



A study of Emotional intelligence and quality interpersonal relationship substance abuse

Rekha Soni

Research Scholar,
P.G. Department of Psychology
Veer Kunwar Singh University, Ara

Dr. Ram Chandra Singh

Supervisor
P.G. Department of Psychology
Maharaja College, Ara

Introduction:

Emotional intelligence can be defined as set of abilities, 5th the ability to perceive, appraise, and express emotion, the ability to generate feelings through thought; the ability to understand emotion; the ability to regulate emotion (Mayer et al, 2000). Empirical studies have shown that abilities comprising emotional intelligence can be measured as sub factors (Ciarrochi et al,2000; Mayer et al,1999).

Researchers have established links between emotional intelligence and substance abuse problems. However less number of studies is conducted by Trinidad et al, 2001 to explore relationship between emotional intelligence and adolescent tobacco and alcohol use on 205 multi ethnic children with a mean age of 12.63 yrs. A multi factor emotional intelligence scale, student's version was used to assess EI of the students. Result showed that EI was negatively correlated with a general, over all measures of tobacco and alcohol use and with individual tobacco and alcohol scales and items.

Both theory and previous research suggest a link between emotional intelligence and emotional well being. Various authors have theorized that high intelligence would lead to greater feelings of emotional well being (Goleman, 1995; Saarni,1999; Salovey and Mayer, 1990). Those who are able to understand and regulating their emotional should be able to generally maintain a better look on life and experience better emotional health. Research evidences indicate that higher emotional intelligence is associated with less depression (Martinz-Pons, 1997; Schutte et al, 1998 ;) also associated with greater optimism (Schutte et al, 1998) and greater life satisfaction (Ciarrochi et al,2000; Martinez-Pons,1997).

A study conducted by Schulte and Rilay explored the relationship between low emotional intelligence and substance use problems in 141 participants by completing self administered alcoholism screening test, the drug abuse screening test, an emotional intelligence scale, and a measure of psychological coping. Results indicated that lower emotional intelligence was associated with more alcohol related problem and more drug related problems. Study conducted by Schutte et al (1998)



found that individuals enrolled in a drug abuse treatment program had significantly lower emotional intelligence than therapist.

Researchers further showed that a greater alcohol use and greater drug use in those with alexithymia, a condition that involves difficulty in identifying and expressing emotions and which is strongly associated with low emotional intelligence. Parker et al (2001) conducted a study to explore relationship between emotional to intelligence and alexithymia on a community sample of 734 using a 20 items Toranto Alexithymia scale and the Bar on emotional quotient inventory. Results indicated that both the construct are independent but overlap considerably and are strongly and inversely related.

Study conducted by Schutte et al(1998)to see association between emotional intelligence and empathy and self moniytoring on a group of 24 students(17 women, 7 men, mean age 27.5 yrs, Sd=8.23). Result showed that individual with higher scores for emotional intelligence had higher scores for empathy. Another study was conducted to cross validate the association between emotional intelligence and empathic perspective taking, on 37 teaching interns. Results showed that participants who scored higher for emotional intelligence scored significantly higher for empathy perspective taking.

A study was conducted to see the association between emotional intelligence and social skills, on a mixed sample of 77 university employees, students and older adults (44 women,33 men, mean age 53.22 years, Sd=24.83). Results showed t5hat participants with higher scores for emotional intelligence have higher scores for so0cial skills too (Schutte et al, 1998). A study was conducted to see association between emotional intelligence and cooperation on a mixed sample of 38 public school employees and college students 25 women,13 men. The result showed that participants with higher scores for emotional intelligence had significantly more cooperative responses. Results showed that higher emotional intelligence scores were significantly related to higher score on the total FIRO-B.

Historical Review:

Researchers dating back to E.L. thorndike(1920) indicated that there is more to intelligence than just the types of abilities. Thorndike suggested that social ability was an important component of intelligence and defined social intelligence as comparissing the ability to understand others and to act or behave widely in relation to others. From 1920 to 1990s research interest in social intelligence



gained its pace and diverse approaches emerged. Hunt(1928), Moss and Hunt(1927), Weschler(1958) defines social intelligence as ability to deal with other people. Vernon(1933) has defined as insights into the states and traits of others; the ability to judge correctly the feelings , moods and motivations of others.(Weddeck,1970, Keating,1978, Ford and Tisak(1983) defined as effective social functioning.

During this period researches faced the difficulty to distinguish adequately social from academic intelligence and thus led to new endeavors. Neisser(1976) suggested that the distinction between academic and practical abilities lay in the types of tasks associated with school and real world settings. Given the difference between academic and practical problems, Wagner and Sternberg (1986) stated that people who are adapt at solving one kind of problem might not be adapt at solving problems of other kind and gave a theory of successful intelligence based on the concept of practical intelligence stated practical intelligence as a component of successful intelligence defined it as, the ability to accomplish personally valued goals by adopting to environment ,shaping or changing the environment , or selecting a new environment. Later research by Sternberg,1993, Wagner,1995; Sternberg et al,2000) has shown that practical intelligence is distinct from academic intelligence and thus can be individual differences in performance beyond IQ.

Objectives:

- ✓ To compare emotional intelligence of children's of Alcoholic parents with children's of normal parents.
- ✓ To compare quality of life of children's of Alcoholic parents with children's of normal parents.
- ✓ To know the relationship between emotional intelligence, personality and quality of life in children's of alcoholic parents.

Conclusion:

Study conducted by Schutte et al(1998) to see association between emotional intelligence and marital satisfaction on 37 married employees by completing measure of emotional intelligence (Schutte et al,1998) b) a version of measure of emotional intelligence modified c) and a Locke-Wallace Marital Adjustment test (Locke and Wallace,1959). Results showed that composite emotional intelligence scores were significantly related to scores on marital satisfaction. A study was conducted to see relationship between emotional intelligence and preference emotionality



intelligent partners. The participants were 52 unmarried college students. The results showed that participants anticipated more satisfaction in relationships with perspective partners with high emotional intelligence.

Study conducted by Gohm et al(2005) to examine association between emotional intelligence, emotion relevant abilities and stress (Feelings of inability to control life events) on 158 fresh men. Considering personality (self perception of the meta emotion of clarity, intensity and attention) as moderating variables. Results suggest that emotional intelligence is potentially helpful in reducing stress for some individual. The individuals who were more stressful lack confidence in their emotional abilities.

References:

1. Fine, E., Yudin, L., Holmes, J., & Heinemann, S.(1976). Behavioral disorders in children with parental alcoholism. *Annals of the New York Academy of Sciences*, 273, 507-517.
2. Frick, P.J.(1994). Family dysfunction and the disruptive behavior disorders: A review of recent empirical findings. In: Ollendick, T.H., and Printz, R.J., eds. *Advances in Clinical Child Psychology*. Vol. 16. New York: Plenum Press, pp. 203–226.
3. Furtado.E.F., Lanchit.M., and Schmidt.M.H.(2002). Psychiatric problems in children of alcoholic fathers. *Psychiatry*,30,241-250.
4. Glenn, S. W. & Parsons, O. A.(1989). Alcohol abuse and familial alcoholism: psychosocial correlates in men and women. *Journal of Studies on Alcohol*, 50, 116- 127.
5. Gohm.C.L.,Corser.G.C.& Dalsky.D.J.(2005).Emotional intelligence under stress.Useful, unnecessary or irrelevant? *Personality and individual difference*,39,6,1017-1028.
6. Goldschmidts.L., Day.N.L.and Richardson.G.A.(2000). Effect of parental marijuana exposure on child behavior problem at age 10. *Neurotoxicology and teratology*,22,335-336.