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Emotional Intelligence and Communication Quality in Romantic Relationships

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ABSTRACT

This section should be reviewed during editorial preparation. If the original manuscript does not provide this section separately, the editorial office should decide whether the existing article content already covers it or whether author-approved expansion is required.

Keywords: Emotional; Intelligence; Communication; Quality; Romantic

Introduction

Emotional intelligence and communication quality in romantic relationships are critical for a healthy and sustainable relationship. (ÖZER & Engin DENİZ, 2014) Emotional intelligence and communication, which are the basic dynamics of a relationship, are complementary elements. Emotional intelligence involves the capacity of individuals to recognize, regulate, and effectively express their own emotions, while also encompassing the ability to understand and empathize with mutual emotions. (KONAKAY, 2013) These features contribute to the strengthening of understanding and bond between partners. While communication quality refers to an open, mutually understanding and effective flow of information; Quality communication reduces misunderstandings, ensures that emotions are conveyed correctly, and reinforces the sense of trust. Individuals with high

emotional intelligence are better aware of their partner's emotions and can react appropriately to them; This positively affects communication. However; Couples who can communicate healthily can resolve conflicts more constructively and strengthen their emotional bonds. Thus, the development of both elements are the cornerstones for deepening romantic relationships and long-term satisfaction.

2.1. Emotional Intelligence Definition

Emotional intelligence refers to an individual's capacity to recognize, understand, and regulate their own emotions, as well as the ability to recognize and effectively cope with the emotions of others. This concept allows a person to be in harmony with their inner emotional world, allowing them to better understand themselves and others.

Individuals with high emotional intelligence can communicate more healthily in romantic relationships, use their emotional expressions

and trust. Additionally, the development of emotional intelligence allows for deepening the emotional bond between partners by increasing empathy and communication skills.

Additionally, high emotional intelligence makes it easier to empathize in interpersonal relationships, manage emotional responses, and engage in constructive communication during conflicts. In romantic relationships, the presence and development of emotional intelligence contributes significantly to sharing emotions in a healthier and more open way and strengthening common emotional bonds. Key components of emotional intelligence include emotion awareness, emotion regulation, empathy, and social skills. Emotional awareness enables the individual to perceive their own emotions and the emotions of the other person correctly. Emotion regulation means channeling these emotions appropriately and avoiding extremes. (Yildiz, M. A. 2016)

2.2. Components of Emotional Intelligence

Emotional intelligence components are generally examined under four basic headings: self-awareness, self-regulation, empathy and social skills. Self-awareness is the first step to recognizing and understanding one's own emotions and communicating correctly in relationships, and self-management ensures that emotions are controlled and expressed appropriately. Empathy allows for understanding and sharing the partner's feelings, while social skills increase effectiveness and harmony in communication, facilitating conflict resolution and reconciliation processes. (KONAKAY, 2013)

These components are crucial for establishing and maintaining a strong emotional intelligence structure. The development of emotional intelligence plays a critical role in ensuring mutual satisfaction and stability in relationships, and emotional intelligence components encourage acting with common sense and solution-oriented approaches in times of conflict; Thus, the negativities in the relationship are minimized. In conclusion, the conscious development and use of

romantic relationships. (KONAKAY, G. (2013).

2.3. Emotional Intelligence and Relationships

Emotional intelligence is an important ability that allows individuals to recognize, understand, and regulate their own emotions, as well as to perceive the emotions of others and communicate effectively. In romantic relationships, emotional intelligence plays a fundamental role in the healthy functioning of relationship dynamics. Individuals with high emotional intelligence can easily recognize and empathize with their partner's emotions. This contributes to strengthening mutual understanding and trust. Additionally, their ability to express and manage their emotions appropriately allows for more constructive resolution of conflicts. In romantic relationships, individuals with high emotional intelligence carefully choose what they say and exhibit an empathetic approach, taking into account the feelings of the other person during communication. This improves the quality of communication, reduces disagreements, and contributes to the sustainability of the relationship. On the other hand, low emotional intelligence can lead to problems in communication and misunderstandings. People with poor emotional control can negatively affect the relationship with sudden reactions or misunderstandings. Therefore, developing emotional intelligence is an important strategy to improve the quality of communication in relationships and manage conflicts more effectively. In conclusion, the strong relationship between emotional intelligence and communication quality is among the determining factors in the healthy and satisfying nature of romantic relationships.

