



## **A study of Emotional Intelligence in Patients With Alcohol Dependence And Healthy Control**

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### **Abstract**

Alcoholics (substance addicts) were studied to a healthy control group in terms of Emotional Intelligence in this study (Non- Addicts). Only a little amount of study has been done over the participants for EI. In order to conduct this study, 40 patients with alcoholism and 40 non-alcoholics were recruited. It was used to measure Emotional Intelligence in all participants. Emotional Intelligence was assessed using an independent t-test, and the alcohol-dependent group scored considerably lower than the control group.

**Keywords:** Emotional Intelligence, Substance Dependent, Alcohol addicts.

### **Introduction**

Spain and Valencia accepted a request from the WHO's Department of Mental Health and Substance Dependence (Substance Abuse) for technical cooperation and financial assistance for initiatives related to alcohol policies and programmes in 2000. (Substance Abuse). This study advised that alcohol problems be addressed, that global alcohol policy efforts be formed, and that technological transfer in the field of drug abuse be fostered. Originally, this concept was sparked by the increasing prevalence of alcohol consumption, particularly in developing countries, and the negative influence it has on public health throughout the world. Even though we all know that alcohol has been a part of social life for thousands of years, we nevertheless have a hard time controlling or comprehending its use.

### **Emotional Intelligence**

We may better motivate ourselves and regulate our emotions in our job and personal lives if we are able to better recognize our own and others' emotions, as stated by Goleman (1998). Having a high level of emotional intelligence is being able to detect and comprehend our own feelings and emotions, as well as being aware of what is happening around us and how we feel about it. Emotional intelligence is defined by Mayer, Salovey, and Caruso as the ability to reason about emotions and the ability to utilise emotions to enhance one's ability to think. A person's capacity to detect



emotions, access and produce feelings to aid in cognition, interpret emotions and information, and manage emotions in a reflective manner to increase emotional and intellectual growth is referred to as a person's emotional intelligence. Riley and Schutte showed that low EI was a significant predictor of both alcohol and drug-related problems in children and adults.

### **Models of Emotional Intelligence**

This model is given by Daniel Goleman and now it's the most widely accepted model for Emotional Intelligence. It involves a range of competencies which are broken down into skill sets which altogether forms a picture of person's emotional intelligence. The Goleman's EI competencies are as follows:

**SELF AWARENESS** As the name suggests it is defined as the awareness of our own self, our feelings and our emotions. We can say that Self Awareness is the building block of all others parts of Emotional Intelligence. Three skills are involved in Self Awareness-

1. Emotional Self Awareness
2. Accurate Self-Assessment
3. Self Confidence

**Emotional Self Awareness-** To lead a happy and productive life , an individual must be aware of our own feelings and emotion and what causes them. Until we are not aware of our own self, life will be difficult and stressful. We must be able to differentiate very clearly in the things which make us feel good and also which makes us feel bad. Then we must use this knowledge for further implementation.

#### **Accurate Self-Assessment-**

Self-Assessment involves honestly investigating and acknowledging our emotional strengths and weakness. If we have a strong capability to assess ourselves, we will be able to learn from our new experiences. We will be able to accept our flaws and begin for the improvement of self. Self-Assessment helps in self-improvement and betterment of self. It exactly tells us how our emotions are affecting our performance, our behavior and our relationships. It helps us to know the reason behind the behavior of other people at workplace, how they are behaving and why they are behaving so.

**Self Confidence-**As we know that acknowledging our feelings and recognizing what exactly they mean and how we are expressing them is not always a very comfortable



task. But for the ones who have high self-confidence, it seems quite easy as they know that learning about our own strengths and weaknesses is not an indicator of their worth as a person.

### **Review of Literature.**

Shylaja and SanandaRaj (1994) examined the basic hypothesis that there will be significant differences between alcohol as well as drug addicts and non addicts in Mental Health Status and Value Orientation on the Mental Health Status Scale and Study of Values Scale; a general data sheet was also used. Subjects were 30 alcohol addicts and 15 drug addicts selected from a de-addiction center where they were undergoing treatment; all were male and aged 15-20 yrs. For comparative purpose, a sample of 30 non addict matched controls was selected.

Akvardar, Arkar, Akdede and Bagimlik (2005) determined the discriminating personality characteristics of patients with alcohol use disorders compared to healthy control subjects. Cloninger's Temperament and Character Inventory (TCI) was employed to the patients with a diagnosis of alcohol use disorder meeting the DSM-IV criteria (n=31) and their personality profiles were compared with age and gender matched non- psychiatric healthy control subjects (n=31).

Chan (2005) identified a positive correlation between high EI and decreased likelihood of drinking, mainly by viewing alcohol use as a poor form of coping with stress.

