

IMPACT OF FRIENDSHIP NETWORK SATISFACTION ON EMOTIONAL INTELLIGENCE AND LIFE SATISFACTION AMONG FEMALE ADULTS

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ABSTRACT

This study investigates the impact of friendship network satisfaction on emotional intelligence and life satisfaction among female university students. Conducted at The Islamia University of Bahawalpur, the research involved 200 participants, utilizing the Friendship Network Satisfaction Scale (FNSS), Wong and Law Emotional Intelligence Scale (WLEIS), and Satisfaction with Life Scale (SWLS) to assess key variables. The study adopted a cross-sectional design, employing descriptive statistics, correlation analysis, and regression modeling for data analysis. Results revealed a significant positive relationship between friendship network satisfaction and both emotional intelligence and life satisfaction. Higher levels of friendship satisfaction were associated with enhanced emotional intelligence, suggesting that fulfilling social connections play a crucial role in developing emotional competencies. Similarly, students reporting greater satisfaction with their friendship networks exhibited higher life satisfaction, underscoring the importance of supportive peer relationships for overall well-being. The findings indicate that fostering satisfying friendships can be an effective strategy for enhancing emotional and life outcomes among university students.

Keywords: Friendship Satisfaction, Emotional Intelligence, Life Satisfaction, University Students.

1. INTRODUCTION

Friendship networks play a critical role in the overall well-being and personal development of individuals. These networks provide essential social support, a sense of belonging, and emotional comfort, which are crucial for maintaining mental health and life satisfaction (Helliwell & Putnam, 2004). Friendships offer a unique type of social bond that differs from family and romantic relationships, often providing a sense of autonomy and understanding that is vital for personal growth and emotional stability. For female adults, friendship networks hold particular significance. Research indicates that women's friendships tend to be more emotionally intimate and supportive than those of their male counterparts (Fehr, 2004). This emotional depth can contribute significantly to women's mental health, providing a reliable source of empathy, validation, and shared experience. These supportive interactions can help buffer against stress and improve overall psychological well-being.

The benefits of friendship networks extend beyond emotional support. They also offer practical assistance, such as help with tasks and access to resources, which can alleviate everyday stressors and enhance life satisfaction (Demir et al., 2015). This multifaceted support system is crucial for navigating life's challenges and maintaining a balanced, fulfilling life. For female adults, who may juggle multiple roles such as career, family, and personal interests, the practical support from friends can be particularly valuable.

In addition to practical and emotional support, friendships contribute to personal development. Through interactions with friends, individuals can gain new perspectives, learn social skills, and engage in self-discovery. Female adults, in particular, often use their friendships as a space for emotional expression and personal reflection, which can lead to greater self-awareness and emotional intelligence (Miklikowska et al., 2022). This personal growth is essential for achieving a well-rounded, satisfying life.

The influence of friendship networks on mental health is well-documented. Strong, supportive friendships are associated with lower levels of anxiety and depression, and higher levels of happiness and self-esteem. For female adults, who may be more susceptible to mental health issues due to societal pressures and life transitions, the protective effects of friendship networks are particularly important. These relationships can provide a sense of stability and continuity in times of change. Glick and Rose (2011) highlighted the importance of friendships in developing social competencies and relationship skills. Having more friends led to fewer avoidant or hostile responses, while high-quality friendships promoted emotionally engaged strategies like discussing problems.

Moreover, friendships can improve physical wellness. Social ties have been related to lower rates of chronic illness, better immunological function, and longer life (House et al., 1988). Maintaining active and supportive connections can assist female adults improve their physical health, which boosts their overall happiness. The connection between mental and physical health highlights the numerous advantages of strong relationship networks. Friendship networks have an important role in shaping social identity. They give a framework for social comparison and self-evaluation, allowing people to better understand their own views, values, and behaviors. Friendships provide an important area for female adults to explore and confirm their identities, especially as they navigate complex societal roles. This social validation is critical for developing confidence and self-esteem (Angelini et al., 2022).

Furthermore, the digital age has transformed how friendships are formed and maintained. Online social networks offer new opportunities for connection, allowing female adults to sustain friendships despite physical distances. While these digital interactions may differ from face-to-face communication, they can still provide significant emotional support and contribute to overall life satisfaction (Helliwell & Huang, 2013). The evolving nature of friendship networks underscores their enduring importance in contemporary life. Friendship networks are vital for the emotional, psychological, and physical well-being of individuals, particularly female adults. They provide indispensable support, foster personal growth, and contribute to a sense of identity and belonging. Understanding and nurturing these networks can lead to enhanced life satisfaction and overall well-being.

