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Compare the Emotional Intelligence and Irrational beliefs In Addicted Individuals and normal

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Abstract

This paper aims to investigate the compare in emotional intelligence and irrational beliefs addicts and normal. Methods: Causal-comparative (Post-event) was used in this study. The population of this study consisted of men year old 20 to50 is normal and addict. The sample size of 160 patients (80 addicts, 80 normal individuals) using sampling methods is available on. In this study, Shearing emotional intelligence, Jones irrational beliefs questionnaire form was used. Results: The results obtained show that there is a significant difference between emotional intelligence In Addicted Individuals and Normal. And EI addicts lower than normal. The means cores of irrational beliefs addicts and normal people in the excepting the scale Blame Proneness, Anxious over concern Problem Avoidance there is no significant difference. Conclusions: Considering to the acquisition of the variables and the ability of individuals to change their behavior can be improved by training of emotional intelligence and rational beliefs with the beliefs of non-logical replaced.

Keywords: emotional intelligence, irrational beliefs, Addiction

1. Introduction

Today the world is grappling with the problem of addiction. The number of addicts in many countries, are more than millions of people. Addiction collapses families and the character and life of his victims collapse to various forms of destruction (coleman,1999).Addiction is defined by the World Health Organization as follows: "a chronic condition caused by use of drug repeatedly ".The drug contains chemicals that cause changes in brain function for creating emotional states, abnormal behavior, anger or impair judgment and conscience of the people. Addicts have psychological characteristics such as: agitation, irritability, nervousness, anxiety (sotodeh,1993), depression, antisocial personality (Ghasem bacalo et all 2012,Sepehrmanesh et all, 2006, Jaffe, 2000), the cyclothymia (Lemere,1990), the lack of self-esteem, loss of impulse control, self-negative, low self-esteem, uncompromising, aggressive (Rezaei doganeh, 2000), depression, seclusion, poor interpersonal relationships, crime (Afroz,1995), and inability to express empathy, lack of understanding of the relative time, the lack of a sense of responsibility in

decision-making (Hollin,1996) emotional self-awareness, assertiveness agreeableness, openness to experience, low conscientiousness (Fakhraei, et all, 2009).One of the important individual aspects of a drug abuse is paying attention to emotions and their appropriate application in human relationships, understanding their feelings and others, self-control, empathy with others and using positive excitement in thinking and knowing that all are crystallize in intelligence emotional (Nategh & Minakari,2009). In fact emotional intelligences the non-cognitive intelligence, and comes from the concept of social intelligence, which was used by Thorndike for the first time in 1920 Thorndike (Ghamrani & Jafari, 2003).Peter Salovey and Mayer (1990) have defined the emotional intelligence as "the ability of a person to monitor his feelings and emotions, and others in order to distinguish them from each other and use this information to guide his thought and action" (Akbarzadeh, 2005).Emotional intelligence puts significant impact on memory health and intellect, perception, sense to experience, good judgment, make good decisions and psycho-social growth (Nategh & Minakari, 2009).High emotional intelligence has a significant relationship with extraversion, flexibility, identify different feelings and coordinate emotions and their impact on brain and behavior. The researches results show that, when a person takes drugs by peer pressure, effective management of emotions reduce risk taking as one of the emotional intelligence components(Trinidad & Johnson, 2002). The ability to manage emotions makes that person to use appropriate coping strategies in situations that the risk of taking drugs is high .People who have high emotional intelligence have a greater ability to predict the wishes of others. They understand peer unwanted pressure and are able to inhibit their emotions much better, and thus show more resistance against taking drug. As well as those with high emotional intelligence have lower stress, healthy body and psychological satisfaction) Austin, Saklofske, & Egan, 2005, Janabadi, 2013).
In contrast, people who have low emotional intelligence, have problems in proper evaluation and emotional expression, effective regulation of emotional experiences and the ability to use emotions to guide thoughts and behavior (Khayri et all, 2013).

In addition, low emotional intelligence accompanied by inner problematic behavior, low levels of empathy, inability to regulate mood, depression, addiction to alcohol and drugs, sexual misconduct, theft and aggression, (Hansenne & Bianchi, 2009). low intimacy, lack of control mood, depression and the behaviors like alcohol and drug addiction, sexual deviation, robbery and rape (Liau &Teoh, 2003, Janabadi, 2013).Low level of emotional intelligence which is, theresult of inability to effective contrast with negative emotions and their management, has role in the beginning of taking drugs (Trinidad, Unger & Chou, 2004, Parker, et all,2000, Golman,1995). A review of research in the field of emotional intelligence among addicts and non- addicts has shown that there is a significant difference in the overall score and each of the components of emotional intelligence (Akbarzadeh,et all, 2010) Researches have confirmed that the emotional intelligence among addictsis lower than non-addicts .(Nategh & Minakari,2009, Delavarpor,2008)

Another psychological component that plays important role in human behavior and feelings to the events of his life is Belief. Belief means faith, trust and idea. (Atkinson & Hilgard, 2009).Beliefs are divided into two categories: rational beliefs and irrational beliefs.

