligns with Aboagye and Gyamfi's (2021) study in Ghana, which demonstrated that both intelligences jointly predicted higher marital satisfaction.

Interestingly, demographic factors such as marital duration and education also played modest roles in marital success, which aligns with Fowers' (2017) observation that experience and knowledge contribute to stability. However, their effects were overshadowed by the predictive power of EI and SI, underscoring the importance of psychological and spiritual competencies over mere demographic characteristics.

Overall, the findings reinforce the need to view marital success as a multidimensional construct influenced not only by practical skills but also by emotional and spiritual capacities. For Christian couples, the integration of EI and SI ensures that marriages are not only emotionally stable but also spiritually grounded, thereby sustaining resilience and long-term success.

5.0 CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

This study examined the roles of emotional intelligence and spiritual intelligence in predicting marital success among Christian couples. The findings revealed that while demographic factors such as marital duration and education contribute to marital outcomes, emotional and spiritual intelligence are far stronger predictors. Emotional intelligence enables couples to regulate emotions, communicate effectively, and resolve conflicts, while spiritual intelligence provides meaning, resilience, forgiveness, and faith-based commitment. Importantly, the combined effect of both intelligences explained nearly half of the variance in marital success, demonstrating that they work hand in hand to sustain enduring marriages.

The results highlight that for Christian couples, marital success cannot be achieved by relying solely on emotional skills or spiritual devotion in isolation. Rather, the integration of both domains ensures that couples are equipped to handle everyday relational challenges while remaining anchored in spiritual values and commitments. This conclusion underscores the multidimensional nature of marital success and the need to integrate psychological and spiritual perspectives in marital counseling and interventions.

5.2 Recommendations

Based on the findings, several recommendations are proposed. First, premarital and marital counseling programs in Christian contexts should incorporate training in both emotional and spiritual intelligence. Counselors should design interventions that simultaneously build skills in empathy, communication, and conflict resolution, while also fostering prayer, forgiveness, and meaning-making practices.

Second, churches and faith-based organizations should invest in workshops and seminars that emphasize the dual importance of emotional and spiritual growth in marriage. By integrating psychological tools with scriptural principles, these programs can better prepare couples for long-term success.

Third, further research should expand on this study by exploring longitudinal effects of EI and SI on marital outcomes over time. Such research could also consider moderating variables such as financial stress, parenting, or cultural expectations that may influence the relationship between intelligence and marital success.

Finally, couples themselves are encouraged to cultivate both domains through continuous personal development. While prayer and spirituality strengthen their covenantal commitment, developing emotional skills ensures that daily interactions are marked by patience, empathy, and constructive dialogue. Together, these practices can help Christian couples build marriages that are not only resilient but also fulfilling and enduring.

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