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LOW EMOTIONAL INTELLIGENCE AS A PREDICTOR OF TENDENCY TO ADDICTION

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Introduction & objectives: The study is to clarify role of emotional intelligent in addicted and nonaddicted people.
Method: 80 addicted and 82 nonaddicted people were randomly selected and Schutte´s Self-Report Emotional Intelligence Test (SSREIT) administered on them. Data were analyzed with independent T formula.
Results: Results showed significant differences between components of emotional intelligent especially in regulation, expression and assessment of emotions between two groups.
Discussion: Findings indicates that applying of plans in the field of increasing emotional intelligent can help peolple with positive attitudes to addiction in order to manage the bad problems and event and as a result reduce tendency to addiction.