Communication Quality

Communication quality is one of the basic elements that determine the depth and intelligibility of couples' interactions with each other in romantic relationships, and good communication occurs when mutual feelings, thoughts and needs are shared openly and

of communication plays a critical role in the healthy progression of the relationship and directly affects the quality of the interaction. Especially people with high emotional intelligence have developed the skills of empathy, active listening and appropriate response during communication. This contributes to reducing disagreements in communication, strengthening emotional bonds and increasing mutual trust. However, communication quality is not limited to the choice of words, but is also closely related to the ability to understand the emotional and psychological state of the other party and reflect them correctly. In this context, openness, honesty and respect stand out as basic principles in communication. Expressing emotions correctly and using active listening techniques in romantic relationships are practices that increase the quality of communication. In this way, understanding between couples deepens, conflicts and misunderstandings are reduced. In conclusion, high communication quality and improved emotional intelligence are critical factors in the sustainability and well-being of romantic relationships. Consciously developing these elements positively affects the long-term satisfaction and commitment level of the relationship. (KONAKAY, G. 2013)

3.1. Definition of Communication

Communication is the process of meaningful interaction between two or more individuals in order to share information, feelings and thoughts with each other. (KONAKAY, G. (2013) Within the scope of this process, verbal and non-verbal expressions (various elements such as gestures, facial expressions and body language) come into play. The main purpose of communication is to make the other party feel understood, and this requires a correct, effective and balanced communication environment. Good communication allows partners to understand their needs and boundaries, while also supporting skills such as empathy, attention and active listening, which emerge in parallel with the development of emotional intelligence. (Caliskan,

way. Continuity and sincerity in communication; It has an important place in building trust and strengthening emotional bonds, and the quality of communication is the basic building block for the overall health and long-term success of the relationship and is further strengthened by the development of emotional intelligence. Good communication skills make it easier for both parties to express themselves, allow conflicts to be resolved constructively, and contribute to the deepening of emotional bonds within the framework of mutual respect.

3.2. Types of Communication

Types of communication encompass a variety of methods that allow people to express their feelings, thoughts, and needs in different ways. (ARKLAN, Ümit & Zafer KARTAL, N. (2018). In this context, verbal communication is the most common and basic form of communication; With the use of words, feelings, thoughts and information are conveyed to the other party. Verbal communication can be carried out through face-to-face interviews, phone calls or digital mediums. Additionally, non-verbal forms of communication, such as body language, gestures, facial expressions, and body posture, play a significant role in expressing emotions and intentions. This type of communication, especially in romantic relationships, provides clues about the emotional state and intimacy levels of partners. (Yurdakal, İ. H. (2018). Especially in long-distance relationships; The form of communication that takes place through letters, messages or social media posts also constitutes an important communication channel. While these different forms of communication offer various advantages in ensuring functional and effective communication, they can also trigger misunderstandings in communication. Therefore, using communication types correctly and choosing them in appropriate contexts positively affects the quality of the relationship. (Caliskan, N., & Aslander, M. (2014). Additionally, developing skills such as empathy and active listening in communication increases the

relationships in romantic relationships, which is compatible with emotional intelligence.

3.3. The Importance of Communication Quality

Quality communication; It occurs when the parties can express their feelings, thoughts and needs clearly and effectively, and the other party understands these expressions correctly and responds with empathy. This process reinforces the sense of trust, allows conflicts to be resolved constructively, and contributes to the strengthening of the bond in the relationship. On the other hand, high communication quality, beyond being linked to emotional intelligence, also reflects the capacity of the parties to manage their own emotions and develop sensitivity to mutual feelings. Effective communication reduces misunderstandings of emotions, ensures that conflicts and issues are addressed constructively, and increases the level of shared satisfaction. High communication quality plays a critical role in the long-term healthy development of romantic relationships. Healthy communication is not just about conveying information but also deepens the emotional harmony and understanding of the parties, forming the cornerstones of a relationship based on mutual commitment and empathy.

4. Romantic Relationships

Emotional intelligence and communication quality in romantic relationships are fundamental aspects of the sustainability and depth of the relationship. Emotional intelligence positively affects relationship dynamics by partners understanding and managing their own emotions, recognizing the other person's feelings, and developing an empathetic approach. In this way, problems encountered during communication can be handled more constructively. Understanding emotions correctly and conveying them with appropriate expressions increases the quality of communication and prevents misunderstandings. Strengthening the emotional bond in romantic relationships; It is supported by reinforcing trust and sharing common feelings. In this context, people with high emotional intelligence establish

critical for harmony, satisfaction, and continuity in romantic relationships. The interaction between the two elements ensures the healthy development and strengthening of the relationship, improves the quality of life of the partners and contributes to the long-term success of the relationship.