Irrational beliefs have two main features: 1.they are dry and dogmatic demands which are usually expressed in words such as must and should.2Their philosophy of self-chaos, which are often the result of

these expectations and existvery unrealistic and too generalized assignment. (Aminpoor & Ahmadzadeh, 2010)There are too many divisions on irrational beliefs, in a kind of it ten cases have been Demand for approval, high self expectation , blame proneness, frustration reactive, emotional irresponsibility , anxious over concern, problem avoidance, dependency, helplessness for change, perfectionism. (Ellis et all, 1996)Albert Ellis, founder of rational-emotional theory, believes that emotional disorders caused by irrational faiths and beliefs (Thaghipor,1994).Irrational Beliefs are the creator of depression, anxiety and other sickly negative emotions (Siavoshi & Navabinejhad, 2004).A study has shown that irrational beliefs can have serious detrimental effects on a person's home or workplace and affection the impact of person by environment. Irrational Beliefs affect emotional health and lead to depression and sadness, self-harm, self-blame, regret and other profound emotional effects (Neenan,1993).Research has shown that irrational beliefs among delinquent boys and girls are more than common boys and girls (Nicseresht, 2001). The research result shows that the irrational beliefs score of addicts is more than ordinary people(Abedi, 2011).Irrational belief and more severe addiction in non-resilient people under treatment by methadone have also been confirmed (Aminpoor & Ahmadzadeh, 2010, Ghorbani et all, 2010).

According to the previous literature and researches, this study is going to check the difference between addicts and ordinary people in terms of emotional and irrational beliefs.

research method

This study is the kind of causal-comparative (post-event) search. The study population is consisted of men aged 20 to 50 years old, ordinary peopleand addicts, primary school to high school education and living in Kashan town.
The sample mass is 160 people, which is consisted of two groups, the first group of 80addicted men to the second group of 80ordinary people who were matched for age and education. It has been used from available sampling method to select this study sample, and collecting data, from Siberia Schering Emotional Intelligence Questionnaire and Jones irrational beliefs questionnaire.

- Emotional Intelligence of Siberia Schering: Schering Emotional Intelligence questionnaire with 33 questions, tests five factors (self-awareness, self-control, motivation, empathy and social skills), Each test 6 separate scores (five components + total score) will gain. Replies have been graded by Likert 5 degrees scale (very high, high, medium, low and very low) graded. It belongs 1 to 5scores to each components for scoring this scale .Scoring in some components occurs directly and in others opposite. The lowest score of this scale is 33 and the highest is 165. A high score in this test represents a more emotional intelligence. The reliability of this questionnaire is 78% and also has achieved74% by using Cornbrash's alpha (Farghadani, 2004, Miri & Akbari,2007).

B. Jones Irrational Beliefs Questionnaire: a questionnaire of 100 irrational belief questions is made of ten subscales (for every ten questions a sub-scale) on the basis of Ellis theory for measuring and evaluation of irrational beliefs.

Grading questions is based on Likert 5 degree scale (very disagree, disagree, no comment, agree, very agree). The irrational beliefs total grade obtains by algebraic sum of all subscale scores.A high score on this test reflects the more irrational belief.

Jones (1969)has reported the validity of whole questionnaire by retest method is 92% and for the subscales from 66% to 80%.Byusing Corn rash's alpha, this questionnaire reliability coefficient is 71% (26)By investigating the convergent validity ,this study calculated the correlation between questionnaire by Beck Depression questionnaire ,and the correlation coefficient has achieved 82% (Porshayegan et all,2004).

was used the Spss statistical software to analyze the results in both descriptive (mean, standard deviation) and inferential statistics (t-test).

Findings

The analysis of this study data has been done in both descriptive and inferential sections. Descriptive Results including number, mean, standard deviation, minimum score and maximum score are given for each group in Table 1 and 2.

Table 1: Emotional intelligences cores mean and standard deviation for each group

Variable	Groups	N	M	SD
Emotional intelligence	Normal group	80	112.51	12.02
	Addicts group	80	108.25	12.83

Table 2:The mean and standard deviations cores irrational beliefs in addicted and normal

Variable	Groups	N	M	SD

irrational beliefs	Normal group	80	70.255	50.18
	Addicts group	80	01.258	83.12

As Table2 shows theme an scores of addicts irrational beliefs more than the ordinary person. The other results of the independent t-test was used for analytical findings.

The first hypothesis: There is a difference between emotional intelligence addicts and normal people.

Table 3: Independent t-test results on the differences between the means cores of emotional intelligence of ordinary people and addicts

Variable	Levine test results on the equality of variances in the two groups.		Student's t-test results on the comparison oftwo groups of addicts and normal		
Emotional intelligence	F	P- value	t	d.f	P- value
	0.72	0.39	-2.16	158	0.32

Results of t-test on the difference between the emotional intelligence scores mean of addicts and ordinary peoples how's that there is a significant difference between emotional intelligences

cores mean of addicts and ordinary people($t=-2.16$ & $sig=0.032$)($P<0.05$).

