

## EMOTIONAL RESTORATIVE INTERVENTION ON SPOUSE ABUSE PERPETUATIONS IN IJEBU DIVISION OF OGUN STATE

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**Received:** April 10, 2024

**Accepted:** November 06, 2024

**Published:** December 31, 2024

### Suggested Citation:

Adenuga, E. A., Adeleye, A. O., & Musa, T. M. (2024). Emotional restorative intervention on spouse abuse perpetuations in Ijebu division of Ogun State. *Turkish International Journal of Special Education and Guidance & Counselling (TIJSEG)*, 13(2), 139-148.



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### Abstract

The study therefore examined the implications of emotional restorative intervention ERI on spouse abuse perpetuation SAP in Ijebu Division of Ogun State. Descriptive survey research design was used. A total of 100 spouses were purposively selected for this study. A standardized instrument modified, titled Scream, Insult, Threat, and Hurt SITH and a self-structured instrument were given to the respondents. The reliability was .85 and .93. The data gleaned were analyzed using frequency percentage and mean score to answer research questions while t-test was used to test the hypothesis at .05. The result shows that the perpetrators emotional intelligence status of the before and after the intervention ranges from 1.37 (S.D.=.49) to 3.55 (S.D.=.50) and 1.71 (S.D.=1.01) to 3.67 (S.D.=1.12) respectively. The mean range for the SAP is 3.05 (S.D.=.46) to 3.55 (S.D.=.86). Emotional Restorative Intervention ( $t=63.97$ ,  $p<.05$ ) is statistically significant, this implies that the Emotional Restorative treatment intervened the Emotional Intelligence, socio-emotional abilities and the situation management. It was recommended that elders in the religion settings, health workers and social workers should be exposed to the Emotional Restorative Education technicality detail with routine application of mental hygiene.

**Keywords:** Abuse, spouse abuse, perpetrators, intervention, emotional restorative intervention.

### INTRODUCTION

Violent behaviour at home has various dimension, among its dimension is spouse abuse. This is the violation of spouse right to safety irrespective of the gender, age, and family background. Its perpetuation route is either husband against wife or wife against husband. It involves the recurring used of vicious or scheming behaviour by spouse against other (Lauren, 2015). The initial perpetrators of spouse abuse are the spouse have experienced and acknowledged violence at home while growing. The experienced impaired their emotional intelligence and their matrimonial harmony (Baker-Tingey, 2020; Kosonogov *et al.*, 2019, Michels & Schulze, 2021).

Spouse abuse is also known as intimate partner violence. It is any behavioural pattern used by one partner to get or retain power and control over another intimate partner. It is usually corporal, emotional,



psychosomatic, sexual, financial and spiritual in nature (Dhani & Priyam, 2021, MacCann *et al.*, 2020). It occurs regardless of age, socioeconomic status, race, ethnicity, religion, and sexual orientation. This abuse has severe and long-lasting effects on victims, while emotional trauma of perpetrator influences its magnitude. It is important for both victims and the perpetrator of spouse abuse to seek help and support from friends, family, counselors, and social workers (Mullen *et al.*, 2018; Oguntayo, 2016; Oguntayo *et al.*, 2018, Olatunji, 2020). This type of violence occurs regardless of the categories of spouse. Spouse can be recognized by law, through marriage, civil union, long-term cohabitation and commitment, and marriage after the termination of a previous marriage (Rey *et al.*, 2018; Walker *et al.*, 2022; Whitener, 2020).

Emotional restoration is a systematic process of healing, recovering, and replenishing emotional well-being after experiencing distress, trauma, or negative emotions. It involves recognizing and processing complicated emotions, nurturing oneself, and implementing strategies to promote emotional resilience and inner peace. The key strategies involved in emotional restoration include Self-awareness, Self-compassion, Emotional expression, Coping strategies, Seeking professional help, Forgiveness and acceptance, and Meaning-making: Finding meaning and purpose in difficult experiences can facilitate emotional restoration and growth. Reflecting on lessons learned, personal strengths developed, or opportunities for growth can help reframe negative experiences in a more positive light and foster a sense of resilience and optimism (Domestic Sexual and Violence Response Team, 2020; Kosonogov *et al.*, 2019; Lim, 2020). Emotional restoration is a process that requires patience, self-compassion, and commitment to self-care. By actively engaging in practices that promote emotional healing and resilience, individuals can gradually restore their emotional well-being and cultivate a greater sense of inner peace and fulfillment