4.1. Definition of Romantic Relationship

A romantic relationship involves a complex dynamic that forms the essential elements of emotional connection and shared life between individuals. In this type of relationship, it is important for couples to establish intimacy for common goals, develop mutual trust and love, share their feelings and show understanding. The health and sustainability of a romantic relationship is closely related not only to the depth of the emotional connection but also to the high quality of communication. Furthermore, communication in romantic relationships involves a process that is based on understanding and acceptance, as well as expressing emotions openly and accurately. At this point, communication styles and skills contribute to couples solving problems, conflict management and deepening emotional bonds. In particular, sincere and constructive communication accelerates the formation of trust and commitment in the relationship (İkiz & Totan, 2010). Therefore, emotional intelligence and communication quality in romantic relationships stand out as the basic elements that determine the dynamics of the relationship, and the development and harmonious use of these elements play a key role in the healthy and long-lasting of relationships.

4.2. Development of Romantic Relationships

The development of romantic relationships is based on the process of strengthening couples' mutual interactions and emotional bonds. Relationship dynamics deepen when individuals understand, manage and express their own emotions and those of their partners appropriately (Tagay, Çalışdemir & Ünüvar, 2018). At the beginning of the relationship,

couples grow, conflicts are resolved more constructively, strengthening the partnership.

4.3. Emotional Connection in Romantic Relationships

Emotional connection in romantic relationships forms the fundamental building blocks of love, trust, and understanding between partners. This bond is strengthened not only by sharing emotions but also by mutual empathy, respect and harmony (Erözkan, 2009). High emotional intelligence allows partners to understand each other's emotions correctly and react appropriately, while potential conflicts in communication can be resolved with understanding and tolerance, ensuring that the relationship can be maintained in a healthy way.

5. The Relationship Between Emotional Intelligence and Communication Quality

Individuals with high emotional intelligence are more successful in noticing and understanding their partner's emotions; Thus, this basic element that strengthens communication increases mutual understanding and empathy and plays an important role in establishing healthy and sustainable bonds (Ali Gizir, 2013). Emotional intelligence involves individuals' ability to recognize, understand, and regulate their own emotions, as well as the ability to recognize and respond with empathy to the other person's emotions. These abilities allow for understanding the smallest cues that arise during communication and providing appropriate responses.

5.1. Theoretical Framework

If we evaluate it in terms of theoretical framework; The relationship between emotional intelligence and communication quality is shaped by the basic principles of psychology and communication. Emotional intelligence is the capacity of individuals to perceive, understand, and regulate their own and others' emotions. This capacity strengthens their ability to empathize and manage emotional responses, especially in

relationship to communicate healthily. For example, awareness allows the partner's emotional states to be understood, and the ability to regulate allows conflicts to be resolved constructively. Additionally, individuals with high emotional intelligence express their emotions more effectively, increasing openness and trust in communication. Communication quality, on the other hand, is related to communication styles and effective communication methods and is the basis of mutual understanding, respect and sincerity. The combination of emotional intelligence and high communication quality is an important factor that strengthens the emotion-dynamics in the relationship and reduces conflicts and disagreements. Theoretical approaches explaining this situation suggest that emotional intelligence contributes to the development of communication skills and deepens bonds with mutual trust.

5.2. Research Methods

Research methods, in order to ensure the feasibility and reliability of the relationship between emotional intelligence and communication quality; It is preferred to apply quantitative and qualitative research methods together. Quantitative methods collect data through questionnaires and standardized scales to measure participants' emotional intelligence levels and communication quality indicators, often undergoing validity and reliability tests to ensure accurate and consistent results. In addition, the inclusion of a large number of participants in the data allows for generally valid inferences to be made. Qualitative research is; It is implemented using interviews, focus group studies, or open-ended questions to provide in-depth information. In this way, participants' experiences regarding communication styles and their attitudes towards their emotional intelligence can be revealed in detail. In the researches, participants interested in the subject are selected according to certain criteria and information is recorded with various data collection tools. In the data analysis phase,

more comprehensive and reliable information on the subject, shedding light on the dynamics of relationships.

