

HARMONY OF EMOTIONAL INTELLIGENCE AND SPIRITUAL MATURITY IN THE JOURNEY OF MARRIED LIFE: A SYNTHESIS OF MIHALY CSIKSZENTMIHALYI'S LIFE BALANCE THEORY AND MAQASHID SHARIAH

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Abstract: The marital journey constitutes a multifaceted phase involving physical, social, emotional, and spiritual interactions between two individuals. This research seeks to delve into a profound understanding of the role of balance between emotional intelligence and spiritual maturity in the context of the marital journey. A literature review details key concepts related to life balance, emotions, and spirituality. Additionally, employing a qualitative research approach grounded in the theoretical frameworks of Mihaly Csikszentmihalyi's Life Balance Theory and Maqashid Shariah. The results of the analysis show that marriage is a central foundation in shaping family, society, and individuals. Marriage provides a sturdy structure, deep emotional engagement, and a positive impact on mental and physical health. The role of emotional intelligence in guiding partners through the dynamics of marital life is the primary focus of this research. Emotional intelligence aids in managing conflicts, celebrating shared successes, and providing space for personal and collective growth. On the other hand, spiritual maturity also plays a crucial role in shaping individuals' spiritual, moral, and intellectual dimensions, with positive impacts on brain function and the nervous system. Analysis based on Mihaly Csikszentmihalyi's Life Balance Theory highlights that balancing emotional intelligence and spiritual maturity creates a strong foundation for happiness in the marital journey. Research findings also support the objectives of Maqashid Shariah, particularly in maintaining lineage, religion, and morality within the context of marriage. In conclusion, the marital journey necessitates harmony between emotional intelligence and spiritual maturity. This balance provides a solid foundation for building a meaningful household and achieving the objectives of Maqashid Shariah. This research contributes significantly to understanding the importance of emotional and spiritual balance in the marital journey.

Keywords: life balance; Mihaly Csikszentmihalyi; Maqashid Shariah; emotional; spiritual; marital

Abstrak: Perjalanan hidup berumah tangga merupakan fase kompleks yang melibatkan interaksi fisik, sosial, emosional, dan spiritual antara dua individu. Penelitian ini berusaha menggali kedalaman pemahaman tentang peran keseimbangan antara kecerdasan emosional dan kematangan spiritual dalam konteks perjalanan hidup berumah tangga. Melalui studi kepustakaan, peneliti merinci konsep-konsep kunci yang berkaitan dengan keseimbangan hidup, emosi, dan spiritualitas. Selain itu, memanfaatkan jenis penelitian kualitatif dengan landasan teoretis dari Teori Keseimbangan Hidup Mihaly Csikszentmihalyi dan Maqashid Syariah. Hasil analisis menyajikan temuan bahwa pernikahan menjadi landasan sentral dalam membentuk keluarga, masyarakat, dan individu. Pernikahan memberikan struktur yang kokoh, keterlibatan emosional mendalam, serta dampak positif pada kesehatan mental dan fisik. Peran kecerdasan emosional dalam membimbing pasangan melalui dinamika kehidupan berumah tangga menjadi fokus utama dalam penelitian ini. Kecerdasan emosional membantu mengelola konflik, merayakan keberhasilan bersama, dan memberikan ruang untuk pertumbuhan pribadi dan bersama. Di sisi lain, kematangan spiritual juga memainkan peran penting dalam membentuk dimensi spiritual, moral, dan intelektual individu, dengan dampak positif pada fungsi otak dan sistem saraf. Analisis berdasarkan Teori Keseimbangan Hidup Mihaly Csikszentmihalyi menyoroti bahwa keseimbangan antara kecerdasan emosional dan kematangan spiritual menciptakan fondasi yang kuat untuk kebahagiaan dalam perjalanan hidup berumah tangga. Temuan penelitian juga mendukung tujuan-tujuan Maqashid Syariah, khususnya menjaga unsur keturunan, agama, dan moralitas dalam konteks pernikahan. Kesimpulannya, perjalanan hidup berumah tangga memerlukan harmoni antara kecerdasan emosional dan kematangan spiritual. Keseimbangan ini memberikan landasan yang kokoh untuk membangun rumah tangga yang penuh makna dan mencapai tujuan-tujuan Maqashid Syariah. Penelitian ini memberikan kontribusi penting terhadap pemahaman tentang pentingnya keseimbangan emosional dan spiritual dalam perjalanan hidup berumah tangga.