1.1 Objectives of the Study

1. To investigate whether there is a significant correlation between satisfaction with friendship networks and levels of emotional intelligence among female university students.
2. To assess the connection between how satisfied female students are with their friendships and their overall life satisfaction.
3. To determine if friendship network satisfaction can significantly predict emotional intelligence and life satisfaction, highlighting its potential role in enhancing these psychological outcomes.

1.2 Hypothesis of the Study

H1: There will be a significant relationship between friendship network satisfaction and emotional intelligence among female adults.

H2: There will be a significant relationship between friendship network satisfaction and life satisfaction among female adults.

H3: Friendship network satisfaction will significantly predict emotional intelligence and life satisfaction among female adults.

2. LITERATURE REVIEW

The intricate relationship between friendship network satisfaction, emotional intelligence (EI), and life satisfaction is a significant area of psychological and sociological research. In contemporary society, where social connections play a pivotal role in shaping individual well-being, understanding these dynamics is particularly important for female adults. This review synthesizes existing research to elucidate how satisfaction with friendship networks influences emotional intelligence and overall life satisfaction among adult women.

2.1 Friendship Network Satisfaction

Friendship network satisfaction refers to the degree of contentment individuals feel with their social circles. Research indicates that high-quality friendships provide emotional support, companionship, and validation, which are crucial for psychological well-being (Demir & Özdemir, 2009). Studies have shown that women, in particular, derive significant emotional and social benefits from their friendships. Parker and Asher (1993) found that positive friendships in adulthood contribute to better mental health outcomes and increased life satisfaction. Furthermore, Rueger et al. (2008) highlighted that satisfied friendships buffer against stress and enhance resilience.

Moreover, Van Der Horst and Coffé (2011) investigated the features of friendship networks that influence subjective well-being (SWB). Utilizing data from the 2003 General Social Survey of Canada, three aspects of friendship networks are distinguished: the number of friends, the frequency of interactions, and the diversity among friends. The research posits that these characteristics shape SWB through various benefits they provide, such as increased social trust, decreased stress, improved health, and enhanced social support. The findings indicate that interactions that are more frequent and a larger number of friends, along with less diversity in the network, correlate with higher social trust, reduced stress, and better health. These benefits, except for receiving help from friends, are associated with higher SWB, with in-person meetings having a significant positive effect on SWB.

Friendship is an extremely important component for individuals in satisfying deep personal and emotional needs. Aristotle, who is considered the champion of friendship, argues that a happy man will need friends (Pangle, 2002). Friendships fall into Maslow's 3rd level hierarchy of needs, which is fulfilling the need for belonging and love. Maslow postulates that this need for belonging and love is premised on a shared humanity that goes beyond geographic, racial, gender, social, ethnic, and religious boundaries (Zalenski & Raspa, 2006).

Definitions of friendships have varied across researchers, with most identifying friendships as personal relationships that are voluntary, mutual, and enjoyable (Fehr & Harasymchuk, 2017). Within that broad definition is space for a wide variety of relationships, from sibling-like intimates to pleasant acquaintances (Birditt & Antonucci, 2007). Yet despite this range of friendships, most available tools for assessing friendships focus narrowly on a single relationship, asking respondents to consider their "best friend," i.e. their favorite friendship.

Indeed, the best friendship can be long-lasting (Ledbetter et al., 2007). Nevertheless, an exclusive focus on best friends may be misleadingly narrow, because not everyone with friends can name

the best one (Birditt & Antonucci, 2007). According to an online survey of over 10,000 respondents, people in the U.S. name an average of three people as their best friends. Assessments that force respondents to choose one primary friendship assume that such a relationship exists and ignore the other close, and likely influential, friendships in people's lives. Moreover, adults have many other types of friends within their social networks (Wang & Wellman, 2010), and each of these friendships may be of different quality and serve different functions. For example, when asked about the people with whom they discuss their most important problems, most respondents identify people who are not their best friends, either because these individuals possess expertise that their best friends lack, or because these individuals are available when their best friends are not (Small, 2013).

An alternative approach is to assess satisfaction with the entire friendship network. As Antonucci and colleagues have emphasized in their development of the Convoy Model, people tend to maintain a set of ongoing relationships throughout their lives that vary in closeness but serve as regular sources of support, validation, and companionship (Antonucci et al., 2013). Understanding the social bases of well-being may require assessments that encompass the entirety of the friendship network as evaluated by the individual (Fuller et al., 2020).