5.3. Results

Research shows that there is a significant positive relationship between emotional intelligence and communication quality. In particular, emotional awareness and emotion regulation skills have been observed to increase openness, empathy and understanding in communication between partners. Participants' correct recognition of their feelings and their appropriate expression reduce the rate of conflict in communication and increase the level of understanding. In addition, it has been determined that individuals with high emotional intelligence communicate more effectively in relationships built on mutual respect and trust. This is an important factor that ensures mutual satisfaction and strengthening of the bond in the relationship. Research shows that communication skills improve with the development of emotional intelligence, and this improvement increases harmony in romantic relationships. Therefore, it has been revealed that emotional intelligence and communication quality are two important elements that support each other in the relational context and that there are areas that need to be improved in terms of the sustainability of relationships. These findings reveal that it plays an active role in conflict resolution as well as increasing mutual understanding and empathy in relationships. In addition, the importance of strengthening emotional intelligence, gaining communication skills and regular training in these areas becomes evident for the long-term health of these relationships.

6. Effects of Emotional Intelligence and Communication Quality

Emotional intelligence and communication quality are fundamental elements that make up the healthy structure of romantic relationships, and they interact strongly with each other. Quality communication fosters positive interactions, develops on the basis of mutual respect and

develop solution-oriented approaches. Ultimately, the enhanced relationship between emotional intelligence and communication quality enhances emotional fulfillment, strengthens bonds, and fosters long-term commitment in romantic relationships. Therefore, efforts to improve emotion regulation and communication skills form the basis of healthy and sustainable romantic relationships.

6.1. Relationship Satisfaction

Relationship satisfaction is directly related to the high level of mutual harmony, understanding and trust of individuals in romantic relationships. Emotional intelligence and communication quality form the basic building blocks of this satisfaction. In relationships where individuals have developed skills to notice, understand, and manage their own emotions and the emotions of others, empathy and understanding between couples increase, conflicts are resolved more healthily, and the bond is strengthened. At the same time, the quality of communication plays a critical role in the healthy progress of the relationship. Quality communication is based on clear and sincere expressions, mutual listening and understanding. In this way, feelings and needs are conveyed more accurately between couples, misunderstandings are reduced and the sense of trust is reinforced. Individuals with high emotional intelligence can empathize during communication, and since they can perceive emotional state and non-verbal messages better, they ensure that possible conflicts and disagreements are resolved constructively. Therefore, the development of emotional intelligence and communication quality increases mutual satisfaction and contributes to the long-term sustainability of the relationship. High levels of these elements increase the trust and commitment of spouses to each other; This creates a solid bond at the core of the relationship. In conclusion, developing emotional intelligence and communication quality in romantic relationships is vital in establishing and maintaining relationship satisfaction. In this

6.2. Conflict Management

Conflict management is a fundamental element in resolving disagreements and disagreements encountered in romantic relationships effectively and healthily. People with high emotional intelligence can better control their emotions in times of conflict, understand the other person's emotions and develop an empathetic approach. This improves the quality of communication, prevents conflicts from escalating, and provides an environment for reconciliation. Effective conflict management is not just about solving the problem but also about strengthening the relationship bond. For this, it is important to stay calm and keep emotions under control during conflict. Additionally, understanding the causes of conflict and focusing on the needs of the parties makes it easier to develop common solutions. Individuals with high emotional intelligence levels stay away from aggression in conflict, listen actively, and express their emotions with the right timing. In this way, openness and sincerity in communication are ensured and mutual trust increases. Empathy, patience, and constructive feedback are of paramount importance in conflict management. In particular, it is critical for the sustainability of the relationship that the parties accept each other's feelings and pursue a common solution. In conclusion, supporting conflict management in romantic relationships with good emotional intelligence and high communication quality contributes to the healthy progression of the relationship and the establishment of long-term commitment.

6.3. Commitment Level

The level of commitment is an important indicator in romantic relationships that reflects individuals' sense of commitment and responsibility towards their relationship. The relationship between emotional intelligence and commitment level is critical for the stability and longevity of the relationship. People with high emotional intelligence can constructively manage potential conflicts that occur in their relationships thanks to

of the relationship. Furthermore, the development of emotional intelligence contributes to the consolidation of a sense of trust, which is one of the attitudes that increase commitment. Forms of communication that reinforce trust are based on sincerity and openness and strengthen the sense of mutual loyalty between partners. On the other hand, individuals with high levels of commitment tend to be more open and honest during communication; This fosters an environment of both mutual understanding and trust. In conclusion, the strong link between emotional intelligence and commitment level is an indispensable element for the sustainability and health of romantic relationships. In this context, education to develop emotional intelligence and strengthening communication skills should be among the important steps that increase commitment levels in relationships.