It has been observed that many spouses are not enjoying their marriage, many shown maturity in dealing with marital relationships but mentally insensitive to partners emotions brings about their poor marital relationship; leading to strife, maiming and killing of spouse, spouse arranged kidnapping (MacCann *et al.*, 2020; Michels & Schulze, 2021; Mullen *et al.*, 2018). The rate at which spouse separate is alarming, this increase the number of single parent family. As, several spouse are not well adjusted and unstable in their marriages. Therefore, this study examined the implication of emotional restorative intervention on the perpetuation of spouse abuse in Ijebu region of Ogun State, Nigeria.

## Literature Review

The link between spouse abuse and emotional intelligence of perpetrators is a complex and multifaceted issue. Emotional intelligence of any spouse is the ability to know, distinguish, and handle individual's emotions, as well as the ability to recognize, understand, and influence the emotions of another (Walker *et al.*, 2021). It encompasses empathy, self-awareness, self-regulation, and social skills (MacCann *et al.*, 2020). Experts suggest that those with low emotional intelligence may be more likely to engage in abusive behaviours towards their partners for several reasons like Lack of empathy, Poor communication skills, Difficulty managing emotions, and Entitlement and control (van der Linden *et al.*, 2017). Low emotional intelligence in spouse is associated with a sense of entitlement and a desire for control over others. The perpetrators use abusive tactics to exert power and control over their partners, believing that they are entitled to dominate and manipulate them (Domestic Sexual and Violence Response Team, 2020; Pappas, 2020; Popoola, 2017).

Socio-emotional abilities of the perpetrators also contribute to this abuse. The socio-emotional abilities encompass a range of skills related to identifying and handling emotions, empathizing with spouse, and forming healthy relationships (Rey *et al.*, 2018). Experts suggest that spouse who engages in abuse often exhibit deficits in these socio-emotional abilities and this contributes to their abusive behavior (Whitener,



2020). The socio-emotional abilities that intersect with spouse abuse include Empathy deficits, Emotion regulation difficulties, Communication deficits, Low self-esteem and insecurity, and Difficulty forming healthy attachments (Walker *et al.*, 2022). However, Low emotional intelligence, and Socio-emotional abilities are not the only determinant of this abuse. The factors like upbringing, exposure to violence, substance abuse, cultural influences, societal norms and attitudes towards gender roles also play important roles in shaping abusive behaviour of spouse (Domestic Sexual and Violence Response Team 2020, Pappas, 2020; Popoola, 2017; Oguntayo *et al.*, 2018).

Addressing spousal abuse and managing situations involving perpetrators require a multifaceted approach involving legal, psychological, and social interventions (van der Linden *et al.*, 2017). Some of the strategies for situation management include Safety First, Legal Intervention, Therapeutic Interventions, Accountability, Education and Awareness. While other strategies also include Community Support, Cultural Sensitivity, and Empowerment of Victims, Prevention Programs, and Collaborative Approach. It is therefore important to note that managing situations involving perpetrators of spousal abuse requires a coordinated effort from various stakeholders such as government agencies, non-profit organizations, healthcare professionals, and the broader community (Walker *et al.*, 2021).

Among the cases of spouse abuse reported, it is less clear that either husband or wife can engage in it. Though, cultural values hinder males from reporting it, instead they prefer to conceal it. Therefore, records on spouse abuse loud the statistics in favour of wife while some husbands die in silence (Kusanthan *et al.*, 2016). Globally, one in three wife experienced abuse, but less is said about husband (Hawcroft *et al.*, 2019). Evidence collected from diverse cultural settings, at regional level, indicates a wide deviation in prevalence rates from one country to another. The disparity is from 15% to 71% and mostly within the range of 29% and 62%. United Republic of Tanzania (56%), Bangladesh (62%), Peru (69%) and Ethiopia (71%) (Olatunji, 2020; Pappas, 2020; Petrides, 2015; Popoola *et al.*, 2017; Rey *et al.*, 2018).