To the extent that friendships serve multiple functions, a wide range of dimensions might serve as bases for evaluating them. One relevant dimension is closeness, defined as "a (probably) linear combination of the amount of time, the emotional intensity, the intimacy (mutual confiding), and the reciprocal services which characterize the tie". All of the existing self-report instruments to evaluate friendships that we could identify include a closeness dimension (Fiori & Denckla, 2015). Some scholars have argued for an alternative model that includes one dimension corresponding to closeness and a separate dimension corresponding to "mutual benefit, pleasure, and desirable outcomes". According to this perspective, friendships can be satisfying if they are perceived as fun and enjoyable, regardless of whether they are also perceived as intimate and supportive (Reis, 2001). By proposing this second independent dimension, this view implies that individuals evaluate how they feel about their friendships independently from how they evaluate what they do with their friends (Saldarriaga et al., 2015).

These are not the only available models. Aristotle himself postulated three types of friendships: friendships of the good (i.e., close friendships), friendships of enjoyment or pleasure, and friendships of utility (i.e., friendships that provide benefits like status or resources); some scholars have adopted this tripartite model in their own research. Others have developed scales that attempt to assess four dimensions (e.g., quality, quantity, conflict, and satisfaction; Demir et al., 2015), six (e.g., symmetrical reciprocity, agency, enjoyment, instrumental aid, similarity, communion; Hall, 2012), or even eight separate and distinct friendship functions (Sharabany, 1994).

2.2 Emotional Intelligence

Emotional intelligence (EI) is the ability to recognize, evaluate, and control one's own emotions, as well as perceive and respond to others' emotions. Emotional intelligence comprises various components that contribute to individuals' ability to navigate social interactions and manage their emotions effectively. Emotional awareness involves recognizing and understanding one's own emotions, including the ability to label and express them accurately. Empathy, another key component, entails understanding and sharing the emotions of others, which fosters supportive and empathetic relationships. Self-regulation includes controlling and directing one's feelings, wishes, and actions in response to specific circumstances. Social skills include the ability to establish and

sustain healthy relationships, negotiate efficiently, and handle disputes wisely (Salovey & Mayer, 1990).

While some aspects of emotional intelligence may have a genetic basis, research suggests that EI is also malleable and can be developed over time through learning and practice (Mayer et al., 2004). Interventions to improve emotional intelligence frequently focus on strengthening comprehension of emotions, empathy, self-control, and social abilities through a variety of educational materials and strategies. These typically involve activities such as self-reflection, mindfulness practices, and interpersonal skill-building exercises. By enhancing emotional intelligence, individuals can improve their ability to navigate social relationships, cope with stress, and achieve greater overall well-being.

Satisfaction with friendship networks can significantly influence women's emotional intelligence. Positive and fulfilling friendships provide opportunities for emotional expression, validation, and growth, enhancing women's emotional awareness and empathy. Trust and support within friendships contribute to a sense of security and emotional regulation, allowing women to navigate interpersonal challenges more effectively (Demir & Orthel, 2011). Moreover, the diversity and richness of interactions within friendship networks can broaden women's social skills and perspective-taking abilities, further enhancing their emotional intelligence.

While research suggests that women may have a slight advantage in certain aspects of emotional intelligence, such as empathy and social skills, the relationship between friendship network satisfaction and emotional intelligence may vary across genders. Female friendships tend to be more emotionally intimate and supportive than male friendships, potentially leading to greater emotional intelligence among women. However, societal expectations and gender norms may also influence how women perceive and express their emotions within friendships, affecting their emotional intelligence (Taylor et al., 2000).

2.3 Life Satisfaction

Life satisfaction is a subjective measure of people's overall satisfaction and joy with their life (Diener, 1984). It covers a wide range of topics, including personal relationships, job, health, and leisure, and reflects people's assessments of the quality and fulfillment of their lives (Veenhoven, 1996). Many aspects influence life pleasure, including social interactions, health, financial stability, and personal values (Diener & Chan, 2011). Understanding the factors that influence life satisfaction is critical for improving people's well-being and happiness.