Kata kunci: keseimbangan hidup; Mihaly Csikszentmihalyi; Maqashid Syariah; emosional; spiritual; berumah tangga

Introduction

The journey of married life constitutes a phase involving complex interactions between two individuals who establish and manage marital relationships (Masrurroh, 2020). This dynamic extends beyond physical and social aspects, reaching into the crucial dimensions of emotions and spirituality (Sari & Sunarti, 2013). However, the dynamics of marriage are not confined solely to the physical and social dimensions (Hilyasani et al., 2022). The emotional dimension also plays a key role in building intimacy and profound connections between partners (Nastiti & Andriani, 2014). Furthermore, the spiritual dimension accompanies the journey of married life. Couples often seek shared meanings and purposes in their marriage, exploring spiritual values that guide their life together.

As a holistic entity, marriage involves a complex balance among these aspects (Nisa et al., 2022). Continuity in physical journey, healthy social interactions, strong emotional connectivity, and spiritual significance together form the foundation of marital life. Long-term success and happiness in marriage can be achieved through a profound understanding of these dynamics and collective efforts to maintain the necessary balance (Karimullah, 2021).

In connection with the balance of emotional and spiritual dimensions, previous research has been conducted, as exemplified by Al Mustaqim, who elucidated self-transformation through the process of *Islah*. This process enables individuals to establish a robust balance between mental and spiritual aspects, leading them to attain happiness, enhance positive relationships with themselves and others, and contribute positively to society (Al Mustaqim, 2023). Moreover, Handriani and Subhan have explained the relationship between emotional intelligence, intellectual intelligence, and spiritual intelligence concerning the academic achievement of physics students, particularly at SMA Negeri 2 Kota Bima (Handriani & Subhan, 2020). Additionally, Sibasopait has demonstrated the direct influence of intellectual, emotional, and spiritual intelligence on performance and the indirect impact of job satisfaction on the performance of educational staff at the University of Jember (UNEJ) (Sibasopait, 2018).

The aforementioned previous studies depict the significance of emotional and spiritual balance in achieving individual happiness, enhancing positive relationships, and positively contributing to society. Furthermore, these studies highlight the interconnection between emotional, intellectual, and spiritual intelligence and academic achievement and educational performance. However, the fundamental difference in the research is its focus on the role of emotional and spiritual balance within the context of the marital journey. This research complements the gaps in previous studies that did not delve into the household aspect and employs a surgical approach through Mihaly Csikszentmihalyi's Life Balance Theory and Maqashid Shariah.

Method

This research delves into a profound understanding of the role of emotional and spiritual balance within the context of the marital journey. Through a literature review, the researcher details and explores key concepts related to life balance, emotions, and spirituality drawn from scholarly works acknowledged for accuracy. The choice to employ qualitative research indicates the researcher's desire to explore the subjective and in-depth dimensions of the experience of married life. By leveraging Mihaly Csikszentmihalyi's Life Balance Theory (Csikszentmihalyi, 1988) and Maqashid Shariah (Asy-Syatibi, n.d.), this research provides a strong theoretical foundation to guide the analysis of the central research question: how does the balance of emotional and spiritual aspects influence the marital journey? This methodological approach aligns with the research's goal of uncovering nuanced insights into the subjective and complex aspects of emotional and spiritual balance in the context of married life.

Results and Discussion

Marriage as the Central Foundation in Shaping Family, Society, and Individuals

Marriage plays a central role in human life, not merely as a tradition or social norm, but as the primary foundation for building a family (Sear, 2021). From a social perspective, marriage creates a robust societal structure (Fahmi,

2019). It provides a solid foundation for forming families, which are the basic units in society. As a strong foundation, marriage becomes a stable basis for establishing healthy and sustainable family relationships. Additionally, marriage brings about deep emotional involvement between partners. Couples form strong connections through legal and moral bonds, fostering essential feelings of security and trust for maintaining long-term relationships (Sugitanata & Aqila, 2023). Furthermore, marriage entails shared responsibilities in shaping and nurturing children (Ramadhani, 2023). Children raised in a stable marital environment have a more secure foundation for growth and development (Sugitanata, 2023). Moreover, marriage provides a clear social structure with defined roles and responsibilities, enabling society to develop more efficiently and harmoniously (Fadhli, 2021)

Marriage is a source of economic stability as married couples can provide mutual financial support, creating enhanced economic security when facing life's challenges (Khaerani, 2019). Additionally, marriage establishes an extensive network of support where partners can aid each other emotionally and physically, navigate difficulties, and celebrate moments of happiness (Sugitanata & Aqila, 2023). From a moral standpoint, marriage constitutes a vital foundation. Through a legal commitment to cohabit, couples establish a moral foundation that supports strong family values. Furthermore, marriage is pivotal in preserving and passing down cultural and religious values, often intricately linked to traditions and religious beliefs, which can be conserved and transmitted across generations (Chaniago, 2023).