Perkin, Haines, and Rice (2005) in their study regarding gender, in which approximately 70,000 college students sample was taken, indicated that gender is the second largest and most powerful predictor of an individual's drinking. Specifically, in all aspects of the study, men reported higher drinking quantity and frequency than their female counterparts.

Bernadette Kun & Zsolt Demetrovics (2010) conducted a study on Emotional Intelligence and Addictions: A systematic review. The objective of their study was to find the relationship between Emotional Intelligence and Addictive Disorders. They identified 51 articles on the topic of which 36 fulfilled the inclusion criteria. Results indicate that a lower level of emotional intelligence is found in people who do intensive smoking, alcohol use and drugs intake.



Manoj Sharma (2012) conducted a study on relationship between emotional intelligence , alcohol, marijuana, and tobacco use. A correlational analysis was used to explore the relationship among these in college students. A total of 199 students were taken as a sample. EI abilities (perception, utilization, understanding and regulation of emotions) were measured through Schutte Self Report Inventory (SSRI), the Alcohol Use Disorders Identification Test (AUDIT), the Fagerstrom Test for Nicotine Dependence (FTND), and Marijuana Screening Inventory (MSI).

### **Aim and Objectives of the Study**

The objectives of the present study are To measure the emotional intelligence in Alcohol Dependent individuals and Healthy individuals.

### **Hypothesis of the Study**

Null Hypothesis (H0) - There is no difference in Emotional Intelligence levels of Alcohol Addicts and Healthy Individuals.

Alternative Hypothesis (H1) - There will be significant difference in Emotional Intelligence of Alcohol addicted individuals and Healthy individuals.

### **Methodology**

#### **Sample:**

Purposive sampling was employed to select samples for the quantitative portion of this investigation. Alcoholics and non-alcoholics were both included in the study's total of 80 samples, with 40 samples from each group. The sample was taken from both government and private hospitals in Hisar, Haryana. Only males were included in the study. The sample is comprised of people between the ages of 25 and 50. The sample had no additional psychological comorbidities or physical illnesses. Those who could read and write in both English and Hindi were chosen as a sample group for the questionnaire's reading and comprehension questions.

#### **Tools:**

Using a five-point likert scale, the Schutte Self-Report Emotional Intelligence Test (SSEIT) assesses emotional intelligence using a 33-item self-report evaluation of emotional intelligence. In 1998, From 33 to 165, the higher the score, the more



emotional intelligence one has (Schutte et al., 2009). Assessments are made in accordance with Mayer and Salovey's Emotional Intelligence Ability Model. Schutte and colleagues' emotional intelligence measure has a reliability score of 0.90. Each of the ten questions has been answered on a scale of one to four. In the 1960s, the Guttman scale was created for a group of 5,024 high school juniors and seniors from ten different New York State schools, all chosen at random.

### Variables under the Study

#### A) Independent Variables:

- Alcohol Addicted individuals.
- Healthy Individuals

#### B) Dependent Variables:

- Emotional Intelligence

### Procedure:

There were 40 patients with an ICD-10 diagnosis of alcohol dependency and 40 healthy persons who met the inclusion and exclusion criteria for participation in the study, respectively. Afterwards, a clinical interview was conducted and the patient's informed permission was obtained. Emotional Intelligence questionnaire was administered to alcohol-dependent persons, as well as healthy individuals, after permission.

### Data analysis

Figure 1 Group Statics

Emotional Inelegance	N	Mean	Std. Deviation	Std. Error Mean
Alcohol Addicts	40	95.35	13.2366	2.09289
Non Addicts	40	125.175	13.18485	2.08471

Figure: 2 t-test results for Emotional Intelligence

	Frequency	Significance	t-value	df	Sig,
Emotional	0.211	0.647	-10.096	78	0
Inelegance			-10.096	77.999	0

The Schutte Self Report Emotional Intelligence Test results reveal that the mean of Alcohol Addicts is 95.35 and the Standard Deviation is 13.23, but the mean of Non Addicts is 125.17 and the Standard Deviation is 13.18 in the Emotional Intelligence



category. This shows that non-addicts had greater Emotional Intelligence than alcohol addicts, which is consistent throughout the study. The findings of the current study are in agreement with those of previous investigations. While the study's techniques, EI measurement, and sample size varied from other research, the general findings are consistent. EI was found to be a major and crucial predictor of drug and alcohol-related issues, according to the research.

### **Conclusion**

The findings of the data analysis are summarized in this section. Analyses are carried out in order to support the study's hypotheses. Emotional intelligence are much lower in Alcohol Dependents compared to Non Addicts, according to a study of Schutte EI scale. This might be because people who are alcohol addicted have lost their sense of self-worth and self-confidence as a result of their long-term drinking habits. The Emotional Intelligence questionnaire used by the drug user had a lower score. In order to compensate for a lack of Emotional Intelligence and an inability to meet their attachment requirements, people who are prone to alcohol and drug misuse use drugs and alcohol.

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