Social relationships are among the most significant predictors of life satisfaction. Research consistently demonstrates a strong association between the quality of social connections and individuals' subjective well-being. Close relationships, such as friendships and family bonds, provide emotional support, intimacy, and a sense of belonging, contributing to greater life satisfaction (Antonucci et al., 1998). Moreover, social networks offer opportunities for social engagement, leisure activities, and shared experiences, which enhance individuals' overall happiness and fulfillment.

Cultural values and gender norms influence the perceptions and experiences of life satisfaction among female adults. Societal expectations regarding women's roles and responsibilities may shape their priorities and sources of satisfaction. Moreover, individual differences in personality traits, coping strategies, and resilience may impact how women perceive and respond to life events, influencing their overall life satisfaction. Therefore, considering cultural and gender-specific

factors is essential for understanding and addressing the determinants of life satisfaction among female adults (Li et al., 2022).

Understanding the intricate dynamics between friendship network satisfaction, emotional intelligence, and life satisfaction among female adults illuminates a crucial aspect of well-being. Through positive and supportive friendships, women derive significant emotional support, companionship, and fulfillment, which contribute to higher levels of life satisfaction. Moreover, emotional intelligence serves as a mediator, facilitating the navigation and enrichment of these friendships, thereby enhancing overall well-being.

2.4 The Interplay between Friendship Satisfaction, EI, and Life Satisfaction

Several studies have investigated the interplay between friendship satisfaction, EI, and life satisfaction among female adults. A study by Schutte et al. (1998) revealed that women with high EI tend to report greater satisfaction with their friendships, which in turn enhances their overall life satisfaction. This suggests that EI may act as a mediator in the relationship between friendship satisfaction and life satisfaction. Another study by Chan (2006) found that women who are satisfied with their social networks exhibit higher levels of EI and report greater life satisfaction. This supports the notion that the quality of friendships can enhance emotional skills, which are crucial for managing life's challenges and maintaining well-being.

Moreover, research by Holt-Lunstad et al. (2010) indicates that social integration and the perceived quality of social relationships significantly affect life satisfaction. For women, in particular, the emotional support derived from friendships contributes to better psychological health and higher life satisfaction.

There is a clear link between emotional intelligence and the satisfaction individuals gain from their social networks. People with high emotional intelligence are generally more skilled at navigating social interactions, resolving conflicts, and offering emotional support, which leads to more rewarding friendships. For instance, Lopes et al. (2003) found that individuals with higher emotional intelligence reported better-quality relationships and greater satisfaction with their social connections.

The combined effects of emotional intelligence and satisfaction with friendships contribute greatly to overall life satisfaction. Individuals with strong emotional intelligence who are satisfied with their social networks tend to experience a higher sense of well-being, as the combination of emotional competency and social support enhances life satisfaction. Research has shown that emotional intelligence amplifies the positive impact of social relationships on life satisfaction (Kong et al., 2013). Additionally, meaningful friendships provide emotional support and a sense of belonging, which are crucial to well-being (Demir, 2007).

Several factors can moderate the relationship between friendship network satisfaction, emotional intelligence, and life satisfaction. Cultural context, personality traits, and the nature of social interactions (online vs. face-to-face) can influence how these variables interact (Petrides et al., 2006). For example, cultural differences in expressing emotions and social norms can affect how emotional intelligence is applied in friendships (Matsumoto et al., 2008). Additionally, personality traits such as extraversion and agreeableness may enhance the positive effects of EI and friendship satisfaction on life satisfaction (Koydemir et al., 2012).

2.5 Rationale of the Study

Existing research highlights the critical role of social connections in emotional and psychological well-being. However, there is a need to understand how satisfaction with these social connections, specifically friendship networks, impacts emotional intelligence and life satisfaction. University life is a formative period marked by significant social, emotional, and academic challenges. For female students, friendships can be particularly influential in shaping their emotional intelligence and life satisfaction. This study aims to explore these dynamics within this specific demographic. While studies have extensively examined the influence of family and romantic relationships on emotional and life outcomes, there is limited research focusing on the impact of friendship network satisfaction. This study addresses this gap by investigating how the quality of peer relationships affects emotional intelligence and life satisfaction. Understanding the link between friendship network satisfaction and psychological well-being can inform the development of support systems within educational institutions, promoting better mental health and academic performance among students. By identifying the role of satisfying friendships in enhancing emotional intelligence and life satisfaction, the study can guide the creation of targeted interventions to improve social support systems in university settings.

