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COMPARISONAL INVESTIGATION OF EMOTIONAL INTELLIGENCE IN ADDICTED AND NONADDICTED PEOPLE

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Introduction & objectives: Emotional intelligence (E / I) consists of appraisal of emotion in the self and others, regulation of emotion in the self and others and utilization of emotion in solving problems. Subsumed under these branches are functions such as verbal and non verbal appraisal and expression of emotion and using emotions to motivate as part of the utilization of emotions. (Salovey & Mayer's, 1990). Emotional intelligence components are important in psychological functions such as problem-solving, happiness, stress-tolerance, self-actualization and interpersonal relationship. So the research aimed to investigate role of Emotional intelligence in tendency to addiction.

Methods: In sampling process a total of 73 addicted people and 73 non-addicted people were randomly selected. All participants were requested to complete Schutte's Self- Report E / I Test (SSREIT) (33 item). The test measures ability of E/I in three fields: Appraisal of emotion, regulation of emotion and utilization of emotion. In order to analyzing the data independent T test was used to compare means of two groups.

Results: Findings indicated significant differences between two groups in components of emotional intelligent. Nonaddicted people had more scores in appraisal of emotion, utilization of emotion and general score of emotional intelligence. But there was no significant difference in regulation of emotion in two groups.

Conclusions: Considering the results, it is recommended EI education programs and applying the plans for enhancing emotional intelligent components in order to increasing abilities and competencies in confronting with crisis and bad events and reducing risk of abnormal behaviors, specially addiction.