Table 4: Independent t-test results on the differences between the components of emotional intelligence of ordinary people and addicts

Variable	Levine test results on the equality of variances in the two groups.		Student's t-test results on the comparison oftwo groups of addicts and normal		
Consciousn ess	F	P- value	t	d.f	P- value
Self-control	0.50	0.82	-1.46	158	0.14
Motivation	0.29	0.59	-0.76	158	0.44
Empathy	0.01	0.90	-1.31	158	0.19
social skills	0.58	0.44	1.56	158	0.12

Consciousness	0.40	0.69	-2.23	158	0.02

The second hypothesis: Between irrational beliefs addicts and normal people there.

Table 5:Results of t-test for the difference between the average scores of irrational beliefs of ordinary people and addicts

Variable	Levine test results on the equality of variances in the two groups.		Student's t-test results on the comparison oftwo groups of addicts and normal		
	F	P- value	t	d.f	P-value
Emotional intelligence	1.14	0.28	0.83	158	0.40

Results of t-test on the difference between the irrational beliefs scores mean of addicts and ordinary people shows that there is no significant difference between irrational beliefs scores mean of addicts and ordinary people, (t=0.83 & sig=0.40)(P<0.05).

Table 6: Independent t-test results on the differences between the components of the irrational beliefs of ordinary people and addicts

Variable	Levine test results on the equality of variances in the two groups.		Student's t-test results on the comparison oftwo groups of addicts and normal		
	F	P- value	t	d.f	P- value
Scale necessary approval and support from others	0.17	0.67	0.12	158	0.89
High expectations of their scale	0.68	0.40	1.60	158	0.11
Scale tend to blame themselves	0.64	0.21	-2.68	158	0.00
Scale response to failure	4.67	0.03	0.31	158	0.75
Scale emotional irresponsibility	7.32	0.00	-1.14	158	0.25
Scale much preoccupation with the anxiety	2.62	0.10	2.43	158	0.01
Scale avoid issues	0.14	0.70	2.34	158	0.02
Scale dependence	3.00	0.80	1.48	158	0.13

Scale hopelessness to change	2.79	0.90	0.91	158	0.36
Scale Perfectionism	1.79	0.18	-1.45	158	0.14

Results of T-test on the difference between the components of irrational beliefs scores mean of addicts and ordinary people shows that there is a significant difference between the three components scores mean which are: tend table me themselves, much preoccupation with the anxiety, avoidance of problems($P<0.05$).

Discussion and conclusion

This study aimed to compare the emotional Intelligence and irrational beliefs in addicts and normal people. The results showed the mean scores on the Emotional Intelligence between addicts and ordinary people, there are significant differences meaning that the emotional intelligence mean scores of addicts are lower than ordinary people, as well as group social skills and empathy, poor addicts are. The findings are consistent with the results of Cardinal`s studies (2001),Yip &Martin(2005), Hansenne& Bianchi(2009),Nategh&Minakari(2009)&Aryasadr&Akbarzadeh(2010).Cardinal(2001) and Yip and Martin(2005) believethat addicts in harmony with others have passive role and are not beloved in society and they don't have the ability to empathize with others in social interaction. The self-control among addicts is low, the power to postpone the immediate demands are very low, so they can not resist with stressful situations. Also the findings revealed that among irrational beliefs mean scores between addicts and ordinary people are not significant difference except in three scales: tend to blame him self, much preoccupation with the anxiety, avoidance of problems. However, the results of previous research is the difference in the total score of irrational beliefs(Nicseresht, 2001,Aminpoor & Ahmadzadeh, 2010).Irrational Beliefs are the creator of depression, anxiety and other sickly negative emotions (Siavoshi & Navabinejhad, 2004).Ellis (2002) believes that thought and attitude of addicts lead them to re-consume or avoid them consuming drugs forever. Addict`s attitude towards drug is a kind of thinking which can be logical or irrational (Tabatabaeichehr,2012).Irrational Beliefs in addicts are the results of shame, guilt and blame the individual (Meehan, et all, 1996).Other features include the disability to express empathy, the lack of relative time understanding and lack of sense of responsibility in making decision (Hollin, 1996).In according to the dependence of addicts, unable to express, withdrawal and isolation, intolerance of failure, inability to say no to peer pressure, lack of problem-oriented faced with problems, weak religious beliefs, expectations and high expectations of themselves and others and are more exposed to irrational beliefs that tend toward addiction.Emotionalintelligence and irrational beliefs are part of acquired variables and according to the ability of man to transform the habits and irrational beliefs, so different treatments such as cognitive-behavioral therapy to replaceirrational beliefs with rational beliefs, can be helpful.
Self-help groups like Narcotics Anonymous meetings (NA) can also be complementary anddeveloperof specialized treatment effects.
Most addiction treatment programs,encourage patients to join a self-help group during or after formal and specialized treatment (Bekheradi, 2012).

There are expected therapeutic effects, such aschangesthat must be happenat different levels of psychological which are emotional intelligence(including self-awareness, self-control, motivation, empathy, social skills) and irrational beliefs.And emotional intelligencecan be improved through different training and consequently should be replaced irrational beliefs with rational beliefs.

It should be noted, generalized to other communities considering that the choice of sampling should be performed with caution.

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