3. METHODOLOGY

3.1 Research Design

This study utilized a quantitative, cross-sectional design to analyze the relationship between friendship network satisfaction, emotional intelligence, and life satisfaction among young adult females in Punjab, Pakistan. The approach involved defining clear inclusion and exclusion criteria for participants, selecting appropriate measurement instruments, detailing the data collection procedure, and ensuring adherence to ethical standards. The study's comprehensive and systematic methodology was designed to provide robust and reliable data on the targeted relationships.

3.2 Participant Characteristics

The study sampled 200 young adult females from several cities in Punjab, Pakistan. Participants included university students, working professionals, educated housewives, and other adults with active and strong friendship networks. The sample size was 200, calculated using the Daniel Super calculator. Data was collected using an online questionnaire to ensure a broad representation across different socio-demographic backgrounds.

3.3 Inclusion Criteria

Eligible participants were females aged 16 to 35 who maintained regular contact with at least three friends in an active friendship network. They needed to be fluent in the survey language to ensure clear understanding and responses. Participants also had to provide informed consent and be willing to participate in the study. Additionally, they were required to reside in Punjab to ensure that the study was conducted within a consistent socio-cultural framework.

3.4 Exclusion Criteria

Participants were excluded if they fell outside the age range of 16 to 35 or if they did not have an active friendship network (defined as having fewer than three friends or lacking regular contact). Individuals with significant psychiatric conditions or cognitive impairments that might hinder their ability to consent or provide accurate responses were also excluded. Furthermore, those who did not give consent or later withdrew it were not included. Females who had experienced significant life changes, such as bereavement or divorce in the last six months, which could affect their emotional responses, were also excluded.

3.5 Sampling Technique

A purposive sampling strategy was used to select females who fit the study's requirements and could contribute data relevant to the research topic. This targeted strategy helped to guarantee that the selected individuals had characteristics that corresponded with the study's aims.

3.6 Procedure

Before data collection, permission was obtained from the respective authors to use the Friendship Network Satisfaction Scale, Wong and Law Emotional Intelligence Scale (WLEIS), and the Satisfaction with Life Scale (SWLS). Participants were informed about the study's aims and procedures and provided written informed consent. They were made aware of their rights, including the confidentiality of their data and their option to withdraw from the study at any time. Data collection was conducted online to include participants from different areas of Bahawalpur in Punjab, Pakistan. Recruitment occurred through university networks, social media, and community groups. Details about the study were shared via email and online platforms, encouraging individuals to participate by explaining the research purpose.

Those who agreed to participate accessed an online questionnaire through a provided link. This questionnaire included the demographic information form, Friendship Network Satisfaction Scale, WLEIS, and SWLS. Participants completed the questionnaires at their convenience, typically taking about 20-30 minutes. Instructions were clear and concise to ensure understanding, and participants could contact the researchers if they had questions or required clarification. Upon completion, participants submitted their responses electronically. The data was automatically collected and stored securely. Researchers monitored the submissions to ensure completeness and address any inconsistencies or missing information promptly. The participants were thanked for their time and cooperation at the end of the survey.

3.7 Statistical Analysis

In this study, statistical analysis of the collected data was conducted using SPSS version 27. Descriptive statistics, including mean, standard deviation, frequency, and percentage, were calculated to provide an overview of the sample's demographic characteristics and key variables, summarizing the properties of the data collected from participants. Correlation Analysis was utilized to explore the relationships between friendship network satisfaction, emotional intelligence, and life satisfaction. Pearson's correlation coefficients were computed to assess the strength and direction of the associations between these variables. This analysis helped identify whether and how satisfaction with friendship networks is related to emotional intelligence and overall life satisfaction. Regression Analysis was employed to further investigate these relationships.

Multiple regression analysis was used to determine the predictive power of friendship network satisfaction on emotional intelligence and life satisfaction. This analysis examined how variations in satisfaction with friendship networks could predict changes in emotional intelligence and life satisfaction levels, controlling for potentially confounding variables such as age and socioeconomic status.

3.8 Ethical Considerations

This study adhered to strict ethical principles to ensure a research environment characterized by respect, integrity, and trust, prioritizing the well-being of all participants. Participants were initially provided with a clear and comprehensive explanation of the study's purpose, objectives, and procedures, including the nature of the research, the types of data to be collected, and how the data would be used. Participation was entirely voluntary, emphasizing their autonomy and the principle

of informed consent. Participants were assured that their decision to participate or not would not result in any negative consequences.