The positive impacts of marriage are also evident in mental and physical well-being. Married couples tend to experience higher levels of happiness and better health than those living alone (Nurliana, 2022). Finally, marriage plays a crucial role in shaping individual identity. Through marriage, an individual can grow and develop into a better person through interactions and support from their life partner (Utami, 2015).

Marital Journey: The Role of Emotional Intelligence and Spiritual Maturity in Forming Harmony and Well-being

The journey of human life fundamentally commences with the union of two individuals of different genders through the sacred bond of marriage

(Sugitanata, 2023). In this phase, individuals engage in diverse emotional experiences within the context of married life, encompassing feelings of joy, sadness, anger, and other emotions that evolve within the relationship (Niswati, 2011). Emotions become a key element in navigating married life (Hadori & Minhaji, 2018), where changes in relationships, attitudes, and human perceptions are influenced by one's life partner (Miyah & Jatningsih, 2023). In this context, emotionality involves not only the expression of anger but also the ability to perceive and understand both one's and the partner's positive feelings (Gunarsa, 2000).

Upon stepping into the vessel of marriage, emotional intelligence emerges as the primary key to opening the doors of harmony and happiness (Aisyah, 2018). As time progresses, married couples face various challenges and dynamics of daily life (Sugitanata & Zakariya, 2021). In this realm, emotional intelligence serves as a wise guide, steering them through the waves of difficulties and supporting their journey of love (Asak & Wilani, 2019).

In challenging situations, such as arguments or differences of opinion, emotional intelligence enables couples to delve more deeply into understanding and comprehending each other's feelings (Sarnoto & Rahmawati, 2020). By aware of the emotions that arise, couples can more effectively manage conflicts and find satisfying solutions. Emotional intelligence also encompasses recognising emotional signals from one's partner, enhancing efficiency and openness in communication (Hidayah et al., 2020). Moreover, changes in relationship dynamics demand the courage to adapt (Islam & Sugitanata, 2023). Emotional intelligence allows husbands or wives to face these changes flexibly, balancing individual needs and the partner's needs to construct a strong foundation for marital life (Nastiti & Andriani, 2014).

Throughout the marital journey, emotional intelligence creates space for personal and collective growth (Fajarwati, 2017). Couples with high levels of emotional intelligence tend to be more open to change and shared growth (Sihombing et al., 2021). They can celebrate successes together with joy and collaboratively overcome obstacles that may arise (Hakim & Masfufah, 2023). As a cornerstone in fostering harmonious relationships, emotional intelligence teaches that the marital journey is not a straight path without

obstacles but a colourful adventure filled with valuable lessons (Sugitanata, 2020). Therefore, couples can write a beautiful and meaningful story of their life journey by nurturing emotional intelligence.

Furthermore, in the context of personal maturity, spiritual maturity plays a central role in shaping other dimensions, including emotional and intellectual aspects. *Spiritual maturity* can be defined as an individual's ability to understand and manage spiritual aspects of life, including their relationship with religion or personal beliefs (Aridhona, 2017). Scientific research highlights the positive impact of spiritual activities on brain function and the nervous system, asserting that spiritual maturity can support psychological well-being and interpersonal relationships (Ramadhani & Khotimah, 2023).

From an intellectual perspective, spiritual maturity also has positive impacts. Psychological studies indicate that individuals with high spiritual maturity tend to have better mental resilience (Budiana, 2021) and higher adaptive capacity (Hasrullah et al., 2023). This aids in overcoming conflicts and pressures within the household, as spiritually mature individuals are better equipped to understand others' perspectives and maintain relationships wisely. The spiritual maturity perspective in the religious context provides an ethical outlook on family values and moral responsibilities (Handoko, 2023).

This maturity forms the moral foundation in everyday decision-making, including managing conflicts or differences of opinion within the household. The concept of spiritual maturity is abstract and can be measured and analyzed scientifically (Rohmah, 2020). Therefore, engaging in deep spiritual practices and critically understanding religious concepts can be constructive steps in developing self-maturity, ultimately strengthening the foundation of well-being and stability in the household dynamics.

Why is self-maturity so crucial in the realm of a marital union? Because the household is regarded as the initial ground for shaping one's essence and where individuals mould themselves to face life's challenges in the world (Erwinda, 2016). Self-maturity also determines whether one can be an effective leader of the household or otherwise (Astuti, 2019). In this context, self-maturity encompasses the ability to become the best man, the head of the household, or the finest woman, a righteous wife, through religious teachings (Anissa & Handayani, 2012).