7. Applications and Recommendations

Applicable methods for developing emotional intelligence and communication skills aim to create a healthier and more harmonious communication environment in romantic relationships. Self-awareness studies are an important step in increasing each individual's ability to recognize and manage their emotions. In this context, empathy development and emotional awareness workshops can strengthen partners' mutual understanding. In addition, effective communication techniques training can be organized to reinforce the correct use of verbal and non-verbal communication. During these trainings, basic principles such as active listening practices, clear and concise expressions, mutual respect and patience come to the fore. Problem-solving and negotiation skills that will allow couples to resolve conflicts and disagreements constructively should also be integrated into these programs. In individual or group work focused on the development of emotional intelligence, sharing emotional expressions in appropriate and healthy ways should be encouraged. In this way, the quality of communication increases, the bonds of the relationship are strengthened and mutual

romantic relationship dynamics insightful and responsive, minimizing communication issues. In conclusion, training and practices that develop emotional intelligence and increase communication skills increase satisfaction in relationships, reduce conflict rates, and strengthen attachment levels. Therefore, adopting a conscious and sustainable development approach will significantly improve the quality of life of couples.

7.1. Methods for Developing Emotional Intelligence

Developing emotional intelligence increases the ability to communicate more healthily and understandingly in romantic relationships. The basis of this process lies in the development of individuals' ability to recognize, understand and manage their own emotions, and it is also important to strengthen the capacity to recognize and empathize with the emotions of others. For this purpose, mindfulness and self-observation techniques can be used. For example, keeping a diary or writing down their feelings helps people better understand their inner world. At the same time, relaxation exercises, meditation and breathing techniques can also be useful to learn to cope with emotions. In order to establish effective and healthy interaction in communication, the correct expression of emotions and the development of active listening skills are also important stages. This depends on increasing emotional awareness and can reduce interpersonal conflicts. (KONAKAY, 2013) Various training programs and seminars can also be organized to increase emotional intelligence levels. These programs cover essential topics such as empathy, emotional regulation, and effective communication strategies. Additionally, self-help books and hands-on workshops facilitate the application of emotional intelligence in practice. In conclusion, emotional intelligence development methods contribute to strengthening individuals' relationships with themselves and their partners. This process is one of the cornerstones of healthy

Communication skills training plays a very important role in the effective use of emotional intelligence in romantic relationships (Özer & Deniz, 2014). These trainings enable individuals to better understand themselves and their partners, allowing them to improve their communication processes. Participants can increase mutual understanding by learning basic communication skills such as active listening, empathy and correct expression techniques (Gizir, 2013). Additionally, it is aimed to reduce disagreements and conflicts in relationships by conveying emotional expressions appropriately and effectively. Communication skills training also contributes to the development of self-awareness and self-control, which are components of emotional intelligence; in this way, people can better manage their own emotions and increase their capacity to understand the feelings of the other party (Tagay, Çalışdemir & Ünüvar, 2018). Trainings are generally implemented using role-playing, simulation and feedback techniques. These methods allow participants to recognize their weak points in communication and make improvements in these areas. In conclusion, communication skills training is one of the cornerstones of improving the quality of relationships, and when combined with the effective use of emotional intelligence, it creates a strong foundation for building healthy and sustainable relationships.

Methodology

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quality in romantic relationships are critical for the sustainability and healthy development of the relationship. Individuals with high emotional intelligence can better understand and manage their own emotions and the emotions of the other person, thus increasing their level of empathy and understanding. (KONAKAY, G. (2013). This plays an important role in resolving conflicts encountered in the communication process and strengthening the emotional bond. In addition, developed emotional intelligence positively affects the quality of communication; The effectiveness of verbal and non-verbal communication increases, misunderstandings decrease, and mutual trust is strengthened. Caliskan, N., & Aslander, M. (2014). Developing skills and increasing the level of awareness of emotional intelligence helps to overcome problems that may occur in the relationship. As a result; Emotional intelligence and high communication quality lead to increased satisfaction in romantic relationships, healthier management of conflicts, and strengthened commitment levels. Therefore, emphasis should be placed on consciously developing and integrating both elements into relationship dynamics. These approaches support relationships to be more robust, satisfying, and long-lasting, while also increasing the capacity of couples to respond to their emotional needs. Therefore, developing emotional intelligence and communication skills should be seen as one of the basic building blocks of romantic relationships. (ÖZER, E., & Engin DENİZ, M. (2014).

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Conflict of Interest

The author declares no conflict of interest unless otherwise stated in the manuscript or correspondence.

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The author is responsible for ethical compliance, consent, institutional permission, and research integrity where applicable.

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