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THE EMOTIONAL INTELLIGENCE AS A FACTOR OF SUBSTANCEABUSE IN ADULTS DURING THE TIME OF COVID-19

Kainaz R Bharucha

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Abstract

Over the year's substance abuse among young adults has increased, especially during the time of Covid due to multiple reasons. The emotional Intelligence analyses the emotions of yours and others as well to relive the negative emotions. The aim of the study is to study emotional intelligence as a factor of substance abuse in adults during the time of Covid. Fifty-one individuals from the Indian population were studied, the data was collected through google form. To measure substance abuse alcohol, Smoking and Substance Involvement Screening test (ASSIST) was used and to measure emotional intelligence Schutte Self-Report Emotional Intelligence Test (SSEIT) was used. The result of the study revealed that in substances like tobacco and hallucinogens, the emotional intelligence does not play a significant role and in alcohol and cannabis it does. The study highlights that emotional intelligence might not affect an individual directly to all substances but can affect indirectly.

The year 2020 was a different period faced by every individual. It introduced us to new words in our daily lives like lockdown, social distancing, work from home and quarantine. It was a difficult time for everyone around the globe. Covid -−19 had changed people's lives drastically. Over the years Covid -−19 has grasped most of the attention of the news and medical and mental health services etc and so on. With the existence of pandemic, that does not mean other medical and health issues do not exist. At the same time, the pandemic has contributed to the existing psychological problems faced by people in the country. This study will focus on the issue of substance abuse among all the psychological problems faced by people.

According to the report of magnitude of substance abuse of India 2019, 16 crores are alcohol users, 3.1 crore are cannabis users, 2.1 crore are opioid users and 77 lakhs are inhalant users in India. The report also mentions that substance abuse exists in all the gender populations of India and mostly in the adult population (Ambekar et al., 2019). Substance abuse is defined by DSM is "substance-related disorders resulting from the use of 10 separate classes of drugs: alcohol; caffeine; cannabis; hallucinogens (phencyclidine or similarly acting arylcyclohexylamines, and other hallucinogens, such as LSD); inhalants; opioids; sedatives, hypnotics, or anxiolytics; stimulants (including amphetamine-type substances, cocaine, and other stimulants); tobacco; and other or unknown substances.". Substance abuse disorder is the excess intake of alcohol, drugs, opioid, inhalant and other substances. Which causes harm to an individual's physical and mental wellbeing. The effect of every substance is different but all the substance consumed gives the feeling of pleasure (Forushani & Besharat, 2011).

The study conducted in 2020 by Steven Taylor, showed results that there is a substantial increase in the alcohol and drug use in the American and Canadian population (Elizabeth Hartney,2018). The preventive measures of Covid-19 like self-isolation have contributed to the increase in the consumption of cannabis; isolation is a risk factor for cannabis users (Bartel et al., 2020). There is a huge population around the globe which consume alcohol, cannabis and other drugs but they do not all suffer from substance abuse disorder. As we discussed above, how Covid -−19 has increased the intake of substance abuse. Different life situations also contribute to the increased intake of substance abuse. Every individual has a different perspective to every situation, every situation has a different impact on every individual. In the process of managing and understanding the situation emotional intelligence (EQ) plays an important role.

In school, colleges and work sectors an individual intelligence quotient IQ is given a lot of importance. IQ only tells us about individual intellectual ability. It is not sufficient for a happy and satisfied life. Peter Salovey and John Mayer have defined EQ, as ""the ability to monitor one''s own and other people''s emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behaviour."".

Emotional Intelligence is the capacity of an individual to deal with situations. It helps an individual to analyse the situation in a positive manner and also connect with your own and others emotions. It plays a very important role in behaving in a situation in the best possible manner. The research

conducted in 2003, highlighted that people suffering from substance abuse also have low emotional intelligence (Rehm & Shield, 2021).

The research was conducted in 2017 by Sayed Kaveh on 2,380 samples of school boys whose fathers were suffering from drug dependency. It aims to measure the effect of emotional intelligence training on anger traits on adolescents with drug dependency fathers. The result of the study revealed that emotional intelligence intervention helped adolescence with a drug-dency father(Hojjat et al., 2017). This research highlights how working on emotional intelligence can help an individual with their psychological problem.

The metal Analysis study conducted in 2010 by Kun. It aims to study the past studies to see impact on emotional intelligence on delinquency and relationship between emotional intelligence and addiction problem. The result revealed that emotional intelligence is highly associated with intensive smoking, alcohol use and illicit drugs (The impact of emotional intelligence on substance abuse and delinquency in a college sample: The comparison of emotional intelligence traits *versus* abilities, 2010).