The reviews conducted in 2015 that used Zimbabwe's national demographic and health survey (DHS) indicate 43.1% (Iman'Ishimwe *et al.*, 2020). In Mozambique recent reviews that used Mozambique DHS data showed 29% prevalence rate (Cools & Kotsadam, 2017). In variance, Zambia is 48%, and 20% were identified in Malawi (Domestic Sexual and Violence Response Team 2020; Pappas, 2020). In West Africa; prevalence rates in Nigeria is 31% Nigeria, Sierra Leone 29%; Mali 27%, and Ghana 19% were observed. In contrast, Cote d'Ivoire had 53.6% of women residing in urban settlements experienced spouse abuse (Popoola, 2017; Shuman *et al.*, 2016; Issahaku, 2017).

Studies have found out that 15 to 30% of violent spouses have personality disorders (UN Women, 2020; UNFPA, 2020). A study carried out in Iran showed that neuroticism predicted spousal abuse (United Nation Nigeria, 2020; van der Linden *et al.*, 2017; World Health Organisation, 2020). Neuroticism is associated with unfriendliness, intolerance and low confidence. For example, individuals with low neuroticism keep unruffled with high emotional firmness while those with high neuroticism are more hasty and hostile (Walker *et al.*, 2021; Walker *et al.*, 2022; Whitener, 2020).

The study primarily intervened spouse abuse perpetuation through emotional restorative education in Ijebu-Igbo division of Ogun State Nigeria. It has specifically determined the categories and status of spouse abuse perpetuation cum implication of the intervention on the classified spouse.

## Research Questions

1. What are the categories of spouse abuse perpetuations in Ijebu Division of Ogun State, Nigeria?
2. What is the status of the participants before and after the treatment with the package in Ijebu Division of Ogun State, Nigeria?

3. Will the intervention on spouse abuse perpetuation be significant among the classified spouse in Ogun State?

### **Hypotheses**

The following hypotheses formulated guided the conduct of this study.

- i There will be no significant difference between the pre-test and post-test of the participants after treating them with the Emotional Restorative Education package in Ijebu Division of Ogun State, Nigeria.
- ii. There will be no correlation between the treatment, emotional intelligence, socio-emotional abilities and situation management of spouse abuse perpetrators in Ijebu Division of Ogun State, Nigeria.

## **METHOD**

### **Research Design**

This study was a quasi-experimental research in which the participants were pretested and treated with the restorative package. The design for this study was single grouped before-after Design. This design involves one group. The group was pre-tested, treated with the package and the same group was post-tested. The population of this study comprised all adults who were violence perpetrators at home in Ijebu-igbo Ogun State. Their violent ability made them appropriate target for this study. The sample size for this study comprised 100 participants drawn through religious centres to agreed training centre. The sample was chosen through Multi-stage sampling procedure. Simple random sampling technique of Fish bowl method was first used to select one (1) town from five in the study location, thus, Oke-Sopin was selected for the study.

### **Instrumentation**

The research made use of three instruments. These instruments were self-developed. Instrument 1 was titled Scream, Insult, Threat, and Hurt (SITH). This was used to determine the spouse that perpetuates violence at home. The second instrument titled *Spouse Emotional Intelligent Questionnaire* was used to measure the Emotional Intelligent of the participants before and after the treatment. The reliability of both instruments was carried out via tests retest in which ten (10) of each instrument were administered to people outside the study location, and was re-administered after 2 weeks. The data gleaned were analyzed with Pearson Product Moment Correlation Coefficient which yielded 0.87 and 0.96 respectively. The third instrument was Emotional Restorative Education package; this was used to treat the participants. Its content was sourced from psychological materials with focus on emotional intelligence.

### **Participants Inclusion/Treatment Process**

To identify those that perpetuate violence at home among the spouse, the researcher administered the instrument 1 on a significant proportion of the adult population. It was on the basis of the scores, agreement on time for the training, training centres and interest of the participants that the researcher purposively drew a total of 50 participants out of those that scored 10 and above from each male and female to make 100 participants used at their consent in this study.

The identified perpetrators were treated with Emotional Restorative Education Packaged. The packaged was a self developed Intervention package. The participants were not assigned to groups instead they constitute a group used for the study. The participants were pretested the second instrument; then, treated with the package. The researcher maintain three (3) sessions with the group: two (2) sessions were used for group discussion while one (1) session was used for consultation especially for those that requested for counseling, each session lasted for 45 to 60 minutes per week for twelve (12) weeks.