Emotional and Spiritual Balance in the Marital Journey: Analysis Based on Mihaly Csikszentmihalyi's Theory of Life Balance

The analysis is grounded in the Theory of Life Balance by Mihaly Csikszentmihalyi (Csikszentmihalyi, 1988) emphasizing the significance of emotional and spiritual balance in the marital journey. In this context, emotional intelligence is pivotal in maintaining harmony and happiness in the husband-wife relationship (Hadori & Minhaji, 2018). The ability to manage emotions, understand each other's feelings, and adapt to changes in relationship dynamics forms the essential foundation for a successful journey of love (Gunarsa, 2000).

Emotional intelligence is related to conflict resolution and the ability to celebrate successes together and overcome obstacles jointly (Nastiti & Andriani, 2014). From the life balance perspective, this creates space for personal and collective growth, presenting the marital journey with various valuable lessons. Meanwhile, spiritual maturity is another dimension that plays a role in shaping balance within the household. Spiritual maturity provides a moral foundation in daily decision-making and conflict management (Aridhona, 2017). Its connection to spiritual activities and ethical perspectives related to family values adds a deeper dimension to understanding the goals of married life.

In the religious context, self-maturity becomes crucial in shaping a good household leader (Astuti, 2019). This concept involves excelling in each role, whether as a husband, wife, or family leader. In this case, self-maturity encompasses moral and spiritual aspects that form the foundation for living married life through religious teachings (Anissa & Handayani, 2012).

In conclusion, this analysis illustrates the complexity of the marital journey involving the balance of emotional and spiritual aspects. Emotional intelligence and spiritual maturity guide couples through various challenges and changes, forming a strong foundation to build a meaningful household. By intertwining emotional intelligence and spiritual maturity, couples can navigate the marital journey with understanding and wisdom, creating enduring and profound happiness.

Subsequently, in the context of Maqashid Shariah, a theory encompassing Islamic law's goals. One of the primary objectives of Maqashid

Shariah is to preserve and protect the five fundamental elements, namely religion, life, intellect, lineage, and wealth (Al-Imam Abu Ishaq Asy-Syatibi, n.d.). In the context of the marital journey, research findings can be linked to fulfilling these goals.

Firstly, marriage and household life can be viewed as efforts to preserve lineage. As a sacred institution in Islam, marriage aims to protect lineage and provide a strong family foundation. In the analysis, emotional intelligence is identified as a key factor in guiding couples through life challenges (Sihombing et al., 2021), which, in turn, can maintain the family's integrity as one of the elements of Maqashid Shariah. Furthermore, the concept of spiritual maturity also has implications for the religious goals within Maqashid Shariah. Spiritual maturity is a key element in shaping the individual's spiritual dimension (Ramadhani & Khotimah, 2023), closely related to religious life and personal beliefs. In this context, spiritual maturity can strengthen the moral and ethical foundation within the household, in line with religious values, which are the religious goals in Maqashid Shariah.

When discussing self-maturity, research findings can also be related to being a good household leader (Sugitanata & Zakariya, 2021). From the Maqashid Shariah perspective, this can be interpreted as an effort to protect and maintain family integrity within the framework of the Islamic religion. Self-maturity, in both emotional and spiritual aspects, is seen as a crucial factor in achieving religious goals and fulfilling the role of a household leader through religious teachings. Thus, the research findings implicitly support the goals of Maqashid Shariah, especially in preserving lineage, religion, and morality in the context of the marital journey. These findings also emphasize the importance of emotional intelligence and spiritual maturity as crucial elements supporting achieving these goals from an Islamic legal perspective.

Conclusion

The journey of married life involves finding a balance between emotional intelligence and spiritual maturity. In the context of emotional intelligence, couples need the ability to manage emotions, understand each other's feelings, and adapt to changes in relationship dynamics. Emotional intelligence also aids in handling conflicts and maintaining effective communication. Additionally, the capacity to celebrate successes together and

overcome obstacles jointly is a crucial aspect of preserving harmony and happiness in the household. On the other hand, spiritual maturity plays a central role in shaping individuals' spiritual, moral, and intellectual dimensions. Spiritual maturity assists in conflict management, provides a moral foundation for daily decision-making, and offers an ethical perspective on family values. In the religious context, spiritual maturity is also linked to fulfilling the goals of Maqashid Shariah, such as preserving lineage, religion, and morality.

Analyzing the journey of married life through Mihaly Csikszentmihalyi's Theory of Life Balance emphasizes the significance of balancing emotional intelligence and spiritual maturity. This equilibrium creates a robust foundation for constructing a meaningful household. Research findings also align with the goals of Maqashid Shariah, connecting the concepts of emotional intelligence and spiritual maturity with the fulfilment of these elements from an Islamic legal perspective. Therefore, the primary conclusion is that married life requires harmony between emotional intelligence and spiritual maturity, jointly forming a sturdy basis for happiness and well-being in the household.

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