The research was conducted in 2010 by Victoria Michelle. It was conducted on 191 samples and it aimed to research emotional intelligence in detail, study emotional intelligence, relationship various traits, personality and substance abuse. The result of the study revealed in relation to substance abuse that low level of emotional intelligence is associated with high level of substance abuse.

Need of the Study

The psychologist and other educational institutes should realize the importance of emotional intelligence in a psychological treatment. High emotional intelligence can help people deal with situations in a positive manner. Substance abuse is a serious issue and it is growing over the years. Psychologists can use emotional intelligence in their treatment for it. It can also help people suffering from substance abuse to handle uncertain situations like Covid -−19 in a positive manner. On emotional intelligence most of the study is done in western countries.

Objective

The objective of the study is to understand if Emotional intelligence as a factor is related to substance abuse during the time of pandemic.

Hypothesis

Alternative Hypothesis = Emotional intelligence is one of the factors of people suffering from substance abuse during the time of pandemic.

null hypothesis.= Emotional intelligence is not a factor in people suffering from substance abuse during the time of pandemic.

Operational Definition

Substance Abuse = Substance abuse disorder is the excess intake of alcohol, drugs, opioid, inhalant and other substances. Which causes harm to an individual's physical and mental wellbeing.

Emotional Intelligence = Emotional Intelligence is the ability of the individual to handle the situation. High and low emotional intelligence make a difference in the perspective of individual.

Method

Sample

The sample was selected on the basis of a simple random sampling method. This consists of 50 people between the age group of 18-60 years. The gender, age, qualification, class and religion was asked.

Tools Used

Schutte Self-Report Emotional Intelligence Test (SSEIT) = The scale was developed by Salovey and Mayer in 1990. It consists of 33 items. It measures general emotional intelligence using four subscales: emotion perception, using emotions, managing self- relevant emotions, and managing others' emotions. The scale showed high reliability with Cronbach's alpha of 0.94 and the scale is fairly valid. The scales are normed and scaled for comparison.

ASSIST (alcohol, Smoking and Substance Involvement Screening test) = The scale was developed by the World health organization. It consists of 8 questions covering multiple questions under it tobacco, alcohol, cannabis, cocaine, amphetamine-type stimulants (including ecstasy) inhalants, sedatives, hallucinogens, opioids and 'other drugs. The scale showed reliability between 0.61 and 0.78. The construct validity was established. It is an ordinal and comparison scale.

Research Design

The casual comparative research design is used as the study aims to analyse if emotional intelligence is a factor (cause) in substance abuse during the time of Covid.

Procedure

The data was collected through google forms. The participants of the research were informed about the aim of the research. The clear instruction was given to participants about each scale. Confidentiality about the participant's information will be respected. Information will be strictly used for research purpose only.

Statistics

The descriptive statistics will be used to study demographic detail of the sample. The correlation will be performed to study if emotional intelligence is a factor in substance abuse sample during the time of covid-19.

Results

In analysis of the data was done using SPSS software. A regression analysis was performed to study if emotional intelligence is a factor in substance abuse. To study emotional intelligence as a factor for each substance linear regression was performed.

Table 1: Showing the Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Tobacco	51	.00	26.00	8.8235	8.09619
Smoking	51	.00	21.00	6.1765	4.87322
Alcohol	51	.00	25.00	3.0196	5.16717
HA	51	.00	5.00	.0980	.70014
ET	51	35.00	165.00	127.1373	19.26346
Valid N (list wise)	51				

From the above table it can be seen that mean and standard deviation of Tobacco is (M = 8.8235 and SD = 8.09619), mean and standard deviation for smoking is (M = 6.1765 and SD = 4.87322), mean and standard deviation for Alcohol is (M = 3.0196 and SD = 5.16717), mean and standard deviation for HA is (M = .0980 and SD = .70014), mean and standard deviation for emotional intelligence is (M = 127.1373 and SD = 19.26346) and for total population N is 5

Table 2: Showing Stepwise multiple regression analysis of emotional intelligence as risk factors of substance abuse (Tobacco) among young adults during the time of Covid.