### Method of Data Collection and Analysis

After the treatment the participants were post-tested with the same instrument used to pre test them. The statistical method that was used in analyzing the research questions in this study was a descriptive statistics while inferential statistics was used to assess acceptability of the hypotheses formulated at 0.05 level of significance.

### RESULTS and DISCUSSION

The participants were perpetrators of spouse abuse. This was affirm through their SITH score. Any score  $\geq 10$  indicates perpetuation of abuse while the score of the participant were  $\geq 10$ . Their average age was 30.5 while their average year of marriage was 15 years.

#### Research Questions 1: What are the categories of spouse abuse perpetuations in Ogun State?

Table 1: Mean Score Analysis of the categories of spouse abuse perpetuations.

Violence Perpetuations Categories/Levels	Mean	Std.Dev.	REMARK
Negligible	3.05	.46	Sig.
Low	3.30	.78	Sig.
Moderate	3.50	.76	Sig.
High	3.55	.86	Sig.
Substantially High	3.55	.86	Sig.

The result in Table 1 shows the categories of spouse abuse perpetuations mean score with a mean criterion score of 3.00. The mean scores range is 3.05 (S.D.=.46) to 3.55 (S.D.=.86). This implies that the categories of spouse abuse perpetuation are significant in Ogun State. Though, the categories have varied magnitude. The categories range from negligible to substantially high in the study location.

The finding that the categories of spouse abuse perpetuation are significant in the study location is in line with the submission of Whitener (2020); Kosonogov *et al.* (2019) that violence perpetuation at home ranges from negligible to substantially high. This is an indication to confirm the assertion of Dhani & Priyam (2021) no home is totally free from violence but the violence can either be noticeable or non noticeable. The perpetrators may not notice a violence episode or acknowledge an act of violence due to the effect of challenging circumstances on their emotional intelligence which impact their violence perpetuation (Durlowsky, 2015). This aligns with the findings of MacCann *et al.* (2020), opinion that challenging circumstances experienced can result in leading psychologically tumultuous lives individuals. This consequently makes individual either perpetrator or perpetrator of violence (Argyle, 2017). This is supported with the observation of Kosonogov *et al.* (2019) that poor EI of the perpetrators is the hallmark of their unhealthy living because it posts noticeable implications on their social wellbeing. It is also in line with Dhani & Priyam (2021) and Walker *et al.* (2021) assertion that this makes violence perpetrator to live an undefined psychological life which causes them to be ire constantly and incessantly live negative mood. The level of emotional impairment determining the magnitude of violence perpetuated which ranges from negligible to moderately, while the most impaired individual always perpetuate high and substantially high violence.

#### Research Questions 2: What is the status of the participants before and after the treatment with the package?



**Table 2.** Mean Score Analysis of the status of the participants before and after the treatment.

		Before		After	
		Mean	Std.Dev.	Mean	Std.Dev.
EI Status	Substantially Low	3.45**	1.15	1.71	1.01
	Low	1.37	.49	1.71	.45
	Moderate	1.50	.50	3.50**	.50
	Substantially High	1.39	1.12	3.67**	1.12
Socio-emotional Ability	Substantially Low	3.50**	1.11	1.35	.40
	Low	1.71	.49	1.71	1.10
	Moderate	1.71	.50	3.50**	.49
	Substantially High	1.39	1.12	3.55**	.50
Situation Management	Substantially Low	3.50**	.49	1.71	1.12
	Low	1.71	.50	1.71	.45
	Moderate	1.71	1.12	3.50**	1.11
	Substantially High	1.39	.49	3.50**	.49

The result in Table 2 indicates the mean score of the emotional intelligence, socio-emotional ability and situation management status of the participants before and after the treatment with a mean score of 3.00 as the criterion score. The range of mean scores before the treatment is 1.37 (S.D.=.49) to 3.55 (S.D.=.50). Thus the status of the participants before the treatment, for Emotional Intelligence, substantially low is significant, low, moderate and substantially high are not significant. For socio-emotional ability and situation management, substantially low is also significant, while low, moderate and substantially high are not significant. This implies that before the treatment, the Emotional Intelligence, socio-emotional ability and situation management status of the participants were substantially low. Thus inform their active perpetuation of violence at home.