They were informed of their rights, including the right to withdraw from the study at any stage without facing repercussions. All data collected were used solely for research purposes and treated with the highest level of confidentiality. Personal identifiers were removed or anonymized to protect participants' identities. Data were securely stored and accessible only to the research team, ensuring compliance with data protection regulations and maintaining participant privacy.

4. RESULTS

This study investigated the impact of friendship network satisfaction on emotional intelligence (EI) and life satisfaction among female adults in Bahawalpur, Punjab. Data collection was conducted using google surveys administered to participants in district of Bahawalpur. Statistical analyses were performed using SPSS (Statistical Package for the Social Sciences) version 27. The variables examined included friendship network satisfaction, emotional intelligence (EI), and life satisfaction. The sample comprised a diverse group of female adults from Bahawalpur, with data collected from a total of 200 participants. The analyses conducted included Descriptive Statistics to outline participant demographics such as age, educational background, and socioeconomic status in the district. Correlation analyses were employed to examine the relationships between friendship network satisfaction, emotional intelligence, and life satisfaction. Multiple linear regression analyses were then performed to assess the predictive relationships between these variables.

The results indicated significant positive associations between friendship network satisfaction and both emotional intelligence ($\beta = 0.265, p < .001$) and life satisfaction ($\beta = 0.326, p < .001$) among female adults in Bahawalpur. These findings suggest that higher levels of friendship network satisfaction contribute to increased emotional intelligence and greater life satisfaction in this demographic. The study underscores the importance of social relationships in enhancing psychological well-being and overall satisfaction among female adults in Bahawalpur, Punjab.

Table 1: Demographics Properties of the Sample (N=200)

Demographics	Frequencies (n)	Percentage (%)
Age group		
16-18	9	4.5
18-25	177	88.5
25-35	14	7.0
Education		
Intermediate	30	15.0
Bachelor’s	145	72.5
Master’s	23	11.5
PhD	2	1.0
Socio-economic status		
Low	9	4.5
Middle	173	86.5
High	18	9.0
Relationship status		
Single	178	89.0
Married	22	11.0

Table 1 provides a detailed demographic profile of the sample (N=200). The majority, 88.5%, are aged 18-25, with 7.0% aged 25-35 and 4.5% aged 16-18, indicating a concentration in young adults. Educationally, 72.5% have Bachelor’s degrees, 11.5% hold Master’s degrees and 1.0% possess PhDs, showcasing high academic achievement. Additionally, 15.0% have intermediate education levels. Gender distribution is overall females as data was collected from female young adults. Socio-economically, 86.5% are middle-class, 9.0% are high-class, and 4.5% are low-class. Relationship status shows 89.0% single and 11.0% married. Overall, the sample is characterized

by youth, high education levels, diverse gender representation, and varied socio-economic backgrounds.

Table 2: Correlation for Friendship Network Satisfaction and Emotional Intelligence

Variables	Mean	SD	1	2
1. Friendship Network Satisfaction	38.11	16.65	-	.265**
2. Emotional Intelligence	84.65	14.81	.265**	-

Note. N=200

** . Correlation is significant at the 0.01 level (2-tailed).

The descriptive statistics in **Table 2** show that among 200 female adults, friendship network satisfaction has a mean score of 38.11 (SD = 16.65), while emotional intelligence scores average 84.65 (SD = 14.81) among 200 participants. Pearson correlation analysis reveals a significant positive relationship between friendship network satisfaction and emotional intelligence ($r = .265$, $p < .001$), indicating that as satisfaction with friendship networks increases, emotional intelligence tends to also increase. This correlation coefficient ($r = .265$) denotes a moderate positive relationship. The findings confirm Hypothesis 1, suggesting that higher friendship network satisfaction correlates with higher emotional intelligence levels among female adults, with statistical significance at the 0.01 level ($p < .001$).

Table 3: Correlations for Friendship Network Satisfaction and Life Satisfaction

Variables	Mean	SD	N	1	2
1. Friendship Network Satisfaction	38.11	16.65	200	-	.326**
2. Life Satisfaction	23.42	5.78	200	.326**	-

Note. N = 200.

** . Correlation is significant at the 0.01 level (2-tailed).

The descriptive statistics in **Table 3** show that among 200 female adults, friendship network satisfaction has a mean score of 38.11 (SD = 16.65), while life satisfaction scores average 23.42 (SD = 5.78). Pearson correlation analysis reveals a significant positive relationship between friendship network satisfaction and life satisfaction ($r = .326$, $p < .001$), indicating that as satisfaction with friendship networks increases, life satisfaction tends to also increase. This correlation coefficient ($r = .326$) denotes a moderate positive relationship. The findings confirm Hypothesis 2, suggesting that higher friendship network satisfaction correlates with higher life satisfaction levels among female adults, with statistical significance at the 0.01 level ($p < .001$).