Model	R	R square	Adjusted R Square	Change Statistics R Square Change
1	.000a	.000	-.021	000

a. Predictors: (Constant), ET

From the above table it can be seen that, R represents correlation between Independent variable (emotional intelligence) and dependent variable (Tobacco), the score .000a is not a good score, there exist no correlation between the two variables. Any change in emotional intelligence will have no impact on tobacco consumption. R square represents total variation of dependent variable that could be explained as independent variable, the score .000 is not a good score to determine the relationship between two variables. R square = 0 implies that 0% of the variation (change) in tobacco consumption is explained by emotional intelligence. Adjusted R square represents the generalization of results, the score. -.021. Adjusted R Square decreases when the predictor (emotional Intelligence) improves the model by less than expected.

b. Table 2b: Shows details of coefficients

Model		Unstandardized coefficient		Standardized coefficient	t	sig	Correlation Partial
		B	Std. Error	Beta			
1	(Constant)	9.000	7.725		1.165	.250	
	ET	.000	.060	.000	.000	1 .000	.000

a. Dependent Variable: Tobacco

The above table indicates that Sig (1.000) is more .1 than coefficient estimate is not reliable because it has too much variance.

Regarding t value, the greater the magnitude of t (can be either positive or negative), the greater the evidence against the null hypothesis. The closer t is to 0, the more likely there isn't a significant difference. The above table shows t value is close to 0, we failed to reject null hypothesis.

Table 3: Showing Stepwise multiple regression analysis of emotional intelligence as risk factors of substance abuse (cannabis) among young adults during the time of Covid.

Model	R	R square	Adjusted R Square	Change Statistics R Square Change
1	.291a	.085	.066	.085

a. Predictors: (Constant), E

From the above table it can be seen that, R represents correlation between Independent variable (emotional intelligence) and dependent variable (cannabis), the score .291 a indicates that there is weak correlation. Any change in emotional intelligence will have less impact on cannabis consumption. R square represents total variation of dependent variable that could be explained as independent variable, the score .085 is a weak score to determine the relationship between two variables. R square = .085 implies that 8.5% of the variation (change) in cannabis consumption is explained by emotional intelligence. Adjusted R square represents the generalization of results, the score. .066 Adjusted R Square increases when the predictor (emotional Intelligence) improves the model by more than expected.

b. Table 3b: Shows details of coefficients

Model	Unstandardized coefficient		Standardized coefficient	t	sig	Correlation Partial
	B	Std. Error	Beta			
1 (Constant) ET	-3.189 .074	4.445 .035	.291	.-717 2.131	.476 .038	.291

Dependent Variable: Cannabis

The above table indicates that Sig (.038) is less 0.05 than coefficient estimate is reliable because it has less variance.

Regarding t value, the greater the magnitude of t (can be either positive or negative), the greater the evidence against the null hypothesis. The closer t is to 0, the more likely there isn't a significant

difference. T value more than 1 shows that the null hypothesis is rejected because of significant difference. The above table shows t value is 2.131, we reject null hypothesis.

Table 4: Showing Stepwise multiple regression analysis of emotional intelligence as risk factors of substance abuse (alcohol) among young adults during the time of Covid.

Model	R	R square	Adjusted R Square	Change Statistics R Square Change
1	.165a	.027	.007	.027

a. Predictors: (Constant), ET

From the above table it can be seen that, R represents correlation between Independent variable (emotional intelligence) and dependent variable (alcohol), the score .165a is a weak score, there weak correlation between the two variables. Any change in emotional intelligence will have a slight impact on alcohol consumption. R square represents total variation of dependent variable that could be explained as independent variable, the score .027 is a weak score to determine the relationship between two variables. R square = 0.27 implies that 2.7% of the variation (change) in alcohol consumption is explained by emotional intelligence. Adjusted R square represents the generalization of results, the score. .007. Adjusted R Square increases when predictor (emotional Intelligence) improves the model by more than expected.

b. Table 4b: Shows details of coefficients

Model	Unstandardized coefficient		Standardized coefficient	t	sig	Correlation Partial
	B	Std. Error	Beta			
1 (Constant)	-2.591	4.859		.-533	.596	
ET	.044	.036	.165	1.168	.249	.165

Dependent Variable: alcohol

The above table indicates that Sig (.249) is more than .1, coefficient estimate is not reliable because it has too much variance.

Regarding t value, the greater the magnitude of t (can be either positive or negative), the greater the evidence against the null hypothesis. The closer t is to 0, the more likely there isn't a significant difference. T value more than 1 shows that the null hypothesis is rejected because of significant difference. The above table shows t value is1.168, we reject null hypothesis.

Table 5: Showing Stepwise multiple regression analysis of emotional intelligence as risk factors of substance abuse (HA) among young adults during the time of Covid.