After the treatment, the mean scores indicate that Emotional Intelligence, socio-emotional ability and situation management are moderately and substantially high significant. This implies that Emotional Intelligence, socio-emotional ability and situation management status of the participants were moderately and substantially high after the treatment. Thus, the treatment reduces the act of violence perpetuation of the participants in the study location.

The finding that Emotional Intelligence, socio-emotional ability and situation management, are substantially low before the treatment is in line with the observation of MacCann *et al.* (2020) that spouse with low socio-emotional ability struggle to manage their emotions effectively, this lead to heightened levels of frustration, anger, or aggression in individual as opined by Michels & Schulze (2021). This is also in line with the assertion of Mullen *et al.*, (2018) that such spouses lack empathy and have difficulty understanding the feelings and perspectives of their partners. This is also in support of the finding of Relajo *et al.* (2015), that the difficulties in understanding feelings of spouse prone such partner to disregard the well-being of others. This enhances their tendency to display violent behaviour.

The outcome that Emotional Intelligence, socio-emotional ability and situation management, are substantially high after the treatment is supported with the submission of Michels & Schulze (2021) that access to right information on emotional, socio-emotional ability and situation management change individual status and also reduce violence perpetuation. The emotional intelligence status significantly impacted by the treatment agrees with MacCann *et al.* (2020); that emotional Restorative Education has strong impact on Emotional intelligence, this is also in line with the Mullen *et al.* (2018) that EI can be enhanced through training and education. When it is enhanced through education, it fosters awareness,



control, motivation, expression, empathy and skills for healthy living (Walker *et al.*, 2021; Whitener, 2020).

**Research Questions 3:** Will the intervention on spouse abuse perpetuation be significant among the classified spouse in Ogun State?

**Table 3.** Mean score analysis of the status of the participants before and after the treatment.

Classified spouse	Mean	Std.Dev.	Remarks
Stay at home spouse	3.85	1.74	Sig.
Working spouse	3.86	1.41	Sig.

The result in Table 3 shows the intervention mean score among the classified spouse against a mean criterion of 3.00. The mean scores before the treatment ranges from 3.25 (S.D.=1.20) to 3.86 (S.D.=1.41). Thus the intervention on spouse abuse perpetuation is significant among the classified spouse in the study location.

The finding that the intervention is significant among the classified spouse is in line with the observation of Walker *et al.* (2021) and Whitener (2020) that education influences all categories of partners' behaviour. This is also in line with the observation of Baker-Tingey (2020) that both working and stay at home spouses are prone to spouse abuse irrespective of their location. Either working or stay at home spouses are prone to melting abuse due to their low emotional intelligence which defile their socio-emotional and situation management ability, as established by MacCann *et al.* (2020) and Michels & Schulze (2021).

**Hypothesis 1:** There will be no significant difference between the pre-test and post-test of the participants after treating them with the Emotional Restorative Education package in Ogun State.

**Table 4:** T-test Report of Pre-test and post-test Difference of the participants after the treatment

Gender	N	Mean	Std.Dev.	Df	t value	Sig. of t
Pre-test	100	14.95	1.40	49	63.970	.000*
Post-test	100	36.85	1.10			

\*p<.05

Table 4 shows the result of the paired-samples t-test of difference between the pre-test and post-test of the participants after the treatment. The result indicates a significant outcome (t=63.970, p<.05). This outcome implies that there is significant difference between the pre and post-test scores of the participants. The table also indicates that the mean post-test score 36.82 (S.D.=1.10) recorded is not just higher than the mean pre-test score 14.95 (S.D.=1.40) recorded by the participants after the treatment, the difference between the mean scores is statistically significant. Thus, the null hypothesis of no significant difference between the pre-test and post-test of the participants after treating them with the Emotional Restorative Education package in the study location was rejected.

The outcome in table 4 revealed a significant difference in the pre and post test of the participants after the treatment. This implies that Emotional Restorative Education package has effect on the participants who are violence perpetrators at home, and the effect was attributed to the twelve (12) weeks treatment given to them. This result established that the treatment had restored the participants' emotional intelligence, socio-emotional ability and situation management which in turn have positive implication on their violence free living (Argyle, 2017). Also, the study was in line with the findings of Walker *et al.* (2021) and Whitener (2020) who established that Emotional Restorative programme should be floated in the community in order to enhance socio-emotional and situation management ability of people in other to foster violence free live. While series of intervention programmes had been used to tame the dimensions

of family violence as well as boosting the healthy living of the perpetrators, this study compositely used Emotional Restorative Education and has established its potency on the criterion behaviour of the participants (Dhani & Priyam, 2021).

