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Relationships of emotional support and emotional intelligence in alcohol dependent people

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The ability to realize one's emotions, its shades, the degree of influence of emotions on behavior, in the families of alcohol-addicted people, unfortunately, is minimally developed. In addition, the ability to arbitrarily regulate one's emotional state in the process of interaction with other family members is practically absent in such dysfunctional families. The addiction to alcoholic beverages of one of the family members has a negative impact on the well-being, harmony and mutual understanding of the whole family and the lack of emotional support for the family. The purpose of the study is to study the level of emotional intelligence in groups of people dependent on alcohol in relation to the lack of family emotional support.

Methods: Lucin's Emotional Intelligence Test; Psychological climate in the family. The study involved patients of the narcological hospital aged 30 to 50 years. The sample consisted of 70 respondents. As a result, the study made it possible to draw the following conclusions that many participants in the study have a low level of control and understanding of their own and others' emotions. The intra-personal emotional intelligence scale turned out to be slightly higher compared to the interpersonal emotional intelligence scale, which tells us that in comparison they better understand and manage their emotions. The indicator of the psychological climate in the family also gave low results. The correlation analysis revealed a weak direct relationship between emotional intelligence and emotional support in a dysfunctional family environment.

Keywords: addicted to alcohol, emotional support from the family, emotional intelligence