Table 4: Multiple Linear Regression Analysis of Friendship Network Satisfaction on Emotional Intelligence and Life Satisfaction

Dependent Variable	Predictor	B	β	t	sig	R ²	F	p
Emotional Intelligence	(Constant)	75.702		29.867	.000	.070	14.838	.000
	Friendship Network Satisfaction	.235	.265	3.852	.000			
Life Satisfaction	(Constant)	19.105		19.703	.000	.106	23.513	.000
	Friendship Network Satisfaction	.113	.326	4.849	.000			

Notes: Std. Error of the Estimate for Emotional Intelligence = 14.32022, Adjusted R² = .065, df = (1, 198). Std. Error of the Estimate for Life Satisfaction = 5.47853, Adjusted R² = .102, df = (1, 199)

The multiple linear regression analysis in **Table 4** supports Hypothesis 3, indicating that friendship network satisfaction significantly predicts emotional intelligence and life satisfaction among female adults. Friendship network satisfaction shows a positive and statistically significant impact on both emotional intelligence and life satisfaction. For emotional intelligence, the unstandardized coefficient (B = 0.235) suggests that each unit increase in friendship network satisfaction is associated with a 0.235 unit increase in emotional intelligence. The standardized coefficient (β = 0.265) confirms a positive relationship, with a t-value of 3.852 (p = .000) indicating high statistical significance. The model explains 7% of the variance in emotional intelligence (R² = 0.070), with a significant overall model (F = 14.838, p = .000). Likewise, for life satisfaction, the unstandardized coefficient (B = 0.113) indicates that each unit increase in friendship network satisfaction leads to a 0.113 unit increase in life satisfaction. The standardized coefficient (β = 0.326) demonstrates a strong positive relationship, with a t-value of 4.849 (p = .000) confirming the predictor's significance. This model accounts for 10.6% of the variance in life satisfaction (R² = 0.106), with a significant overall model (F = 23.513, p = .000). These findings highlight that friendship network satisfaction significantly predicts emotional intelligence and life satisfaction among female adults, explaining 7% and 10.6% of the variance, respectively. This underscores the critical role of social connections in influencing well-being outcomes.

5. DISCUSSION

This study set out to examine the relationships between friendship network satisfaction and two significant psychological outcomes: emotional intelligence (EI) and life satisfaction among female adults. Data were collected from 200 participants at The Islamia University of Bahawalpur, employing SPSS version 27 for statistical analysis. The study's focal variables were friendship network satisfaction (IV) and its association with emotional intelligence and life satisfaction (DV). This research contributes uniquely to the understanding of the role that friendship networks play

in shaping emotional and life satisfaction outcomes within the Pakistani cultural context, particularly among female adults.

Descriptive statistics offered insights into the participant demographics, which included age, education, socioeconomic status, and relationship status. The study predominantly included young female adults aged between 16 and 25, constituting 93% of the sample. This demographic focus highlights an interest in understanding developmental influences during early adulthood, a crucial period for emotional and psychological growth.

A majority (88.5%) were between 18-25 years, reflecting a significant representation of university students and early-career individuals. The smallest age group was those aged 25-35, comprising 7% of the sample. Most participants (72.5%) had attained a Bachelor's degree, indicating a focus on those at the undergraduate stages of education. Smaller proportions had completed intermediate (15%), Master's (11.5%), and PhD levels (1%). The vast majority (86.5%) belonged to the middle socioeconomic class, with smaller representations from low (4.5%) and high (9%) socioeconomic backgrounds. This distribution suggests diverse economic perspectives among participants. Most participants were single (89%), with a minority being married (11%), reflecting a demographic skew towards those who might be more actively forming and maintaining friendship networks.

The study's first hypothesis **H1** posited a significant relationship between friendship network satisfaction and emotional intelligence among female adults. The findings supported this hypothesis, revealing a positive correlation between the two variables. Higher levels of satisfaction with friendship networks were associated with enhanced emotional intelligence. This suggests that strong and satisfying friendships contribute positively to emotional competencies such as empathy, emotional regulation, and social skills. This aligns with previous research indicating that social support from friends can bolster emotional intelligence by providing opportunities for emotional exchanges and support.