**Hypothesis 4:** There will be no correlation between the treatment, emotional intelligence, socio-emotional abilities and situation management strategies of family violence perpetrators in Ogun State

**Table 5.** Correlation between the treatment, emotional intelligence, socio-emotional abilities and situation management.

	Emotional Intelligence	Socio-emotional Abilities	Situation Management	Treatment
Emotional intelligence	1			
Socio-Emotional Abilities	.717	1		
Situation Management	.896	.774	1	
Treatment	.940	.787	.896	1

Table 5 shows the relationship between the treatment, emotional intelligence, socio-emotional abilities and situation management of the participants. There is a statistical relationship between the treatment and the variables under studied ( $r=.940$ ,  $p<.001$ ). The relationship is positive, indicating that the variables increase alongside with the treatment, that is the more the treatment, the more its affect the variables.

The finding is that the more the treatment, the more its affect the emotional intelligence, socio-emotional abilities and situation management of the participants in the study location. This is in line with Walker *et al.* (2021) submission that emotional restorative education help violence perpetrators to learn and refine their socio-emotional ability which aids their ability to live healthy and violence free life. According to Walker *et al.* (2022), the participants use the ability instill in them through the treatment to control, convey certain feelings, as well as to recognize unsuitable emotions. Thus, participants can also handle and facilitate response to violence more efficiently by using their socio-emotional abilities such as empathy and consideration, this in turn influence healthy relationships as well as living (van der Linden *et al.*, 2017).

### CONCLUSION and SUGGESTIONS

This study intervened spouse abuse perpetuation through emotional restorative education in Ijebu division of Ogun State, Nigeria. It was found out that the emotional intelligence, socio-emotional abilities and situation management of the participant were low before the treatment indicating that this influence their violent behaviour, but the parameters were moderately and substantially high after the treatment. That is, the treatment high and substantially affect the emotional intelligence, socio-emotional ability and situation management status of the participants. Thus, the treatment reduced spouse abuse perpetuation of the participants in the study location. Spouse abuse was perpetuated negligibly, moderately, and substantially high in the study location. The categories of spouse abuse perpetuation were significant in Ijebu division of Ogun State. The treatment affect the spouse abuse perpetuation significantly among the working and stay at home spouse with effect on their socio-emotional abilities

Based on the findings the following suggestions were made:

1. Active teaching of family life education integrated with Emotional Restorative Education will ameliorate the impaired emotional intelligence contending with the healthy living of adults who perpetuate violence at home.





2. Teaching of family life education integrated with Emotional Restorative Education and family violence perpetuation management coupled with psychology first aid should be intensified in both public and private schools.
3. Elders in the religion settings, health workers and social workers should be trained on Emotional Restorative Education technicality with routine application of mental hygiene while the health and social workers should be included in this training.
4. Emotional Restorative Education integrated in spouse abuse perpetuation management coupled with mental hygiene should be part of the activities of the media unit of governments at the state and local government level. The unit should come up with jingles and campaign that could foster emotional intelligence which will in turn boost healthy living of spouse who experience violence at home
5. Government should vigorously float Emotional Restorative programme at all levels to rehabilitate spouse abuse perpetrators while individuals and nongovernmental organization should partner with the government to incapacitate emotional intelligence implications on healthy living of spouses.
6. Routine Emotional Restorative Education should be plan and constantly carried out by government with the support of individuals and nongovernmental organization through media.
7. Emotional Restorative Education should not be limited to the school at all levels of education but should be extended to household through mass media house to house process and community involvement.
8. There are also shelters and resources available to assist victims in leaving abusive relationships and rebuilding their lives in a safe environment. Additionally, it's crucial for society to address the root causes of domestic violence through education, prevention programs, and legal interventions.

### **Ethics and Conflict of Interest**

All ethical rules were observed at each stage of the research. The author declares that he acted in accordance with ethical rules in all processes of the research. The authors declare that they do not have any conflict of interest with other persons, institutions or organizations.

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