Model	R	R square	Adjusted R Square	Change Statistics R Square Change
1	.090a	.008	-.021	008

a. Predictors: (Constant), ET

From the above table it can be seen that, R represents correlation between Independent variable (emotional intelligence) and dependent variable (HA), the score .090a is not a good score, there exists weak correlation between the two variables. Any change in emotional intelligence will have a slight impact on HA consumption. R square represents total variation of dependent variable that could be explained as independent variable, the score .008 is not a good score to determine the relationship between two variables. R square = .008 implies that 0.8% of the variation (change) in HA- consumption. Adjusted R square represents the generalization of results, the score. -.021. Adjusted R Square decreases when the predictor (emotional Intelligence) improves the model by less than expected.

b. Table 5b: Shows details of coefficients

Model	Unstandardized coefficient		Standardized coefficient	t	sig	Correlation Partial
	B	Std. Error	Beta			
1 (Constant)	.514	.665		.773	.443	
HA	.-003	.005	.-090	.-633	.530	.-090

Dependent Variable: HA

The above table indicates that Sig (.530) is more than .1, coefficient estimate is not reliable because it has too much variance.

Regarding t value, the greater the magnitude of t (can be either positive or negative), the greater the evidence against the null hypothesis. The closer t is to 0, the more likely there isn't a significant difference. T value more than 1 shows that the null hypothesis is rejected because of significant difference. The above table shows t value is -.633, we failed to reject null hypothesis.

Discussion

In this study, we analysed that emotional intelligence as a factor in substance abuse in adults during the time of Covid, emotional intelligence is defined as an ability to handle the situation. The study had used the ASSIST test to measure the consumption of substances. The sample of the present study was only involved in substances like Tobacco, cannabis, alcohol, and hallucinogens. The total population was 51 Indian adults.

Tables 2 and 4 of the result of the study indicated that emotional intelligence does not play any role as a factor in tobacco consumption. There are various studies on the same, a study was conducted by the University of Oviedo España in which it was found that there is no significant relationship between tobacco consumption and perceived emotional intelligence (Limonero et al., 2006). This indicated that emotional intelligence is not a very strong factor for Tobacco consumption, which might influence an individual to consume tobacco. As the study was done during the time of Covid it can also influence people for their consumption for substances. The study was conducted by Derek Yach MPH analysed that stress during the time of Covid regarding losing the jobs, becoming infected by virus and staying at home, and so on has increased the consumption of tobacco in Italy and India (van Zyl-Smit et al., 2020).This indicates an increase in tobacco use during the period of Covid. There are other factors in the environment that affect the use of tobacco in comparison.

Tables 3 and 4 of the result of the study indicate that emotional intelligence does play a role as a factor in cannabis and alcohol consumption, the degree to which it affects its consumption is not very high. The study has shown that emotional intelligence does not affect the individual directly but has indirect relation. As the study shows that emotional intelligence is positively correlated to stress and also stress directly related to cannabis consumption. Trinidad et al. in 2004 conducted a study which has shown that emotional intelligence helps to understand others emotions and reasoning the situation. This indicated that people high on emotional intelligence will reason out the negative effect of substance abuse before consuming it. People high on emotional intelligence

will better handle the situation of social influence of smoking and they will also analyse the situation in a more effective way in comparison to people who are low on emotional intelligence (Taylor et al., 2021). Another study conducted by Espinosa, Adriana, and Selma Kadić-Maglajlić found that emotional intelligence plays a mediating role in the alcohol consumption in young adults (Espinosa & Kadić-Maglajlić, 2018). The study was conducted by Forushani, .NZ, and Besharat in 2011, the result of the study indicated that females who are high on emotional intelligence are able to better perceive stressful situations in a better manner in comparison to females with low emotional intelligence. The regression model of the study also highlighted that emotion is an influencing factor of individual health (Forushani & Besharat, 2011). The past studies as discussed above show that stress, social influence and other environmental factors like Covid-19 plays an important role in substance abuse and the factors are also positively correlated to emotional intelligence.

The study can help in intervention for substance abuse as the study mentions that emotional intelligence can play a role as an indirect factor. The psychologist can always study the emotional intelligence of an individual. It will help them understand how they deal with other factors like stress, self-esteem and social influence and so on, which plays a direct role in substance consumption.

Limitation

The result was collected through google forms, there are chances of bias in the result. Substance abuse is a very sensitive topic. There are chances that the participant was hesitant to answer. The sample is small to generalize the result to a large population and data collection was limited to the Indian population.

Conclusion

The present study adds knowledge on emotional intelligence as a factor of substance abuse during the time of covid-19. As per the regression analysis it was found that emotional intelligence is a significant factor in alcohol and cannabis but in Tobacco and hallucinogens. The study indicates that emotional intelligence is not a direct influencing factor to substance abuse in young adults during the time of covid-19.

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