The second hypothesis **H2** asserted a significant relationship between friendship network satisfaction and life satisfaction among female adults. The data confirmed this hypothesis, demonstrating that satisfaction with friendship networks positively correlates with overall life satisfaction. This finding is consistent with the view that friendships are integral to psychological well-being and contribute to a sense of happiness and fulfillment in life. Satisfying friendships offer emotional support, shared experiences, and a sense of belonging, which are crucial for life satisfaction.

The third hypothesis **H3** proposed that friendship network satisfaction would significantly predict both emotional intelligence and life satisfaction. Regression analysis supported this hypothesis, indicating that friendship network satisfaction is a significant predictor of emotional intelligence and life satisfaction. This predictive relationship underscores the importance of quality friendships in shaping emotional and life satisfaction outcomes. Friendships provide a context in which individuals can develop and refine emotional skills and derive a sense of well-being and contentment.

The results of this study align with and extend existing literature on the benefits of social relationships for psychological well-being. The positive correlations and predictive relationships observed corroborate findings by Diener & Oishi (2005) and Mayer et al. (2008), who noted the critical role of social connections in fostering emotional competencies and overall life satisfaction. Moreover, the study's focus on female adults in the Pakistani context adds a cultural dimension to this understanding, suggesting that cultural factors may influence how friendship networks impact

psychological outcomes. For example, the role of collectivist values in Pakistani society might enhance the significance of social relationships for emotional and life satisfaction outcomes.

This study elucidates the significant role that friendship network satisfaction plays in enhancing emotional intelligence and life satisfaction among female adults. The positive relationships and predictive power identified in the findings underscore the critical importance of quality friendships for psychological well-being. By integrating these findings with existing literature, the study enhances scholarly understanding of the dynamic interplay between social relationships and psychological outcomes, providing valuable insights for both theory and practice.

6. CONCLUSION AND RECOMMENDATIONS

This study represents a pioneering investigation into the impact of friendship network satisfaction on emotional intelligence and life satisfaction among female adults at The Islamia University of Bahawalpur, Punjab. As the first of its kind in this context, it broadens the understanding of how the quality of friendships influences emotional and psychological well-being in young women. Utilizing established assessment tools and involving a sample of 200 participants selected through convenience sampling, the study provides valuable insights into the significant role of friendship networks.

The findings reveal that high levels of satisfaction with friendship networks are positively correlated with emotional intelligence and life satisfaction. This indicates that supportive and fulfilling friendships are critical in fostering emotional competencies, such as empathy, emotional regulation, and overall life satisfaction. These results underscore the essential role that quality friendships play in enhancing the emotional and psychological well-being of female adults.

The positive correlations observed suggest that those who are satisfied with their friendships are likely to exhibit higher levels of emotional intelligence. This is likely because fulfilling friendships provide a supportive environment for emotional expression and growth. Similarly, these satisfying friendships contribute to greater life satisfaction, indicating that quality social relationships are integral to a person's overall sense of well-being and happiness.

The study's significance lies in its potential to inform interventions and policies aimed at promoting the well-being of young adults through the development of supportive social relationships. Understanding the influence of friendship network satisfaction on emotional intelligence and life satisfaction can help educators, mental health professionals, and policymakers design targeted programs that enhance these aspects of young women's lives.

This study, while pioneering in examining the impact of friendship network satisfaction on emotional intelligence and life satisfaction among female adults, is subject to several limitations that should be addressed in future research. The sample size, though adequate for this study, is another limitation as it may not provide sufficient statistical power to generalize the findings to the broader population of female university students. Future research should consider larger and more diverse samples, encompassing various age groups, educational backgrounds, and geographic regions, to enhance the generalizability of the findings. Also, given the rapid evolution of digital communication, future studies should examine how virtual friendships and interactions via social media impact emotional intelligence and life satisfaction. This would be particularly relevant in understanding the role of online versus offline friendships in contemporary social dynamics. Lastly, the geographic limitation to students from Bahawalpur, Punjab, may not fully represent the diverse experiences of students from other regions. Future studies should aim to

include participants from various locations to capture a broader spectrum of experiences and contextual influences on friendship networks and psychological outcomes.

In conclusion, the implications of this study are still very far-reaching, providing valuable insights for improving student well-being through the promotion of satisfying friendship networks. By applying these findings across various domains, stakeholders and mental health professionals can enhance the emotional intelligence and life satisfaction of university students, fostering a more supportive and enriching educational environment.

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